

# APRIL OUTDOORS

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

## Stress Awareness Month

Take some time today to sit, breathe and look for signs of spring

## Children's Book Day

What is your favourite book set in nature? Share it with a friend

## Art

Use natural materials to create a face

## Easter Sunday

Decorate your hard boiled egg and find a place to roll it. A favourite tradition

## National Parks Fortnight

Head to your local park and find 3 spots you love, why do you love them?

## Dark Sky Week

Hopefully it is a cloudless night, go out and see if you can spot any constellations

## Community Garden Week

Find out how you can help support your school or community garden

## Explore

Sometimes we forget what is on our door step, explore your local area on foot

## Walk

Look for the tiny details today, whether it is a flower in a gutter or fungus up a tree

## Draw

Get those chinks out and draw a gorgeous tree for everyone to enjoy

## Sticks

On your walk today pick up a stick and use it to create your stick journey by attaching finds

## Scavenger Hunt

Complete the Signs of Spring Scavenger Hunt

## Stress Awareness Month

Take some time to stop and listen, how many different bird calls can you hear?

## Create

Can you write an acrostic poem about spring? Each line starts with each letter

## i-spy

Can you play i-spy on your walk today? It is great for your nature vocabulary!

## Scavenger Hunt

Start from A and find something in nature for each letter of the alphabet

## Play

Free play helps kids of all ages learn, enjoy playing in nature today no matter your age!

## Craft

Can you build a bird feeder? Download the pack for some ideas how

## Art

Can you create some shadow art? Use natural materials to add detail

## Discover

Take a walk and see how many different types of trees you can discover

## Sticks

Use sticks to create a den, make it as large or small as you like

## Mother Earth Day

Explore your local ecology, go a bug hunt, how many different types of bugs can you spot?

## Skipping Day

We loved skipping games when we were kids, get outdoors and play some today!

## The Big Pedal

Can you go out for a cycle today? What do you notice from the bike?

## Kim's Game

This month we have pictures of insects to help you play Kim's Game

## Sticks

Create a nature weave using sticks to make the frame. Instructions in our pack.

## Gardening Week

Whether you have a garden or a windowsill, can you create a herb garden?

## Art

We challenge you to create a piece of art showing your favourite bug! Share it with us

## Play

Can you head somewhere new to play today? We love playing amongst the trees!

## Explore

On your walk look for signs of animals, it might be footprints, excrement or trails



Get more ideas and share your adventures with us!  
[www.loveoutdoorlearning.com](http://www.loveoutdoorlearning.com)

# Constellations

While we are more used to being outdoors during the day, we thought we would share a few tips for star gazing!

Make sure and wrap up warm; it can still be chilly out in April.

**Some Kit which might prove helpful, but is not essential:**

**Binoculars/telescope** - though you can see a lot without them.

**A red torch** - helpful if you have a printed guide as it does not upset your night vision. A red bicycle light will work.

**A compass** – so you know which direction you're facing.

**Apps** – there are so many apps out there now, and many of them are free

## Getting Started

Head out on a clear night; you can be in your garden or local park. Try and stay away from tall buildings that can block your view and bright lights.

Be patient; it can take up to 20minutes for your eyes to adapt to the dim light.

Use a chart or app and start to see what you discover!

**The BBC have a great guide you might find helpful**

[http://downloads.bbc.co.uk/tv/guides/bbc\\_stargazing\\_live\\_star\\_guide.pdf](http://downloads.bbc.co.uk/tv/guides/bbc_stargazing_live_star_guide.pdf)



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# Build a Bird Feeder

There are many different designs of bird feeder you can create, but here is a simple and quick one which has lasted more than a year in our garden!

## Kit List

Paint, paintbrush, string, scissors, empty large juice carton, craft knife, a helpful adult

## Instructions

This is a quick and easy bird feeder to make. To start, carefully clean out your carton. You may want an adult to help you get it super clean.

With an adults help, use a knife to cut out a door and a hole punch at the top.

Using the knife, carefully cut a slit for the lolly pop stick to sit in. A little glue helps it stay in place.

Paint and decorate your carton, mine is really boring, I bet you can do better! It might take a few coats to make it look really good.

Thread the string through the hole at the top, make sure it is long enough to hang where you like.

Select a nice spot in your garden and hang your feeder, fill it with seed and take a pic for us to see!





# Bug Identification



Worm



Bumblebee



Ladybird



Snail



Spider



Butterfly



Slug



Millipede



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# Nature Weave

**This is a great activity for problem-solving and developing fine motor skills.**

## Kit List

4 sticks  
yarn/ string/ wool  
natural finds like long grass, flowers etc.,

## Instructions

Make a frame by binding the ends of 2 sticks together and knotting them tightly.



Then bind the third stick to the opposite end of the second, and the fourth stick should then be added to make a square frame.

Once your frame is finished, wind the twine around the frame, looping onto each end before continuing to the other side until the frame has lines of twine across it. Secure by knotting.

Head out a walk and find wonderful things to weave into your frame to make it beautiful.



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# Are You A...

## Educator

Our Membership Portal supports all your learning and planning needs. With over 100 lessons covering all curricular subjects, there is plenty to inspire you and support you in outdoor learning.

The lessons are adaptable for children from 3 to 12 years old. We even have curriculum plans to make planning really easy for you. We work with our schools and nurseries every month to support them in their outdoor journey.

We also offer high-quality training and pupil experience days. These are led by Carol, a fully qualified teacher and outdoor learning practitioner. These are always adapted to the school and your needs and are as individual as you.

Email us to find out more.

## Parent

If you are looking for more ideas we have a parents portal. This has over 100 ideas to help you get your family outdoors, having fun while supporting learning.

The activities are have been designed with the 3-12 curriculum in mind.

We also run a range of children and family sessions throughout the year across central Scotland.

We have our families Facebook group which is there to provide you with support and ideas and help you connect with other outdoor families!

To find out more or book an outdoor session check out our website or email us!

The planning and regular emails with the Members portal make my life so much easier. Carol and the team are always ahead of me in the diary so it is easy to include and if I have any questions I just email. Thank you for making my life easy!

Jenny (Teacher)

I love this! I am a primary teacher and a mum. The activities we've done have been the most fun and engaging learning we've done during lockdown. Logan loves being outside and working with natural resources. It's helped his imagination, counting, mark-making, creativity, motor skills and speech. I'd 100% recommend Love Outdoor Learning.

Lynne (Parent and Teacher)

The Love Outdoor Learning team are just amazing. My boys love them both and every activity is focused on their development as well as using nature. Absolutely fabulous.

Vikki (parent)



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