

Blooming Minds Team Building Activities

(Each activity is for 15-20 people)



Green Gym — €150

Green gym is a great way to get active whilst helping to care for and protect natural spaces. For those who don't mind getting their hands a bit dirty, you will be maintaining the natural habitats at Simar Nature Reserve by helping to remove invasive species or even building a pond. This is a great way to give a helping hand to nature and wildlife and support one of Malta's protected areas! Price:

Therapeutic horticulture — €200

Learn more about local flora and how to grow fresh food for your home cooking in this session. We'll take you through the step-by-steps of gardening so you can create your own green spaces in allotments, community gardens, or even at home! Get in touch with nature and take some green-fingered tips home with you and share your successes with your colleagues!



Green Exercise Therapy — €225

Green exercise therapy is a great way to get your body moving and blood pumping, all in the peaceful surroundings of our Simar Nature Reserve. This site is teeming with wildlife and the fresh, natural smells to relax your senses. For this session, we'll take your team for a restorative yoga session to ground the body and mind, as well as reconnect with nature.

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Nature arts and crafts — €350

Discover your creative flair and experiment with natural materials to make a work of art! Soak up the surroundings of our nature reserve and draw inspiration from the local environment to create something special. Pick up your pencil, paintbrush or even use natural materials such as grass, clay or leaves. Nature arts and crafts can help you escape from the daily stresses and find a hidden talent!



Wilderness therapy — €700

Perfect for those looking for something a little more adventurous and the ultimate team building activity! Get back to nature and join us for an evening of fun-filled group activities and work together to pitch some tents and camp out at Ghajn Tuffieha Scout camp for one night. We'll prepare some delicious food together, then relax and unwind before camping out under the stars. This activity will run from early evening to the following morning.



By participating in a Blooming Minds activity with BirdLife Malta, you are not only supporting us to achieve our mission and continue essential work such as our ecotherapy programme, it is also a great way to inspire and motivate your staff by spending time in nature to improve mental wellbeing. We believe in a healthy environment for healthy minds and together we can make this happen for more people in Malta.

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