

Week in the Woods 15th–19th June 2020

Fire Lighting

A Week in the Woods favourite! Find a safe space outside, and light a fire. Its not normally safe to light a fire on the ground, but there are some useful household items that can make a good fire bin. An old, metal colander, baking tray, or satellite dish are ideal—balance them on some flat, stable stones on a cleared area of ground. Metal take-away trays can also be used for smaller fires.



Pupils at Holywood are well-practised when it comes to lighting campfires, and know all about fire safety! However, its always important to remind ourselves of some of the rules and safety measures we need when working with fire.

The most important things to remember are:

RESPECT POSITION The respect position is kneeling down on one knee. It is used whenever working at the fire as it is a stable position where you are unlikely to lose balance and fall into the fire but at the same time can easily and quickly stand up and move away should you need to. It should be used whenever putting sticks on the fire, cooking or otherwise working at the fire.

WATER A ready supply of water should always be kept near to the fire in order to both control the fire if it becomes too large and use for first aid if anyone suffers from burns. A bucket of water on the edge of the fire circle is the simplest way to do this but other water containers can be used if easier for carrying.



FIRE GLOVES These should be large heavy fireproof gloves such as welding gauntlets. They should be kept on the edge of the fire circle and used whenever touching anything that has been on the fire. For example sticks that have fallen off the fire or need moving, hot items like baked potatoes that have been on the fire.

BEHAVIOUR Running, pushing, playing and throwing things like balls or frisbees should all be kept well away from the fire circle for obvious reasons.

Campfire Recipes

Campfire cooking is another central feature to a Holywood Week in the Woods! These recipes could also work in the oven or on the BBQ.

Chocolate orange cake

You will need: a box of chocolate cake mix (and any other ingredients specified on the box), and orange, tinfoil.



- 1) Make the chocolate cake mix as per packet's instructions.
- 2) Slice the top off an orange, scoop out/eat the inside.
- 3) Fill orange with cake mix, put top of orange back on, and wrap in tin foil.
- 4) Place in campfire until baked—this will depend how hot your fire is, around 20 minutes. Enjoy!

S'mores

You will need: marshmallows, chocolate digestives, a green stick for toasting (sycamore is ideal).



Use a peeler to peel the top of the green stick, and also to sharpen into a point. Place marshmallow on the end of stick and toast over the fire until nice and gooey. Put between 2 digestives—yum!

Damper Bread

You will need—self-raising flour, water, a green stick for toasting.

In a bowl, mix a cup of flour with a small amount of water to create a soft but not sticky dough. Take a golf ball-sized lump, and twist it around the top of the stick. Toast over the fire until brown on all sides. Allow to cool, and eat!

*You could try adding dried fruit to the dough!



Knot Tying

What do you remember about knot tying? Grab some rope and get practising those knots.

Can you do... a timber hitch? Ideal for tying rope to a tree.

<https://www.youtube.com/watch?v=JtJZgBduGg0>

A round turn and two half hitches? Perfect for tying ropes under tension to trees. <https://www.youtube.com/watch?v=BRZKYjWxOvM>

A rolling hitch? Tie a rope to the middle of another rope.

<https://www.youtube.com/watch?v=f4mHoUNHoO0>

A bowline? Tie a rope to a branch, pole or eyelet.

<https://www.youtube.com/watch?v=Q9NqGd7464U>

A figure of eight? A knot that will stop the end of rope sliding through a hole or eyelet. https://www.youtube.com/watch?v=0CnYmY_B938

Don't have rope? Have a go with some thick string or cord.



Campout

On the Thursday of our Week in the Woods each year, we have our Family Campout (weather permitting!). Just because we are at home this year, doesn't mean you have to miss on the campout experience—recreate it in your garden! Set up the tent and spend the evening in the garden—BBQs with hot dogs or burgers are encouraged! Play some family games in the garden, tell some spooky stories, do some star gazing when it gets dark enough... then grab your sleeping bags and sleep in your tent.



Whittling

Have you check out Mrs. Madden's whittling page on the blog? This week would be the perfect time to try out some of her step-by-step guides! She has made whistles, spoons, birds, and a handy clip.

Did you know you can whittle a carrot into a whistle too?!



