

SEPTEMBER OUTDOORS

To obtain the full activity pack head to www.loveoutdoorlearning.com/free-resources

ID Skills It is time for berries, how many can you ID? ID card is in the pack!	Kim's Game Use the berries you found yesterday to play Kim's Game	Doodle Day Head out and use nature to inspire your doodle, it is good for relaxing and focusing!	Art Mush up the berries you collected to make some paint - what can you create?	Wild Card Let the kids decide what to do outdoors today	Read a Book Day Grab your favourite book and head to your favourite spot to read today	Youth Mental Health Day Check our pack for some ideas to support everyone's mental health
Literacy Get outdoors and use your senses to write a poem - see our pack for more information	Long Walk On your long walk focus on each of your senses to see what you notice	Research Why do plants and trees create berries? Find out the answer	Free Play Ask your adult to teach you a game they played when they were kids	i-spy Autumn has some wonderful colours, Use colours and see if you can name the object	Roald Dahl Day In George's Marvellous Medicine concoctions are created. Can you make one outdoors/	Story Can you find a cosy spot up or next to a tree to read? Remember and stay safe
Adventure Imagine you were a pirate, what treasures can you find in nature?	Beach Clean Week Can you find a local group and join in beach clean week? Or even do some yourself!	Relax What is your favourite thing to do to relax outdoors? Go do it then share with us	Talk Like a Pirate Day Play like a pirate! Can you walk the plank along a fallen tree?	Recycle Week Check out our pack to find out how to turn a egg carton into a bird feeder	Free Play Can you head to a woodland to enjoy some free play? Let your imagination go wild	World Car Free Day Can you leave the car at home today and go by bike or foot?
Story Invent a story about a woodland creature to share with us	Long Sit Sit outside by a tree and watch how the light creates patterns through the branches.	Wild Card Let the kids decide what to do outdoors today	Explore Take time to explore your playground or garden, what do you spot? Are there surprises?	Den Can you make a den for a hedgehog? Instructions are in the pack	Draw It Can you draw a picture of your hedgehog or another animal you see outside?	Measures Up How many things can you find smaller than your hand? What about smaller than your pinky nail?
Long Walk Have you taken a long walk this month? If not, get out today and see what you can see	Write and Reflect What have you enjoyed outdoors this month? Share it with us					



Get more ideas
and share your
adventures
with us!

Berries

Beware!!

Please ensure you do not eat any berries unless you are 100% sure on what they are. This guide is designed for fun, not for foraging



Blackberry



Sloe



Strawberry



Holly berries



Elderberry



Rowan berries



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Berry Painting

Did you know...

People use the juice from berries to dye clothing, baskets and even Easter eggs.

Painting with berries is really simple and fun, if a little messy!

Kit

Bowl

Fork or masher

Sieve

Berries

Paper

Paint Brushes

Water

Instructions

Start by mashing up the berries in a sieve over a small bowl to extract the pigment

You may choose to add a little water, be careful you do not add too much

Create your masterpiece and share it with us!



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Outdoor Ideas to Support Mental Health

Did you know that just 20 minutes outdoors three times a week is shown to reduce stress and anxiety and improve mental health for all ages

Rainbow Walk

A very activity that even the youngest can enjoy is a rainbow walk. Ask them to keep an eye open for something which represents each colour of the rainbow. Older children can be asked to spot as many shades of a certain colour as possible. Depending on where you walk, the local habitat and the time of year, it may be difficult to spot every colour but try your best.

Sensations Walk

For this walk, you simply start low and work up. You start at the feet. How do your toes feel as you walk? Your feet, your heels? Take time as you walk to really think about each part of your foot. Then move up to your ankles, your shins and calf muscles, your knees. How do they feel? Is there a rhythm happening in your body? Continue working up to your thighs, hips, back and so on. Once you get to your shoulders, work down your arms before finally working your way up to your neck, face and head. How does each part of the body feel when walking? Do they synchronise? What is the pattern of your walk?

Slo-Mo Walking

In this walk, we slow things right down. We take each step carefully, slowly, precisely. As we step, we think about what our bodies are doing, what muscles are working to help us balance? Try and breathe in and out in time with each step. Thinking about how these slow movements make the body feel.



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Senses Poem

Did you know...

Humans can hear sounds up to 20 kHz. The greater wax moth can hear sounds up to 300 kHz!

It can be used with any age or stage! His poem has a very basic structure, which makes it adaptable. I have used it with most primary year groups, younger children and those in special education through the use of pictures. The child can create and staff and write if needed.

It uses the senses, and each line starts:

I see

I feel

I hear

I touch

I think

Allow children to relax and reflect outdoors before asking them to write. A short mindfulness session where children are asked simply to find a space and think about their senses, in turn, can help. Save this poem and head out again during the next season.

This also links writing to maths as the children start understanding the seasons.



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Egg Carton Bird Feeder

This is a really simple bird feeder which all ages can enjoy making!

Kit Required

Egg Box

Scissors

String

Birdseed

Instructions

Cut the top off the egg box carefully.

If you wish, decorate your box. Sharpies and other pens work really well for this.

Carefully (get an adult to help) pierce holes in the corners of the box.

Cut 2 pieces of string around the same length (I used 3 as my box was a little bigger)

Thread the string through the holes and tie (You can dab the knots with glue for a little extra security)

Add whatever bird seed you have handy; I used both niger seed and peanuts.

Find a spot to hang your bird feeder. It is a good idea to hang under denser foliage as it will last a little longer.

Share your bird feeder for us all to see!

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Hedgehog Den

Hedgehogs need somewhere safe to stay for Autumn and Winter, so if you have the space you can always make them a wee den

Kit Required

A wooden crate

Lots of sticks

Fallen leaves

Instructions

Find a quiet spot that is sheltered and place your crate - make sure there is a space at one end for the hedgehog to get in and out safely, and the door should face away from the wind if possible!

Use sticks to build a teepee over your crate, make sure it is nice and sturdy; you can always ask your adult to help

Cover the roof with leaves, and make sure you fill all the spaces around and below the sticks with leaves. Can you even put some inside to give your hedgehog a comfy cosy bed! Leaves will help insulate your box, making it cosier for the hedgehog.

Make sure your entrance is nice and clear so the hedgehog can get in and out.



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Was this Pack Helpful? Then Read On...

Are You An Educator

Simplify your planning, reduce your stress and take every subject into your playground or outdoor space!

Our Membership Portal supports all your learning and planning needs. With over 130 lessons (and growing) 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 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. Please email us to find out more.

Or A Parent

Support your child's learning while they have fun outdoors!

If you are looking for more ideas, we have a parents portal. This has over 130 ideas to help you get your family outdoors, having fun while supporting learning.

The activities 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.

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)



Get more ideas and share your adventures with us!

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