# **Health and well-being - Outdoors**

It’s good for us to explore the outdoors. Outdoors offer a range of experiences and encourage children to explore different types of play including risky play. Today I thought everyone could go outdoors, whether it be in your own garden or out a walk with your adult.

I thought we could talk about the ‘Green Cross Code’ and learn all about crossing the road safely.

I also thought we could go a small scavenger hunt, to explore different areas.

**Firstly, you will need your adult to go a walk with you and you can go to a roadside.**

1. **Stop on the pavement before crossing the road**
2. **Can you see any cars, buses or lorries?**
3. **Can you hear any cars, buses or lorries?**
4. **Remember to look both ways, left and right.**
5. **Check again.**
6. **If it’s safe to do so, you can cross the road. Remember to walk across the road because if you run you’re more likely to fall.**

**If you are at a crossing whether there are traffic lights, remember to stop, look and listen for the green man before crossing.**

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Whilst you’re out your walk, let’s see if you can find any of these objects!

1. **A rock**
2. **Two sticks**
3. **A flower**
4. **Something green**
5. **Something red**
6. **A bird**
7. **A cloud**
8. **Some footprints or tracks**

