

## Health and Wellbeing- Spring walk scavenger hunt

Well done for another week of super home learning everyone!



Lots of you have been going out for walks during lockdown. Getting outside for fresh air and exercise is so important for our Health and Wellbeing, it can boost our mental health.

As Spring is beginning I thought it would be a good idea for you to go out on a Spring themed scavenger hunt walk or cycle run. Use your senses to explore Spring on your walk. What can you see, hear and smell?

Use the scavenger hunt sheets below or why not make up your own Spring scavenger hunt?

**Bonus task-** Name as many different species of plants, trees and animals as you can which grow or are born in Spring time. How many can you come up with? Make a list and see which ones you can spot when you are out and about.

**Or -** Look at the pictures below- can you identify what each of them are?



Remember Miss Stapleton posted some of her favourite walks on the Big Thursday grid for P.E. if you need inspiration.

Take photos of the things you find on your walks and share them on the blog.





### Sounds of spring

Head outside and listen for busy birds and buzzing bees.



**Buzzzzz**



**Tweet tweet**

Spring is a noisy time – the woods are alive with the sounds of nature! How many of these can you hear?



**Pat-a-tat-tat**



**Ribbit ribbit**



**Sounds of spring**



**Pitter patter**



**Quack!**

Grown-ups: Buzz and quack with your little one. It's a fun way for them to practice making different sounds and helps improve speech development.

What other sounds can you hear – rustling leaves, snapping twigs, barking dogs...?