

# FEBRUARY OUTDOORS

To obtain the full activity pack head to  
[www.loveoutdoorlearning.com/free-resources/](http://www.loveoutdoorlearning.com/free-resources/)

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Mental Health Week</b> Take a mindful walk, find as many colours as you can	<b>Photo</b> Can you take a photo of a bird? What type of bird is it?	<b>Sticks</b> Can you use sticks to make a sword?	<b>Den</b> Can you make a teepee for a fairy or other small creature?	<b>Number Day</b> Lets go a number hunt, what is the biggest number you can find?	<b>Mental Health Week</b> Mindful walk, how many sounds can you hear today?	<b>Scavenger Hunt</b> Find something beginning with each letter of your name or the whole alphabet!
<b>Maths</b> Can you take part in the Great British Schools Birdwatch?	<b>Animals</b> Try and Identify 3 different types of bird today. Can you name them?	<b>Read</b> Can you find a cosy space to read a little outdoors?	<b>Journal</b> Can you write (or draw) what happened outdoors today?	<b>Chinese New Year</b> Can you spot any of the Chinese zodiac animals?	<b>Game</b> Play i-spy on your walk today	<b>Valentines Day</b> Find something you love outdoors. It might be a treasure or a photo
<b>STEM</b> Make a tower of sticks, how high can you build it?	<b>Shrove Tuesday</b> Why not try making a pancake on the campfire?	<b>Scavenger Hunt</b> Complete our winter signs scavenger hunt or find signs of your own	<b>Photo</b> Can you take a photo of an old tree? How do you know it is old?	<b>STEM</b> Can you make a flying dragon or a kite?	<b>Story</b> Have your read our Greenman story? Why not make a green man?	<b>Science</b> Can you keep a piece of ice frozen outdoors? For how long?
<b>Read</b> Can you find out 4 facts about an animal you can find outdoors?	<b>Art</b> Can you make a natural mandala? Look up Andy Goldsworthy for ideas	<b>Wild Card</b> Do whatever you like outdoors today! Just stay safe	<b>Game</b> Find some natural objects and their names before playing Kim's Game	<b>Animals</b> How many animals can you spot with 4 legs or more today?	<b>Den</b> Can you make a den for you and someone else to fit in?	<b>Reflect</b> Can you share what your favourite outdoor activities were this month?



# WEEK 1

MON

## Mental Health Week

Mindful walking helps us calm our minds and be in the moment.

Younger Children - identify as many colours as possible

Older Children - Identify as many shades of a colour as possible

TUE

## Photo

Can you take a photo of a bird? What type of bird is it?

The RSPB website will help you identify the bird. Now you know it, try to remember it and see how many times you can spot it this week.

WED

## Sticks

Can you use sticks to make a sword?

To make a sword simply hold the 2 sticks in a cross and use wool, string or yarn to wrap around the join and leash them together. This requires a lot of fine and gross motor control. Younger children will need some support,

THU

## Den

Can you make a teepee for a fairy or other small creature?

To make a teepee collect sticks and push one end of each into the ground to make a circle. Hold the top of the sticks and leash them together with wool or string. You might want to decorate with leaves etc to make it a cosier home.

FRI

## Number Day

Lets go a number hunt, what is the biggest number you can find?

Younger children - should work on identifying their numbers

Older children - can you add all the numbers together that you see on your walk?

SAT

## Mental Health Week

Mindful walk, how many sounds can you hear today?

The age, stage and temperament of your child will determine how long they can walk and listen quietly. Try for a minute or two and then build up.

SUN

## Scavenger Hunt

Find something beginning with each letter of your name or the whole alphabet!

This is good for being able to name things in our natural environment. A tree might be our T letter, but if we know what type of tree we can have many more letters, P for pine, O for oak etc and the same is true for birds and animals.

Children as young as 2 years old can recognise a vast array of brands, lets build up their awareness of nature as well!

REFLECT

Throughout the week you can keep a journal of what you see, find, enjoy or even find boring. A nature journal is a great way to remember events and recall the names of things we discover. It can be in writing, pictures, clippings, photos, whatever works for your child.



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# WEEK 2

MON

**Maths**

Can you take part in the Great British Schools Birdwatch?

You will get the full details for this at  
<https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-birdwatch/>

TUE

**Animals**

Try and Identify 3 different types of bird today. Can you name them?

Could you remember the birds for yesterday? Were there any more you could spot that you did not see yesterday? What can you find out about them?

WED

**Read**

Can you find a cosy space to read a little outdoors?

Wrap up cosy and head out with your favourite book. Find a cosy space but be mindful of any Covid restrictions that might be in place where you live.

THU

**Journal**

Can you write (or draw) what happened outdoors today?

