

# NOVEMBER OUTDOORS

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

<b>Cop26</b> The 3R's are key for sustainability. What can you make from recycled materials? Share with us!	<b>Cop26</b> A garden can be large or small. Can you plant a mini garden? Check the pack for some ideas	<b>Cop26</b> Litter causes havoc for our wildlife. Can you go on a litter pick?	<b>Outdoor Classroom Day and Diwali</b> Light up the world with our firework art activities	<b>Guy Fawkes Night</b> We all enjoy tasty treats around the campfire. We share our caramelised apple recipe	<b>Stress Awareness Day</b> Tuning into your senses helps reduce stress. 5,4,3,2,1 in th pack	<b>Cop26</b> Our pack has ideas on how to use natural materials to make instruments - hear nature
<b>Cop26</b> A sense of place helps us care for nature, play outdoors and discover	<b>Cop26</b> Partake in a weather science experiment to help you explore climate	<b>Cop26</b> Making a compost bottle is a great way to learn about sustainability, see the pack for how	<b>Remembrance Day</b> Can you use leaves to create a poppy? Poppy Scotland shares why it is an important symbol	<b>Cop26</b> OPAL have great scientific studies, look at the air quality one, how good is your air?	<b>World Kindness Day</b> Check out the pack to find out how to make seed paper. This can make a wonderful gift.	<b>Cop26</b> Develop a sense of place and love of nature through out Autumn scavenger hunt
<b>Cop26</b> Make a leaf pile and keep it somewhere safe to give nature a home for winter	<b>Book Week Scotland</b> We love the Gruffalo but can you find the textures on the Gruffalo?	<b>Book Week Scotland</b> Wolf Brother is a beautiful book, can you create a camp like they describe?	<b>Road Safety Week</b> Can you walk safely to school, what is along the route to keep you safe?	<b>Nursery Rhyme Week</b> Lots of nursery rhymes feature the outdoors, can you create your own?	<b>Cop26</b> Can you have a low carbon day using minimal technology, turning off lights etc?	<b>Cop26</b> Can you make fatballs to feed the birds? Find the recipe in the pack!
<b>Long Sit</b> Take a long sit and focus on the weather. How does it feel against your skin?	<b>Den</b> It is time to make a den, can you protect yourself against the weather and be nice and cosy?	<b>Wild Card</b> Let the kids decide what to do outdoors today	<b>Explore</b> How many different types of tree can you count? They are hard to identify in winter	<b>Free Play</b> Teach your adult a playground game, or ask them to teach you one from when they were young	<b>Hear It</b> How many different sounds do you hear? How many animals or cars?	<b>Long Walk</b> Have you taken a long walk this month? If not, get out today and see what you can see
<b>Write and Reflect</b> What have you enjoyed outdoors this month? Share it with us	<b>St Andrew's Day</b> Whether you are near Loch Ness or not, can you go hunting for water monsters?					



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# Plant a Mini Garden

There are different types of gardens, from indoors to outdoors, flowers to plants and foods, ornamental and functional.



**Use succulents in a terrarium garden**



**Grow microgreens and eat them!**



**Carefully select cactus for a cacti garden**



**An indoor herb garden can be used for cooking**



**Use your imagination and create a fairy garden**



**Plan your veg garden it can be wee!**



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# Natural Finds Fireworks

Did you know...

Fireworks were invented over 2000 years ago in China!

We love fireworks in the sky, but there is no reason why we cannot depict some on the ground. It is a fun and easy activity that all ages will enjoy. It can even be linked to maths for shape!

## Kit

Leaves, as many colours as possible

Other natural finds \*rocks, twigs etc.)

## Instructions

Start by talking about the shape of fireworks; some spin, others blast etc

Ask the children to work as small teams to create their firework pictures using natural materials.

Scotland is the windiest country in Europe, so sometimes there can be a problem-solving in keeping their material where they placed it, let the children ponder this problem as they will find a solution.



