

OCTOBER OUTDOORS

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

World Smile Day

Snap a photo smiling outdoors and share it with us on Twitter, @LoveOutdoorLea1

International Walk to School Month

How many days this month can you walk all or some of the way to school?

World Space Week

Head out at dusk and watch the stars appear - remember to make a wish for the first you see!

World Animal Day

Enjoy some maths with a tally chart showing what and how many animals you see

World Teacher Day

Use natural materials to create a heart and lets show our teachers we love them

World Badger Day

Can you draw, photograph or learn about one of the UK's most fearsome mammals

National Poetry Day

Use your senses to create a poem, check the pack for some ideas how to do this

World Egg Day

Put your STEM skills to use and create an nest for an egg, can would it survive a windy day?

International Astronomy Day

Head out at night, can you spot a satellite? Planet? Star constellation?

World Mental Health Day

3x 20minutes outdoors a week supports mental health - plan it!

Seed Gathering Season

Use our scavenger hunt and go seed hunting, it is in the pack for you!

Research

Can you find out 3 facts about seeds? Share them with us on Twitter @LoveOutdoorLea1

Free Play

Ask your adult to teach you a game they played when they were kids

The Bog Draw

When we spot the little subtitles we learn, draw your seeds in close detail

Kim's Game

Use the seeds you collected to play Kim's game and see if you can remember what they are called

International School Library Month

Grab a book, head out & learn about what you see!

Wild Card Day

Get outdoors and do whatever you want today, the only rule is to stay safe!

Relax

Sit, walk, chill... do what makes you feel relaxed and happy outdoors

Explore

Imagine you were a squirrel getting ready for winter, what do you need? Sees? Feel?

Chocolate Week

What better excuse could there be? Enjoy a campfire treat, ideas in the pack

Apple Week

Use an apple to make a bird feeder, instructions are in the pack

Long Walk

Take a long walk to look for the change in season, find out what to look for in the pack

Write It

Use your walk yesterday to help you write a story about change - share it with us on Twitter

Draw It

Draw a picture only using the colours you see in nature, it could be a tree or something abstract!

Long Sit

Take a seat outdoors and watch the leaves fall down, a gust can make it magical!

Adventure

Funnybones is one of our favourite books, can you go a walk at night like the skeletons do?

Wild Card

Let the kids decide what to do outdoors today

i-spy

Use colours for this months i-spy, how many shades can you see and name?

Stem

Check the pack to learn how to make a broom Harry Potter would be proud of!

Write and Reflect

What have you enjoyed outdoors this month? Share it with us

Halloween

Use ancient magic to make a spell just for you, find out how in the pack!



Get more ideas
and share your
adventures
with us!

Senses Poem

Many children find poetry difficult. As a teacher, it was an area that I just didn't feel confident in teaching. However, if you took me outdoors suddenly, I would be more expressive. I discovered that children in my class felt the same. Whilst not every writing lesson can be outside; this one utilises the natural environment to harness imagination.

This poem is created over the course of the year. I would aim to select a day with, notably, seasonal weather. It could be adapted to fit whatever skills we were working on in literacy, whether that be alliteration, using adjectives or something else. By the end of the year, the children have something to reflect on, which shows their progress.

This poem has a very basic structure, which makes it adaptable. It can be used with any age or stage! 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 smell
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.

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Seed Hunt

Did you know...

Most oak trees don't grow acorns until they are at least 50 years old.



Conker
(horse chestnet)



Acorn
(oak)



Hazelnuts
(Hazel)



Catkins
(Silver Birch)



Cones
(Alder)



Keys
(Ash)



Helicopters
(Maples)



Cone
(Douglas Fir)



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Chocolate Treats

While s'mores are delicious, they are not the only chocolatey treat you can make on the campfire
Have you had Banana Boats?

Ingredients

Banana
Chocolate buttons
Mini marshmallows

Instructions

Get an adult to make deep lengthwise cut along inside curve of each banana, being careful not to cut all the way through. Open slit to form pocket, you may want to carefully squish the banana into the side to give a little space

Fill each banana with the chocolate buttons and marshmallows

Wrap each banana in a double layer of foil, making sure that foil opening is on top.

Using tongs, pop the wrapped bananas in coals of campfire; cook 8 to 10 minutes. Carefully remove from fire; peel back foil.

Mind it is hot and we do not want you to burn yourself - be careful!!



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Apple Feeder

While s'mores are delicious, they are not the only chocolatey treat you can make on the campfire. Have you had Banana Boats?

Ingredients

Apple

String

Seeds

Sticks

Instructions

To start, lash 2 sticks together in a cross. Put aside until the end.

Core your apple. You just want to remove the core so it has a channel running up the middle.

Use seeds, sunflower seeds work particularly well, to decorate your apple. With younger children you may wish to provide a skewer to start the hole before pushing the sunflower seed in.

Use the seeds to create patterns. These can be more intricate for older or more able children.

Then, once your apple is complete, pop it onto the sticks with the string running through the centre, where the core was.

Use the string to hang the apple.



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Signs of Autumn

Remember!

Collect plenty of each leaf for the painting and Kim's game later in the week!



**Fungi on the
woodland floor**



**Geese flying in
formation**



**Different coloured
leaves**



**Jack Frost
signs**



**Fungi growing
on trees!**



Misty mornings



Dark nights



Birds Murmuring



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Make a Broom

What better time could there be to learn to fly?

Kit Required

Scissors

wool/ twine/ string

Long branch

Short spindly twigs

Instructions

Head out for a walk and collect your materials. You want lots of small sprindly twigs, ideally that reach from your elbow to the tip of your finger (shorter is hard to work with) and 1 long strong branch which will be the handle, or seat, of your broom

Once you have collected your materials you just need to attach them

Hold all the small branches around your broom handle with one hand, a few inches up the stick. You may want to get your adult to hold them.

Then, wrap your twine around and around the sticks starting from the broom handle end and working down towards the end of your broom handle. The more you wrap and the tighter you do it, the better. This can be fiddly so it can be worth asking your adult to help. Tie the string off so it is nice and tight.

Jump on and fly - just be mindful of other witches and wizards and keep your broom low



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Tree Magic

Once upon a time it was believed that trees held magic within them. We like to think they still do! We researched the folklore and created this. Use this to create your own spells. You can use the twigs or leaves, whatever feels right. Collect them in a jar and pop it somewhere safe.



Birch

Calms Emotions



Hazel

Increases wisdom
Helps Communication



Rowan

Gives Inspiration
Protects



Elder

Increases
imagination



Larch

Builds confidence



Common Lime

Relieves stress



Sycamore

Grants Wisdom



Horse Chestnut

Relieves worry



Beech

increases sensitivity



Scots Pine

Gives positivity



Do you enjoy our packs and ideas? 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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