

# Wild

## Wellbeing Day

### Pricing:

Up to 12: £500

To book, email:

[wildmybusiness@suffolkwildlifetrust.org](mailto:wildmybusiness@suffolkwildlifetrust.org)

**Prescribing a dose of Vitamin "N"** – Let's spend a day unwinding and being immersed in the natural world, taking a good dose of nature to promote our wellbeing

### Activity Breakdown:

**9.30am – 10am** - Arrival: Welcome, Health and Safety and plan for the day.

**10am – 11.30am** - Activity: Immersive and sensory experience – start session with a green greeting, listening to the environment and earthing ourselves into the natural world. Green crafts – to collect natural treasures on a nature walk around the reserve, something that connects us to our walk and our journey around the reserve and then creating crafts with them e.g. willow weaving, stick wrapping and clay sticks.

**11.30am – 12pm** - Activity: Time to reflect in the woods, let's recap on our journey, how do we feel, what did we find on our walk, are we inspired?

**12.30pm – 2pm** - Lunch break: Make bread and soup around the fire, continue with green crafts.

**2pm – 3pm** – Activity: Wildlife Walk with binoculars and backpack. To immerse ourselves in nature.

**3pm – 3.30pm** – Activity: Hot drinks and sweet treats - reflection of the day and discuss how we can add a dose on Vitamin "N" each day into our lives.

Timings & Location: 9.30am – 3.30pm

Times of year available: All Year

Min and Max number of people: 1-12

Please wear suitable clothing and footwear for the activity and weather and something for the lunch pot



**Suffolk**  
Wildlife Trust

Available at Carlton Marshes, Foxburrow Farm & Lackford Lakes

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**Nature Art Day** – Let's spend a day learning how to work with the sun to create artistic images using natural forms while strolling through this serene fen landscape.

### Activity Breakdown:

**9.30am – 10am** - Arrival: Welcome, Health and Safety and plan for the day.

**10am – 12pm** - Discovering the reserve: a guided walk exploring the reserve and gathering nature treasures for our artwork.

**12pm – 12.15pm** – Tea and biscuits break.

**12.15pm – 1.15pm** – Nature Art – create nature based art using the historical photographic technique of cyanotype developed in the 1900s by Anna Atkins, using samples from the fen which have been collected on our walk.

**1.15pm – 2.15pm** - Lunch break: eat your packed lunch on the reserve.

**2.15pm – 3pm** – Actions for nature – learn how, where and why to make a bee log.

**3pm – 3.30pm** – Tidy up, hot drinks and sweet treats – reflection of the day and how to introduce nature into your everyday life to improve your wellbeing.

Timings & Location: 9.30am – 3.30pm

Times of year available: April to August

Min and Max number of people: 1-12

Please wear suitable clothing and footwear for the activity and bring a packed lunch.



**Suffolk**  
Wildlife Trust

Available at Redgrave, Foxburrow, Carlton, Lackford and Bradfield

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**Forest bathing wellbeing day** – Take time for yourself in nature to recharge and benefit from nature connectivity.

### Activity Breakdown:

**9.30am – 10am** - Arrival: Welcome and Health and Safety.

**10.00am – 10.30am** Short informative walk discovering the reserve, its history, and species.

**10.30am – 12.30pm** - Activity: Forest bathing in the woods. Take part in a sensory woodland walk and guided sensory meditation. Take time to wander, notice and sit in nature, followed by reflection time.

**12.30pm – 2pm** - Lunch break: Making a fire, prepare and cook lunch.

**2pm – 3pm** - Activity: Use charcoal (made on the fire), make paint and brushes and use to them to create a woodland painting.

**3pm – 3.30pm** - Activity: Hot drinks and sweet treats - reflection of the day and how to introduce time for wellbeing in nature into your everyday life.

Timings & Location: 9.30am – 3.30pm

Times of year available: All Year

Min and Max number of people: 1 – 12

Please wear suitable clothing and footwear for the activity and bring something for the lunch pot.



**Suffolk**  
Wildlife Trust

Available at Bradfield Woods

[wildmybusiness@suffolkwildlifetrust.org](mailto:wildmybusiness@suffolkwildlifetrust.org)