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# Sweet Apples

## BE CAREFUL

MELTED SUGAR IS EXTREMELY HOT, AND WE DO NOT WANT YOU TO BURN YOURSELF. ADULTS BE AWARE AND ALERT AT ALL TIMES. ALLOW FOOD TO COOL BEFORE CONSUMING

## Ingredients

Apple

Brown sugar

## Instructions

Cut your apple into quarters.

Use a long stick or skewer to skewer your apple so you can hold it by the campfire but keep your distance. You should pierce your apple through the peel and into the thinner part.

Sprinkle brown sugar on the sides of your apple

Hold your apple above the fire, so the sugar melts - be very, very careful.

Allow the sugar time to cool and enjoy



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# Senses 5, 4, 3, 2, 1

Did you know...

Your sense of smell improves when you are hungry.

This is a very simple but effective activity. It is one I learned initially from a counsellor to help still the mind and calm when feeling anxious. It can work with all ages, as long as they know what the senses are and are an excellent tool for everyday life.

You simply stop, calm your breathing and see if you can find

5 things you can hear

4 things you can see

3 things you can feel touching you

2 things you can smell

1 thing you can taste

Remember, like all good coping techniques, you need to learn and use this when you are calm, so when you are upset, it is second nature.



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# Musical Instruments

It can be really easy to make simple musical instruments using nature and helps us begin to identify and learn about our natural world.

## Maraca

### Kit

Bottle with lid  
Natural finds

### Instructions

Head out with a bottle or three. Plastic can work well and be a little safer than glass in the woods.

Half fill the bottle with natural finds. They might be leaves, broken twigs, stones etc. or with a mixture.

Pop the lid back on the bottle

Shake it up and see how it sounds.

Can you make more than one to create different sounds?

## Geoboard Guitar

### Kit

Log  
Hammer  
Nails  
Elastic bands

### Instructions

Hammer the nails into the end of the log. Be careful and have an adult help. Have some nails close and others further apart

Attach the elastic bands to the nails. Some will have a lot of stretch, and others less so. You may even use long/ short, thick/ thick bands

Ping them to make some beautiful music and discover how distance or thickness makes a difference to the sound



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# Weather

Climate is the weather you expect to experience while the weather is is what you actually get.

## Rain Measure

Kit  
Bottle  
Knife  
Jug  
Sellotape

## Instructions

Cut the top off a bottle, turn it upside down and pop it into the bottle with the lid end pointing down the way. Have an adult help you, so you stay safe.

Attach this using sellotape

Find a spot and dig a small hole for half the bottle to fit into; this should be somewhere the rain will flow into the bottle, not near buildings, etc.

Pop the bottle into the hole and pack the earth around it so it will stay upright

Predict how much rain will be collected over a period of time, then measure it



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# Compost Bottle

Compost is a type of fertilizer that is made from rotting plants. It is easy and cheap to make, as all it really requires is vegetable waste.

## Kit

- A clear 2ltr plastic bottle with a lid
- Some garden soil- not shop bought
- Some shredded paper, (not glossy)
- Any of your fruit and vegetable peelings
- Some green grass clippings, hedge trimmings and leaves
- Some water
- Sellotape
- Sharp scissors
- Permanent marker

## Instructions

1. First, cut around the neck of the bottle to form a wider neck hole.
2. Add a layer of garden soil to the bottom of your bottle. around 2cm – 4cm deep
3. Next add a layer of peelings then add another layer of each to your bottle.
4. Add some more soil then a layer of shredded paper.
5. Finally add another layer of soil and a layer of grass clippings or leaves. You can repeat this layering pattern until your bottle is full.
6. Dampen the materials in your jar with a little bit of water, a spray bottle can help here
7. Now your bottle is ready. Tape the top of the bottle closed to keep the moisture in
8. Make a mark on the side on the bottle where the top of the contents are so you can see how much it changes.
9. Now just pop your rot pot in a warm sunny place and let the magic begin.
10. Look at it every week for 6-8 weeks to see how it changes. By the end of the time it should almost all be black goodness to use for planting!



