

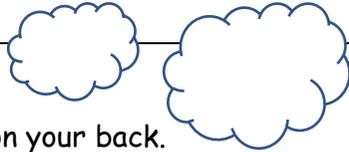
Outdoor Learning - the choice is yours...what will you do? Remember to wash your hands when you go indoors.

A-to Z walk

Go for an outdoor walk. This can be in your garden, the woods, your street or the hills!

Write down A-Z and list as many things as you can for each letter that you find, see, smell or hear on your walk.

Are there any letters you can't find anything for?



Mindfulness - Cloud Gazing

Find a safe and comfortable place outside to lie on your back.

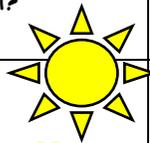
Watch the clouds above you.

What shapes can you see in the clouds?

How many clouds are in the sky? Look straight up in to the sky.

Divide your view in to 8. How many of the 8 pieces have clouds in?

What might the clouds be telling you about the weather?



Quick ideas for outdoor fun!

Pick as many as you like - remember the grid lasts more than one week!

1. Hunt for wildlife
2. Climb a tree
3. Paint stones
4. Have a mini Olympics
5. Wash a car
6. Have a picnic
7. Blow bubbles
8. Go bird watching
9. Build a shelter
10. Identify different trees
11. Build a mini volcano
12. Hunt animal tracks
13. Have a relay race
14. Plant something
15. Investigate butterfly life cycles
16. Cook something outside
17. Build a bird feeder
18. Make a sculpture from twigs
19. Play a game
20. Make a flag and flagpole
21. Fly paper aeroplanes
22. Make mud pies
23. Hug a tree
24. Keep a nature diary
25. Read a book
26. Build a bridge or a tower
27. Draw a tree
28. Play with a ball

Mindful listening

Go outside and listen in silence for 5 whole minutes.

What could you hear?

Did you notice any wildlife sounds?

Or sounds made by people?

Did anything surprise you?



Go outside and make your heart race!

Plan a fitness challenge for you and your family.

Where can you go that is nearby? How can you get there?

Will you walk, run, cycle, scoot or hop?

Will everyone in your family do the same exercise?



Scavenger Hunt

In your garden or a safe outdoors space find as many of the following as you can. Take an old tub or basin with you to put your collection in.

Find something -

old	noisy	5 things which are different shades of green
with a beautiful smell	quiet	dry
shiny	wet	old
unusual	light	useful

Can you arrange your items in a collage?

Remember you can share your work on Twitter.