

Outdoor Learning Activities

Book 2



Developed In Partnership with



Virtual School

Overview

This document contains ideas for outdoor learning that can be enjoyed whilst ensuring Government guidelines for social distancing are followed.

Activities are designed for use in a natural space but we have provided playground alternatives where possible.



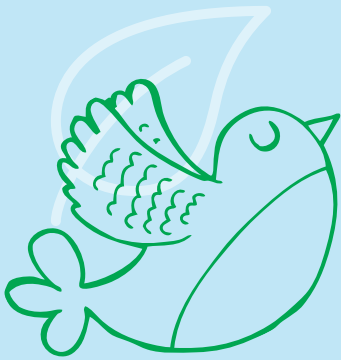
OutLET: Play Resource is a social enterprise which provides Forest School, Outdoor Learning and Training across central Scotland.

They have been working in partnership with North Lanarkshire Council's Virtual School to provide Therapeutic Forest School provision for those who need it.

To find out more about OutLET: Play Resource and the services they provide visit www.outletplayresource.co.uk



Sound Map



This is a mindful activity which requires everyone to be quiet and in the moment.

Participants find a spot to sit down away from others. Participants need their paper and pens/paints in front of them. The leader will set a timer - with could be between 10 and 20 minutes.

Each participant has to draw a picture of every sound they hear. These could be birds tweeting, someone cutting the grass or even nearby traffic.

The group then shares all of the different things they heard.

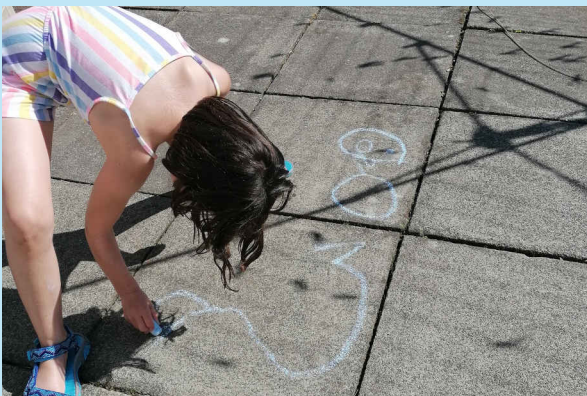
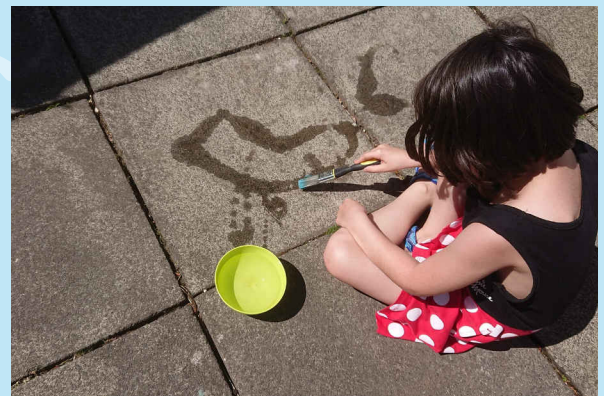
Is there anything you heard that surprised you?
Is there anything that you expected to hear but didn't?

How do you feel now ?

Kit Needed:

Paper

Pens/ Paints/ Chalk/ Water - anything that can make a mark.



Top Tip

This activity will require the children to be 'in the moment' - straight after this would be a good time to check in and see how they are.

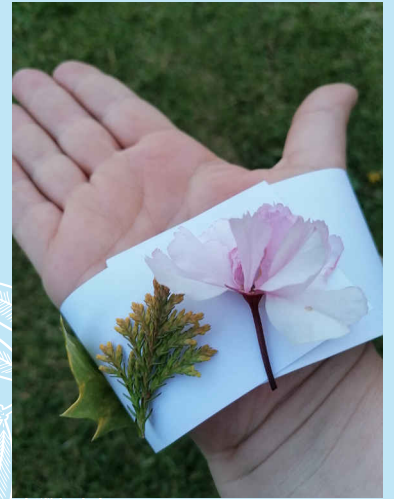


Nature's Palette

The season changes bring spectacular colours to nature.

When you go for a woodland walk on your daily exercise - lets see how many colours you can find.

You can either take a photo of the different colours you see. Or if you want to be creative, pick a few and make a bracelet or crown from cardboard and stick them on with double sided tape or sticky dots. Collect things with the same or different colours to decorate these



Top Tip

You could do this activity a few times on the same walk - do you notice the colours changing?