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# Seed Paper

A seed is the part of a plant that can grow into a new plant

## Kit

- Used printer paper, cross-cut into tiny pieces by a paper shredder. Use 1-1/2 cups for each card.
- Large bowl of warm water
- Window screen material
- Small embroidery hoop
- Food colouring (optional)
- Blender
- 9 x 13-inch baking pan
- Packet of wildflower or other seeds
- Bath towels or several layers of felt squares
- Waxed paper
- Colored markers

## Instructions

1. Soak the paper pieces in the bowl of water overnight.
2. Put the soaked paper into the blender, then fill the blender halfway with water.
3. Blend until the mixture is like a soup.
4. Add food colouring, if desired, and blend some more.
5. Fill the baking pan one-quarter full of water, then pour in the blended paper mixture—or pulp.
6. Slip the embroidery hoop with screen in from the side so that it slides beneath the pulp and seeds. If necessary, spoon some of the pulp over the screen.
  1. Lift the screen gently, catching the pulp mixture evenly on top and letting the water drain off.
  2. Lay the screen on a bath towel or felt layers to drain.
  3. Sprinkle some seeds on top of the wet pulp, and gently pat them into the surface of the pulp.
  4. When the bath towel or felt has soaked up as much water as it can, pick up the hoop and turn it over onto a sheet of waxed paper to dry. (Seeds will be on the bottom.)



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# Seed Paper (continued)

## Instructions

- You may have to gently hit the hoop on the table or counter surface to loosen the pulp from the screen. If the pulp does not stick together, try putting more pulp on the screen next time.
- Let the paper dry for at least 24 hours.
- If the paper does not lie flat, place a heavy object (like a book) on it for a few hours to flatten it.
- Decorate it with markers on the un-seeded side.

## To plant the paper:

- When you plant the paper, lay it on the surface of the soil and sprinkle about one-quarter-inch thick layer of soil on top. Water the soil lightly and keep the seeds wet until they sprout and have a few days to grow roots.



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# Autumn Scavenger Hunt



**Geese flying in formation**



**Leaves changing colour**



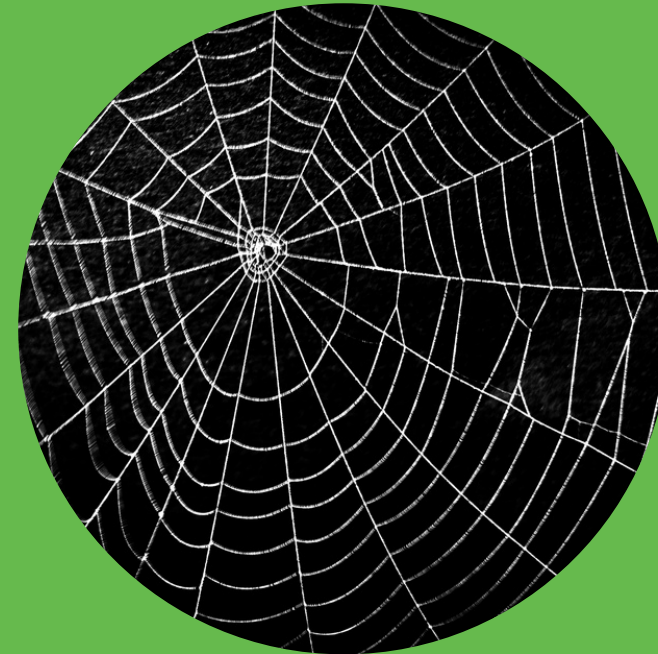
**Falling seeds**



**Fungi growing**



**Helicopters**



**Spider webs**



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# Bird Fat Balls

Compost is a type of fertilizer that is made from rotting plants. It is easy and cheap to make, as all it really requires is vegetable waste.

## Kit

- Suet (beef or vegetable)
- Bird seed

## Instructions

Remove the suet from the fridge a couple of hours before you want to use it so it comes to room temperature. Like butter, it is easier to manipulate when it is warm.

Experiment to see what ratios work best for you. We find one part suet and one to one and a half part seeds works best.

Mix it all together by hand until it is all combined

You can use your hands or an ice cream scoop to make the balls, place them on greaseproof paper

When you are ready balls can either place them in a ball holder or hung in the netting from citrus fruit.

If you want to save some for later then pop them into the freezer until you are ready to place them outdoors.



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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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