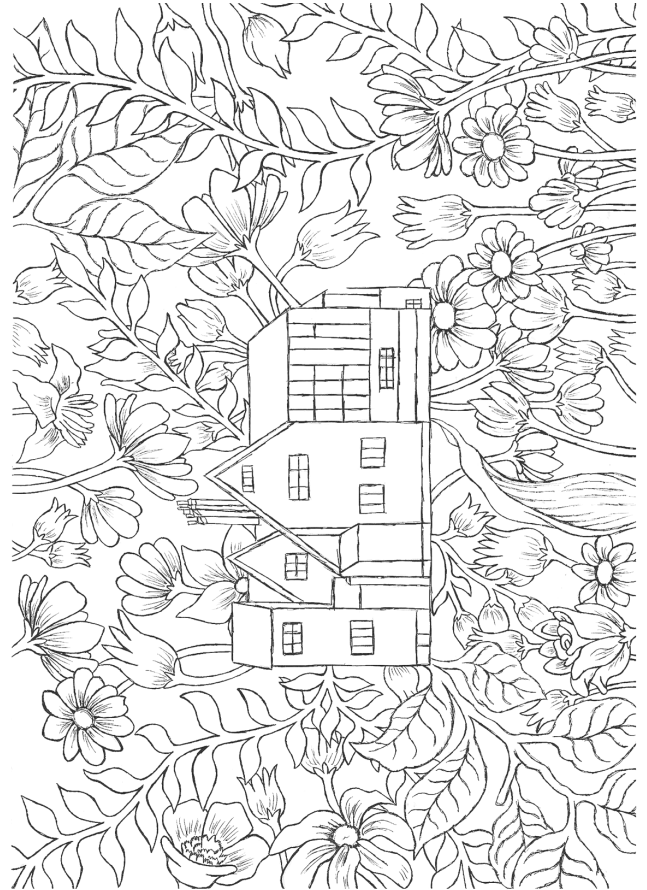




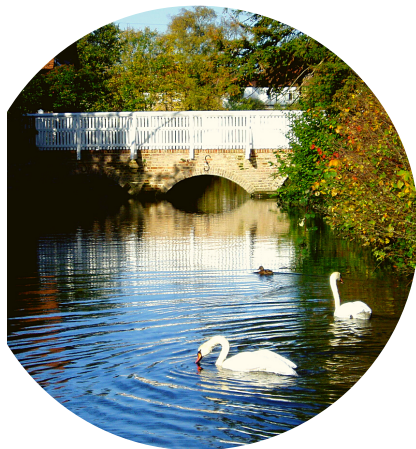
Headstone Wellbeing Wander

Close your eyes and take a deep breath. As you exhale think about the five senses you have used today.
Keep working with your senses at home by using bright pens or pencils to colour in this picture of the Manor House.



Tuning into your five senses is a great way to keep your mind in the present, without worrying about the past or future. This really helps you to relax, which improves your wellbeing.

You can use this trail whilst exploring the whole museum. Just check back here when you reach a new room to see if there's a wellbeing activity you can do!



Hearing - The Bridge

Stand on the bridge over the moat. If it's sunny, close your eyes and lift your head towards the sun. Can you hear the ducks and the water? Listen closely to their happy chatter. What do you think they're saying? Being around nature is great for improving our mental wellbeing. Why not try our Nature Trail once you have finished in the museum? *For now, continue your visit until you reach the Victorian Progress Room.*

Touch - Victorian Progress room

Sit down on the recreated railway seats. Put your hands down next to you. How does the fabric feel? Is it soft? Are the cushions comfortable? What are your feet on? What is your head resting against? Take a moment to remember the times you have travelled. Think about the materials you have touched.

Continue on your way until you reach the Great Hall.



Sight - The Great Hall

This room is the oldest in the house. Take a seat on one of the benches and look up at the ceiling. Notice the fabrics of the building. Try to list five things you don't see in modern buildings. Think about which parts of them you like or dislike. Why do you feel like this? Do you like the shapes? Are the colours too dark?

Next move to the Buttery.

Smell - The Buttery

Welcome to the heart of the house, the store room for food and drinks throughout time. You can feel the different temperature, but can you smell a difference too? The two oak barrels in here are quite pungent. Take a moment to think about the smells around you. Do they remind you of anything? Do they conjure up any memories?



Taste - Food

If you've brought a picnic, why not rest on one of our benches and take in the nature around you. Or you could stop for a drink and slice of cake in our Moat Cafe. Whilst you're eating and drinking, really focus on what your tasting. Sweet or savoury? Warm or cold?