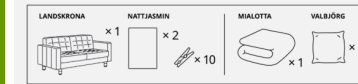
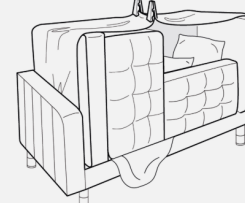
<https://www.youtube.com/watch?>

Den Building

Have you seen the instructions for indoor dens and forts that IKEA have made for children in lockdown? They are in the style of IKEA instruction manuals, and they show you how to make dens in the house using tables, blankets, pegs, etc.

Find all 6 plans here <https://www.dezeen.com/2020/05/15/ikea-forts-children-lockdown-coronavirus/>

FÖRTRESS



Have a go at building some of them in your house—we would love to see photos!

Then head outdoors and build a den. You could use tarpaulins/sheets and rope, and the knots you have

worked on to make a shelter like this —>

Or if you're lucky enough to have a woodland nearby, can you gather sticks/logs and make an



improvised wooden den like this?

<—

Bonus points if you can make an IKEA style instruction sheet for your own shelter/den!



Catapult/Trebuchet

Feeling brave/ambitious? Got a lot of spare wood and some rope available? Then why don't you try building a working traction trebuchet?



There are step by step instructions on a separate PDF on the blog. We've never managed to do this at school during Week in the Woods—is this the year some of our pupils will build it? If so—we would love to see photos, or even better, a video!

Tree Identification

Choose a small outdoor area—a garden, street, or small section of woodland. Which trees are most common in your area? Use this OPAL tree identification guide to help you identify the different species round about you. https://www.opalexplornature.org/sites/default/files/7/image/Tree%20Identification%20guide%208pp%20chart_0.pdf

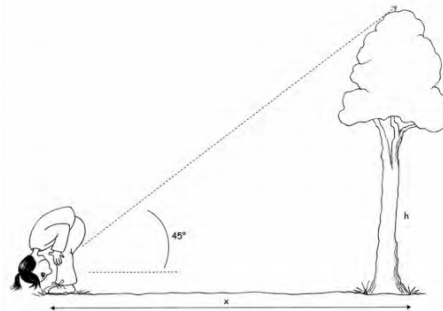
Create a table. Can you record the different species, and then tally how many of each you see?

Graph it—can you make a graph/tally chart outdoors using natural objects?



Measuring Trees

Height—This relies on trigonometry (and suppleness!) and the fact that if you view a tree top at a 45 degree angle then the height of the tree is equivalent to the distance that you are from that tree. Walk away from the tree but at regular intervals bend forward and look through your legs back to the tree. Stop when you are at a point where you can just see the top of the tree and measure the distance along the ground from the tree to you. This is roughly equal to the tree's height.



Age/Girth—You can age a tree by counting its rings of growth. But that's not very easy unless it has been cut down! Fortunately, the approximate age of a tree can be estimated from the girth (circumference) of the trunk at 1.5m above the ground. Although each tree grows at a slightly different rate (just like us), on average the new growth on its girth is 2.5cm per year. Dividing the tree girth (in cm) by 2.5 = age in years. Can you find a tree your age? Which is the oldest and fattest?



Mapping

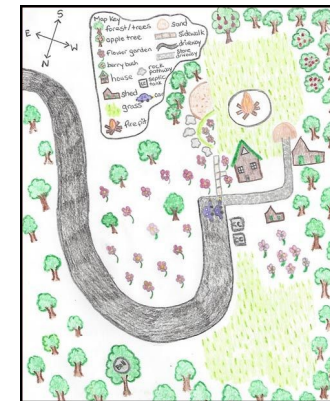
Draw a map of an outdoor area/woodland close to you.

Can you mark on it where important features and landmarks are? Streams/ponds, paths, specific trees or plants?

Can you try and make it more mathematically accurate? Maybe measure it, and then use a scale to draw it, like 1m in real life = 1cm on your map? If you don't have a big enough tape measure, could you use paces? Take big steps—1 step/pace = 1cm on the map?

Can you hide something in your outdoor area, and then mark its location on your map (like a treasure map)? Give it to someone else and see if they can use your map to find your item.

Remember a good map needs a key.



OPAL Surveys

Open-Air Laboratories (OPAL) is a UK-wide science initiative which encourages people of all ages, backgrounds, or knowledge to carry out hands-on nature surveys.

