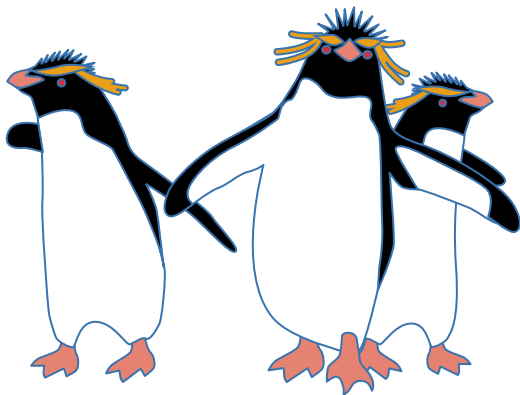




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# The Woodland Workout Activities

A resource for educators





# The Woodland Workout Activities

## Contents

- Ants
- Art Attack
- Collections
- Creating Mini Worlds
- Hug a Tree
- In the Box
- Penguin Game
- Poles
- Sticks
- Take a Spot





## Ants

### What you need

One long line of people

A leader

Forest objects

### What to do

1. Choose a leader and then follow them as they weave in and out of the forest.
2. Pass various objects from the forest floor, over your head, to the person behind.
3. The leader then runs to the back of the line once the object has been passed on.
4. If the object is dropped then it has to go back to the start of the line again.
5. The new leader then chooses another object to pass behind.

Can you think of any ways that help your team to work together safely (e.g. sing a song/chant)?





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## Art Attack

### What you need

Natural objects

### What to do

1. Collect a set of objects.
2. Arrange them in a pattern, picture, shape or sculpture.
3. Give your art a title.
4. Take a photograph.





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## Collections

### What you need

Pockets for collecting

### What to do

1. With a friend fill your pockets with 10 different things from the forest.
2. **Kim's Game**  
Lay your things out on the ground. Get a friend to look at the things and memorise them. Cover your things. Your friend must collect the same things. Compare your collections.
3. Take one thing away. Take the cover off. Your friend must guess what is missing.
4. Sit with a friend. Lay your things out on the ground. Choose one thing. Describe this thing. Your friend must guess what you are describing and point to it. Take turns.
5. **Sorting**  
Sort your things. Your friend can guess how you have sorted your things. Re-sort your things in a different way.
6. **Pictures**  
Make a picture with your things.







## Creating Mini Worlds

### What you need

- 8 small sticks to make a circle
- Flags (made from sticks and leaves)
- Natural objects
- A wild imagination

### What to do

1. Find a piece of grass/moss and place your sticks in a circle or shape – this is the fence of your park/world.
2. Using your flags and natural objects, e.g. pine cones, leaves etc., create your own mini park/world for your creature. (You could even have a roller-coaster!)
3. Now create your own sound effects using your voice or tapping stones etc.
4. Invite other groups to your park and tell them about your park/world.  
Remember your sound effects.





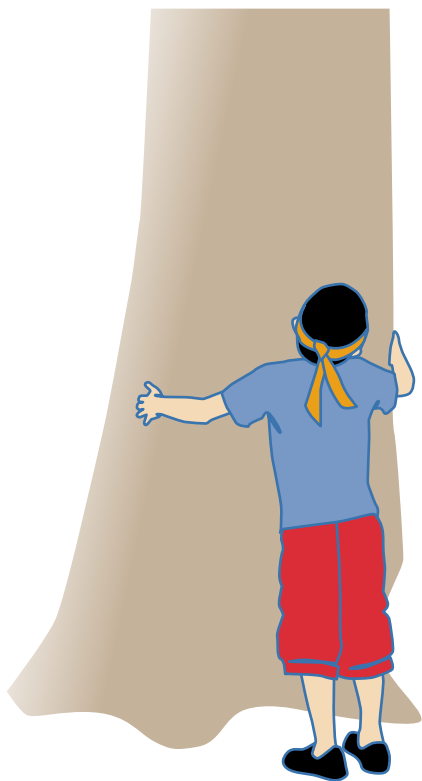
## Hug a Tree

### What you need

- A partner
- A blindfold

### What to do

1. Choose a partner to work with. Decide who will be blindfolded first, the other person will be the guide.
2. Put on the blindfold. Carefully turn the 'blind' person around three times.
3. Now carefully lead the 'blind' person to a tree (about ten to twenty paces away) and let them touch and smell the tree of your choice.
4. Lead them back to the starting point and, again, turn them around three times. Remove the blindfold.
5. The 'blind' person has now to try and find the tree they 'hugged'.
6. Swap places and choose another tree. Do the same again.





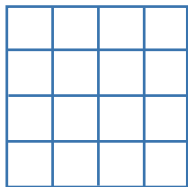
## In the Box

### What you need

Sticks for making a grid

### What to do

1. With a friend collect 6 pairs of objects e.g. 2 stones, 2 leaves etc. Sit back to back with your friend.  
Arrange your sticks in a 2 by 2 grid (or 3 by 3, or 4 by 4).  
Decide who is to be the boss.
2. The boss picks up an object and places it in his/her grid and describes to his/her friend where it is, e.g. top right, one to the left and two up etc.
3. The friend must place their identical object in the same place on their grid.
4. Do this 4 times. Stand up and look at your grids—  
are they the same?







