

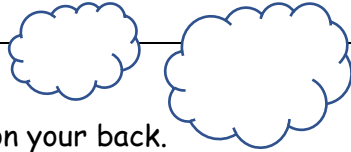
Outdoor Learning - the choice is yours...what will you do? Remember to wash your hands when you go indoors.

## 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.

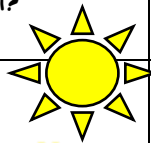
Watch the clouds above you.

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