Kit required:

Cardboard or Paper

Scissors

Sellotape, Double Sided Tape
or Sticky Dots

A Camera

When picking from nature...

If there's a lot, take a little - If there is a little, take nothing and leave it in nature.



Nordic Slinging



Photo Credit: Wildly Wise

This is a lovely activity where people work in pairs from a safe distance to create friendship bracelets. It requires teamwork, good communication and coordination.

Kit Needed:

Wool or coloured string
(between 2 and 4 colours)

Scissors

Small weights (this could even be small sticks to tie on the bottom of the string to make it easier to throw and catch)

How to make a friendship bracelet with Nordic Slinging

1 person should do the set up below - before starting they should wash their hands and use anti bacterial gel if possible.

SET UP

Cut your wool or coloured string into 4 long pieces (approx 2m)

Tie them together at one end, making a loop if possible to hook onto a branch - alternatively you could tie it to an overhanging branch.

Add a small weight to the bottom of each piece of wool or string. You can use things around you, just something to add a little weight to make it easy to throw.

Once set up is complete - person 2 should also wash and anti-bacterial gel their hands prior to taking part.

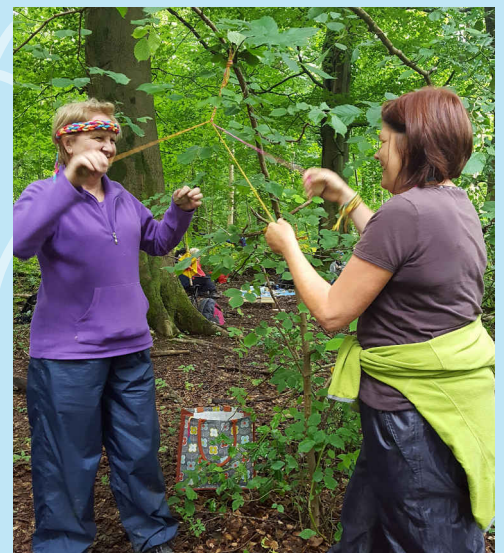
Both people should take one piece of the string/wool in each hand and face each other 2m apart. Together they should swing the string diagonally to each other - right hand to right hand then left hand to left hand.

Continue this until it is braided long enough to make a bracelet.

It can then be cut and tied to make the bracelet.

Top Tip

The children could make up a song to help with the throwing rhythm.



Learning About: Rhythm, coordination, communication, team work



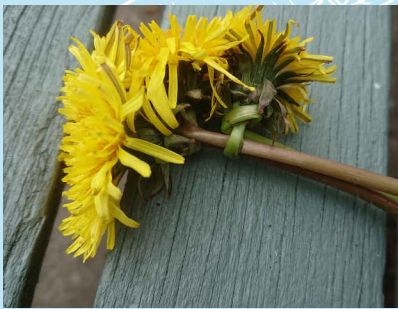
Dandelion Crown

Dandelions are very underrated. Many view them as a pest but they can be made into a fabulous crown.

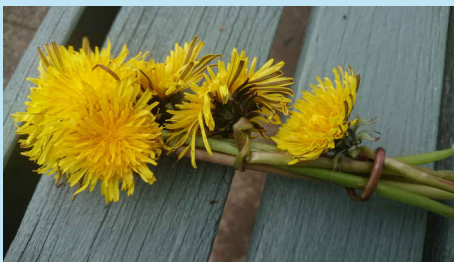
How to Make your own Dandelion Crown



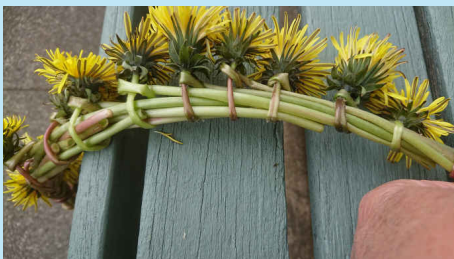
1. Take 2 dandelions and lay one across the other as shown



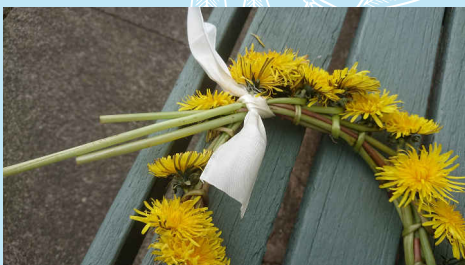
2. When adding your next dandelion, wrap the stem around all of the others.



3. Each time a new dandelion is added, wrap the stem around the bunch, the head is large enough for this to hold it in place - no need to knot!