Reflection helps us understand the world around us. You can do this on your walk or in your garden or when you get back home in to the warmth.

FRI

**Chinese New Year**

**Can you spot any of the Chinese zodiac animals?**

2021 is the year of the Ox but can you find the other animals as well? These are

Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, Pig

SAT

**Game**

Play i-spy on your walk today

With younger children think about phonics and what the start of the word sounds like

With older children you can challenge them with any words ourdoors

SUN

**Valentines Day**

Find something you love outdoors. It might be a treasure or a photo

This is the day of love so why not spend some time finding natural treasures to love or beautiful views and sights?

What do you love about being outdoors?

REFLECT

This week we have been looking for things and at things so why not try and use more drawings in your journal?

Some children lack confidence when drawing but the only way to get better is by practising!

Share your learning with us



# WEEK 3

MON

## STEM

Make a tower of sticks, how high can you build it?

Think about how you can stack sticks or build them into a frame to create the height. You are only allowed to use sticks and the highest we have managed is 1.7meters!

TUE

## Shrove Tuesday

Why not try making a pancake on the campfire?

Outdoor food is always delicious! Can you make your pancakes on a campfire? Stay safe and ensure an adult is at the fire at all times. The next page has my Dad's drop scone pancakes recipe.

WED

## Scavenger Hunt

Complete our winter signs scavenger hunt or find signs of your own

You will find our hunt on the next pages

THU

## Photo

Can you take a photo of an old tree? How do you know it is old?

The girth of a tree can be used to estimate its age, as roughly a tree will increase its girth by 2.5cm in a year. So, simply measure around the trunk of the tree (the girth) at about 1m from the ground. Make sure you measure to the nearest centimetre. Then divide by 2.5 to give an age in years.

FRI

## STEM

### Can you make a kite?

There are great instructions on here that you can follow

<https://www.instructables.com/A-Garbage-Bag-Kite/>

SAT

## Story

Have you read our Greenman story? Why not make a green man?

You will find our story in the upcoming pages

SUN

## Science

Can you keep a piece of ice frozen outdoors? For how long?

The experiment for this is in the upcoming pages.

Again, this activity requires adult supervision.

REFLECT

This week we learned a lot! Make sure and journal what you have learned as this will help you remember it all!

Share your learning with us



# WEEK 4

MON

**Read**

Can you find out 4 facts about an animal you can find outdoors?

We often see animals outdoors and don't really think about them. So your challenge is to find out about the animals you find outdoors.

TUE

**Art**

**Can you make a natural mandala? Look up Andy Goldsworthy for ideas**



WED

**Wild Card**

Do whatever you like outdoors today! Just stay safe

Free play is important for development in all children so today, enjoy that!

THU

**Game**

Find some natural objects and their names before playing Kim's Game

Kim's game is a memory game where you pop items on a tray (or set area, let the children observe them then cover them up and hide one. Children take turns to guess what item is missing. This is great for recall and vocabulary.

FRI

**Animals**

How many animals can you spot with 4 legs or more today?

This is a great counting activity for younger children and fantastic to help older children develop their natural identification skills.

SAT

**Den**

Can you make a den for you and someone else to fit in?

Keep Covid rules in mind with this one, stay safe!

SUN

**Reflect**

Can you share what your favourite outdoor activities were this month?

Take a walk and talk! Share your memories of your outdoor activities this month. What did you enjoy? What did you learn? Was there anything you did not enjoy? Why was that?

This is a simple time to connect together.

REFLECT

This week has been about recall. What do you recall each day? What have you learned? Can you draw pictures to accompany your learning?

Share your learning with us



# Carol's Dad Dropped Scones (Scotch Pancakes)

## Ingredients

220 g Self Raising Flour  
Pinch of Salt  
50 g Caster Sugar  
2 Eggs  
280 ml Milk (we always used full fat milk but you can use semi-skimmed)  
1 Tbsp Sunflower/Vegetable Oil

## Instructions

Sift the flour, salt & sugar into a large bowl.

Whisk the milk & eggs together in a separate bowl with a fork and then gradually add them to the dry ingredients whilst mixing together.

Once combined add the oil and mix again until just combined.

Grease your griddle or frying pan with a little oil. Once hot, spoon a small amount of the batter (around 2 tablespoons) onto the griddle.

Your pancakes are ready to flip once bubbles have started to pop on top & they appear dry. Using a spatula, flip the pancakes & cook the other side for around a minute or until a golden brown.

Remove from the heat & enjoy.

## Cooking Outdoors

We have made these on campfires and camping gas stoves, either work and both taste delicious.