X-Polli:Nation Survey

This survey gets you to look for and record pollinators in your local area—important because these creatures fertilise our seeds and help our plants reproduce. The survey also gives you lots of information about pollinators and their favourite plants and habitats—you could do a whole project on this! <https://www.opalexplornature.org/sites/default/files/7/image/polli/XPolliNation%20Booklet.pdf>

Earthworm Survey

Use this earthworm guide to find out more about the worms in your garden <https://www.opalexplornature.org/sites/default/files/7/image/SOIL%204pp%20chart.pdf>. Lots of worms = good quality soil! Dig a small whole/pit in your garden, and encourage burrowing worms out by mixing a little mustard with water and pouring it in (don't worry, its not toxic to earthworms!) Sort your worms into adults and adolescents, and record the size and species of your worms. Did you know there were so many types?!



Shadow Art

Observing the passing of time and the movement of the sun can be achieved together by putting a stick in the ground, marking the shadow and then returning after a short while to see how far the shadow has moved.

Make it more artistic by attaching a piece of white card to the stick, carefully trace the shadow of a plant and then come back to redraw it when it has moved. Use charcoal or soft pencils to give the drawings a 'shadowy' effect.



Do an outdoor scavenger hunt

- Something green..... ✓
- Something hot from the sun..... ✓
- A dandelion clock..... ✓
- Something made by the sun..... ✓
- A sign that a bird has been using the park..... ✓
- Something round..... ✓
- Something that smells nice..... ✓
- A sign that mammals have used the park..... ✓
- A leaf that has been nibbled..... ✓
- A colourful stone..... ✓
- A buttercup..... ✓
- Something that reminds you of summer..... ✓



Dandelion clock



Buttercup

Tree Faces

A chance to play in the mud! Grab a handful of wet mud, and mould it into a shape face on a tree. Then, using natural materials, create features like eyes, nose, mouth and hair.



Wild Art

Hollywood pupils may be familiar with the art of Andy Goldsworthy—he is a land artist we have looked at before in school.

He creates both temporary and permanent sculptures, using natural and found objects. Find examples of his work here <http://www.artnet.com/artists/andy-goldsworthy/>

Make your own land art. Why not look at identifying patterns, highlighting colours or shapes in nature.

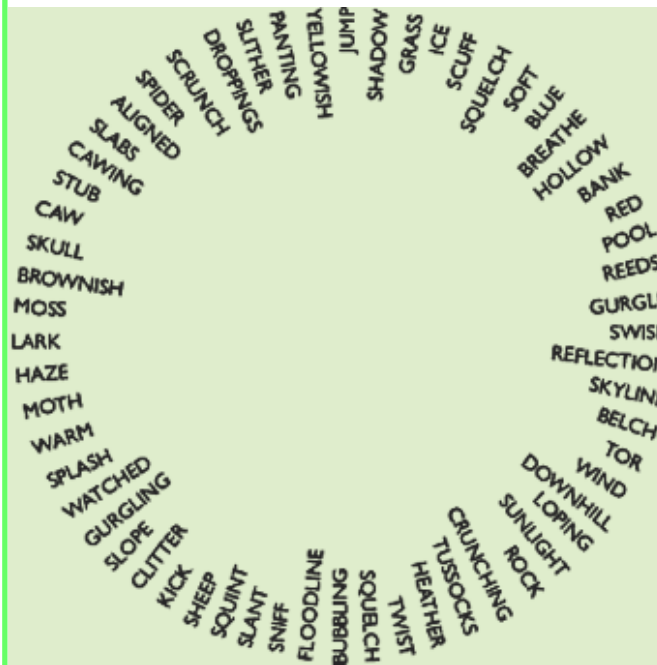
It doesn't have to be 2D. 3D sculptures made of natural materials can be very effective.



Take photos for a permanent record of your art.

Word Art

Richard Long is one of the best known "land artists" and many of his works are based around his walks. He uses photography, text and maps to record his routes. He plans specific routes, then gathers words along the way that describe things he sees/hears/feels. Here are 2 examples: **One Hour**, and **White Light Walk**. In the first, he wrote down a word each minute. In the second, he looked for certain colours through his walk—can you spot anything special about the colours?



WHITE LIGHT WALK

RED LEAVES OF A JAPANESE MAPLE
 ORANGE SUN AT 4 MILES
 YELLOW PARSNIPS AT 23 MILES
 GREEN RIVER SLIME AT 45 MILES
 BLUE EYES OF A CHILD AT 56 MILES
 INDIGO JUICE OF A BLACKBERRY AT 69 MILES
 VIOLET WILD CYCLAMEN AT 72 MILES
 AVON ENGLAND 1987

Can you plan a walk, then create your own word art based on it?