4. Keep adding dandelions until the crown is the correct size.



5. Tie it off using string or ribbon to make sure it's secure



Kit Needed:

Approx 30 dandelions with long stems for an adult crown or 20 for a child's crown.

Scissors

Ribbon or String

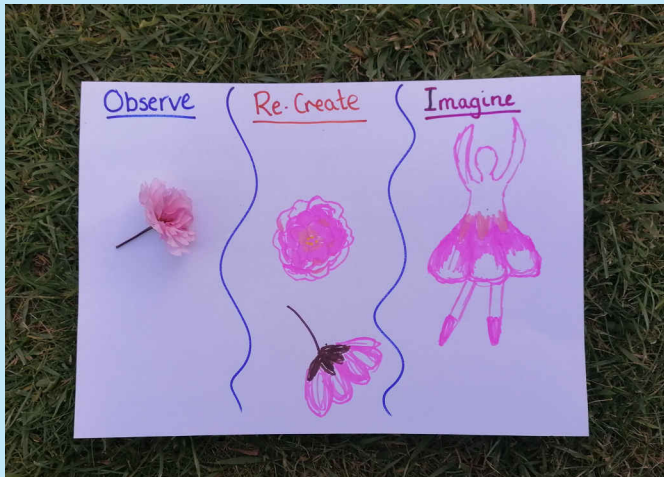
Top Tip

You could add in other flowers to offset the yellow!



Observe, Recreate, Imagine

This is such a simple way to inspire awareness of the astounding patterns, colours and shapes in the natural world.



Kit Needed :

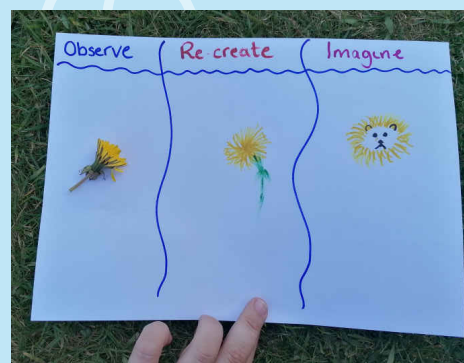
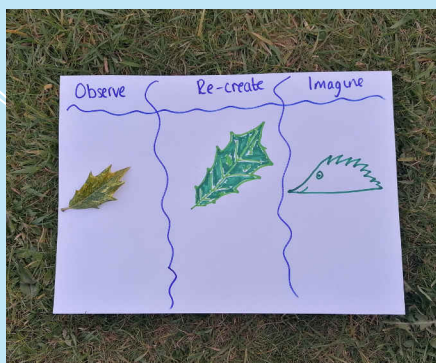
Paper,
pens, pencils or paint,
leaves, sticks, flowers, cones,
stones or any other beautiful
natural object

Explore the woodland to find a natural object such as a leaf, stick, flower or cone. You can take it back to school/ base camp, or if there are only a few - leave it where it is and do the activity next to it.

Examine your object carefully, look at the colours - is it 1 solid colour or are there a few? Look at the structure of the object, is it solid or is it made up of layers? Is there anything running through it?

Then try and re-create the item, you could use pens, pencils or paint.

Now use your imagination - imagine what else your object could be. Does it remind you of anything?



Learning About: Observation, Shape, Colour, Interpretation, Creativity



Dandelion Trumpet

This is super easy to make - but definitely takes a mix of skill and luck to play!



Find a long dandelion with quite a thick stalk

Pull the head off and blow down one end



It needs a lot of puff, and not all dandelions work!

Things to Consider.

Be careful where you pick the dandelions from, you want to avoid areas that may have had weed killer on them or are prone to dog walking.

Not all dandelions are created equal, and some just won't work. Be prepared for this.

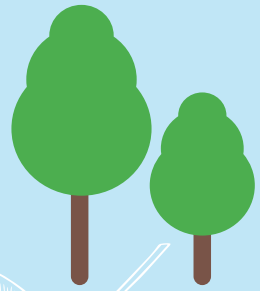
If you have found a super long dandelion - it may be worth making it a little shorter - approx 4-5 inches. I've found that this can be a successful length, though it still doesn't always work.

Dandelions can irritate some peoples skin. If this occurs, wash off the sap with soapy water.



Games

Below is an outline of some quick outdoor games that need little no to equipment



The Sleeping Miser

Choose 1 person in your group to be the 'Sleeping Miser' The rest of the group will be stalkers.

The miser sits blindfolded on the ground, jealously guarding an object of great value to him (this could be a rock or a flag). But the miser can't stay awake forever and he has fallen asleep.

