

Feel Good Feeling

How do plants make you feel?

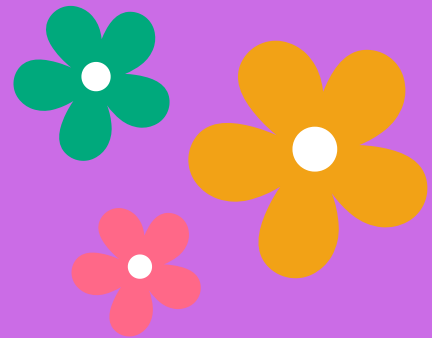
Do you like looking at flowers? Some scientists did an experiment and found out that people like colourful flowers because it makes them feel happy! Flowers can also make people feel calm and relaxed. What is your favourite flower colour? If there are lots of flowers this can attract animals and insects! These animals are exciting to see and can make us feel good as well!



Activity

Go somewhere where there are lots of plants and flowers. This could be a garden, but if you don't have one here are places you could go:

- Sheffield Botanical Gardens
- A local park
- University of Sheffield Concourse



Walk around and look at the different flowers, looking at the different colours, shapes and sizes. Which one is your favourite? Draw a picture of your favourites and how they make you feel!