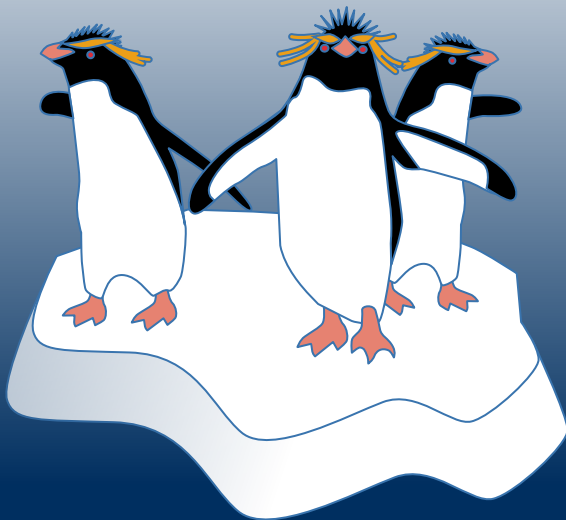
## Penguin Game

### What you need

1 large tarpaulin

### What to do

1. The tarpaulin is an iceberg and you are all penguins. Stand on the iceberg and huddle together to keep warm.
2. Because of global warming, the iceberg is melting. Fold it in half whilst you are all still standing on it. Take care that no penguins fall into the dangerous waters!
3. Keep folding the iceberg in half, using teamwork to keep all the penguins together.
4. How many penguins can survive?







## Poles

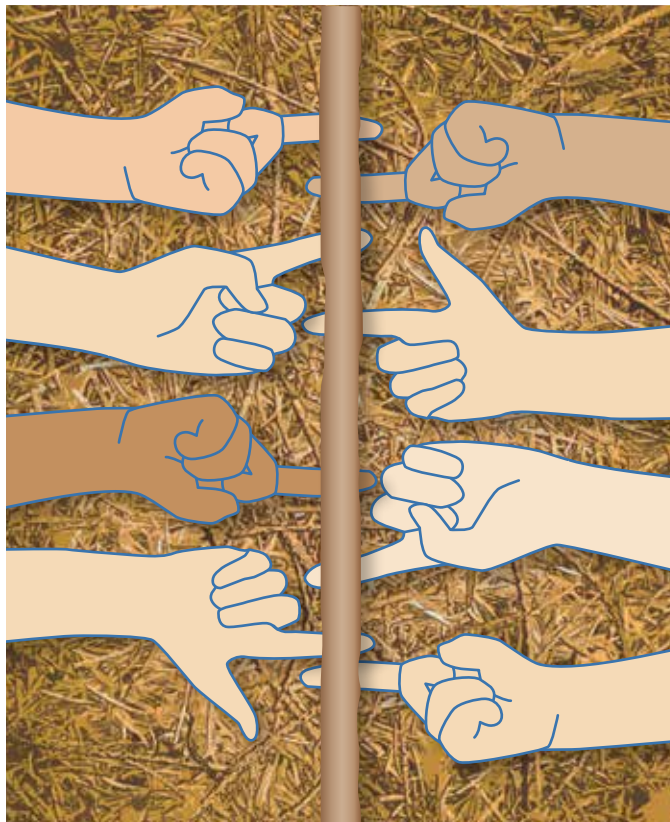
### What you need

Two long poles

Lots of co-operation

### What to do

1. Divide yourselves into two teams, stand in two rows facing each other.
2. Place the pole on the ground in between.
3. Bend down and place two fingers of each hand under the pole.
4. Now work together to lift the pole up into the air above your heads. *It must remain level at all times.*
5. Now lower it to the ground, again, keeping it level. *Remember to work together as a team.*
6. Try this again, using only one finger of each hand, then only one finger each.
7. **Rivers:** Find another long pole and use both your poles to make the banks of a river that you can JUST jump across. (as wide as you can). Can the tallest person jump the widest river?





## Sticks

### What you need

9 sticks the same size

### What to do

1. Make as many different polygons as you can with your sticks (a polygon is a shape with straight edges).
2. Take 3 sticks. Make an equilateral triangle.  
How many equilateral triangles can you make with 4 sticks? 5 sticks? 6 sticks etc.  
(An equilateral triangle has all sides the same size.  
You might find 9 sticks a bit of a surprise!)







## Take a Spot

### What you need

A quiet place to sit

### What to do

1. Find a quiet spot on your own and find a comfortable position, maybe sitting with your back resting against a tree and your legs stretched out. Close your eyes and take a couple of deep breaths to help you relax.
2. Open your eyes. Sit very still and the things around you will start returning to their normal activity. You might get a close look at a bird or an animal or begin seeing and feeling things you've never noticed before.
3. Choose one sense (hearing, touch, smell, sight). Think of 10 things you can either hear, touch, smell or see. You could try to find things that start with different letters of the alphabet.
4. Compare your list with a partner – did they notice anything that you didn't?