Just ensure there is an adult supervising at all times



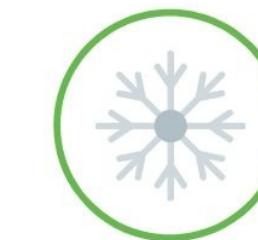
# Winter Scavenger Hunt



Brown leaf



Pine Cone



Snow



Berries



Ice



Pine Cone



Robin



Your Breath



Geese  
Migrating



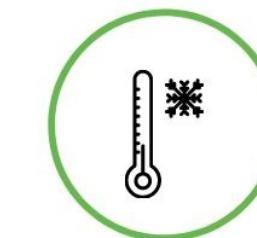
Leafless  
Tree



Pine  
Needles



Animal  
Tracks



Cold  
Morning



Clear  
Moon



Windy  
Trees



Evergreen  
Leaf



# Green Man Story

There have been stories of green men told for centuries and across many countries. Whilst he can mean different things to different people, he often represents an environmental guardian and keeper of the forest. As teachers, we have a responsibility to teach sustainability. The green man can be a useful cross curricular tool in exploring this.

We often tell a story when working with children in nursery all the way up to secondary, unfortunately I do not know the origin of it nor the true version, yet children enjoy it and it sparks their imagination.

The story goes

Once upon a time, there lived a rich and vain young prince. Servants prepared his favourite foods each day. His every wish was granted. He cared not for people nor animals.

One hot day, the young prince decided to ride his horse through the woods that were part of his kingdom, hunting small animals for fun. He thought that the woods and all its creatures belonged to him and he could do as he pleased with them. He raced over the woods and fields scaring many creatures as he went.

It was a hot day and he needed to cool down. He came to a loch – a beautiful, clear, cool loch.

The young man began to remove all of his fine clothing. He laid his clothes neatly folded on an old log and by the edge of the loch and tied his horse to a tree before jumping into the cool water.

While he was swimming and splashing away, a hand reached out from behind a tree and took his clothing and led his horse away. When the prince got out of the water, he discovered that he had nothing left to wear save a piece of rope. He took the rope and fastened some leaves to it to make a cover up. He was a proud and vain prince. He could not go back to his home dressed like this, so instead he hid.

At night, the prince went looking for some shelter and he stumbled into a cave. He didn't sleep much that night. It was dark, and he was frightened, and he kept hearing animal noises all night.



# Green Man Story

In the morning, when the daylight came, it was clear that someone had been living in that cave! He found some food, bedding and a container for water.

Over time, the prince settled into life in the cave. He fashioned a whole garment out of leaves. He ate from the land. He covered his hand with mud to prevent stings and reached into a beehive for honey to eat. He became acquainted with all the small woodland creatures, and he cared for them helping them over swollen streams when heavy rains fell, making sure they had food and water, and sheltering them in the cave on the chilly nights.

One day, whilst out walking he heard the screams of some scared children. Raced towards the screams and discovered two small children trapped by a wild pig threatening to charge. When he had chased the pig off, they looked at him. There he was, covered head to toe with leaves and mud, with wild beard and hair. "Are you the Green Man?" they asked.

"I guess I am," said the man, who no longer looked anything like a prince.

The children went back to the village and told their adults of the Green Man. As time passed, the villagers told their children a story about a Green Man who lived in the woods and cared for all of the small creatures. They said he even watched out for children in the woods. The villagers faithfully left out food on winter nights for the Green Man to eat.

Many years passed, until one warm day when a hunting party came into the woods. The Green Man hid behind a tree to watch. A rich young man, a prince perhaps, became separated from his hunting group and decided to take a swim in the clear, cool loch. He took off his clothes, folded them, and left them under a tree. The Green Man reached out a hand and took the clothes and the horse, leaving behind his garment of leaves and a coil of rope. He used a sharp stick to trim his hair and beard, and rode into town, back to his parents' castle.

Some questions you could ask the children are

Who would be the green man now? What does he need to protect? Who looks after the forests now?

Why do they need looked after? Why might so many cultures across the world have green man myth



# Science Experiment

## Keeping Chilled in Lockdown

Here is a simple experiment for youngsters to enjoy at home during lockdown. It helps explore science but also touches on problem solving and maths as well!

### Kit Required

Ice cubes  
Stopwatch

Insulation material (papers, cotton wool, fabric, moss, whatever you have handy!)

### Alternative

Alternative If it is really cold where you are you could do the opposite and keep some water warm instead. You would just need a container to hold the water, a thermometer and insulating materials.

Please be mindful of scalds and burns.

This is a simple experiment which is easy to set up. The aim is to discover which material is best for insulating an ice cube to prevent it from melting.

Simply set children a time to work together to decide how to insulate the ice cube.

Once insulated, place in a set location and do not move it.

Decide how regularly you will check your cubes (this will be determined by your weather, temperature etc).

Which materials keep the cube from melting the longest? Why was that?



Share your learning with us