The stalkers form a ring around the miser, about 30 paces away. At the signal, the stalkers begin to advance as quietly as possible. (they could do this barefoot if safe to do so). They must try and get close enough to steal the treasure without waking the miser up; so they will need to be aware of every movement and sound that they make.

If the miser clearly hears an approaching stalker, they point in that direction and the stalker must freeze. There may be some debate so a referee is helpful. Frozen stalkers no longer approach with the others, but must remain silent.

When a number of stalkers have been frozen, the game can be stopped and all stalkers go back to the perimeter to start again. This way no one is left out for a long period of time.

Running and diving for the treasure is not allowed.

The stalker who succeeds and in capturing the treasure is the miser for the next game.

Considerations for COVID-19

- Ensure the Miser's treasure is 2m away from their sitting position.
- Ensure the group is spread out so they don't come in to close contact
- Have enough blindfolds so that a blindfold isn't reused.
- The treasure could be different for each game
- Ensure good hand hygiene.

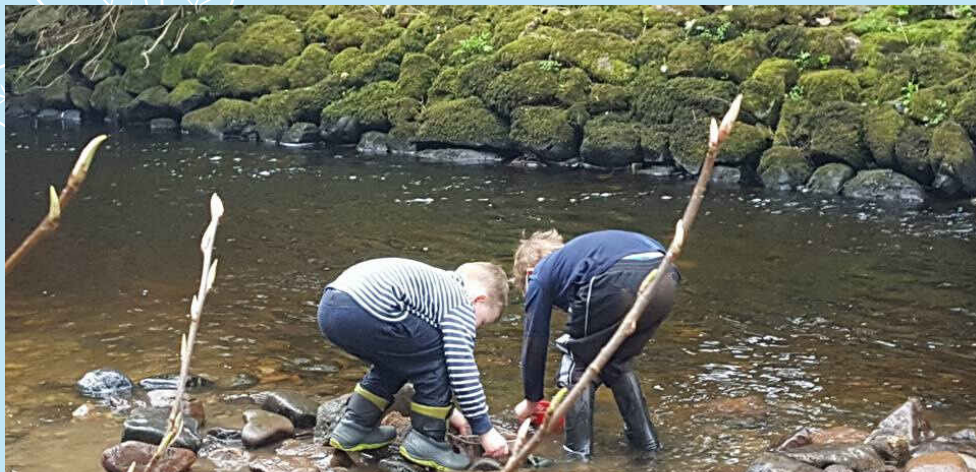


Water Play

Build a Dam

Building Dams in small streams is a physical activity which can be done alone or with friends. Playing next to, or in water often has a calming effect on children, while the process of dam building can have an exciting end result.

It is an excellent way for children to see natural consequences, as well as seeing first hand the affect that their actions can have on nature.



Things to consider before building dams (and talk to the children about these!)

Water Level - is the stream/river safe to enter? Will creating a dam cause a flood elsewhere?

Change of clothes/footwear - once they finish the activity they will get cold.

Dynamic Risk Assessing is essential in this activity.

For guidance on Dynamic Risk Assessment follow this [link](#)



Build a Mini Raft

Build a miniature raft with twigs and leaves, then set sail. Will yours float away successfully?

Kit Needed:

Scissors
String
Sticks and other natural materials



How to build you mini raft:

1. Collect 2 twigs that are roughly the same length and 2 twigs that are slightly shorter. These will be used to create the main structure of your raft.
2. Lie the 2 long pieces down parallel to each other to make the long edges and the use the shorter ones to make the short edges. Tie these together using string to make a secure rectangle. We use square lashing for this, you learn how to do this [here](#) but any knot will do!
3. Find more short twigs and lay them on top of your rectangle to make the deck.
4. Attach these by tying the string on to the base structure and then wrapping it over each individual twig - some people like to do it as a cross to make it extra secure. Repeat this on the other side.
5. Every good raft needs a sail! - I found another twig and square lashed (see above video) it on to one of the deck twigs to make a mast, then made the sail from a leaf.

Remember to test your raft in shallow water to see if it floats!

Once it's ready, you could race the rafts down a fast stream or river

Learning About: STEM, Problem Solving, Fine Motor Skills

Dynamic Risk Assessing is essential in this activity.



Thank You

If you have any questions about the activities above, or you would like further support for your Outdoor Learning provision then please contact Jackie@outletplayresource.co.uk and she will arrange a time to offer telephone support.

To find out more about OutLET:Play Resource you can visit our website

www.outletplayresource.co.uk

We are also on [Facebook](#) and [Linkedin](#)