

Exploring spring and summer! Here are some ideas for ways you can explore outside with your families:

Calm moments!



- ☀️ Go cloud spotting! Lie on your back and look up at the clouds. What do they look like?
- ☀️ On a sunny day, with a partner on a hard surface outside, spot each other's shadows. Chalk around your partner's shadow and try again later to see if the shadow has moved.
- ☀️ Sit or walk somewhere in nature. Be super quiet. What can you hear? Smell? Feel? See?

In the woods



- ☀️ Make a mini den for an animal using sticks and leaves.
- ☀️ Make a bug hotel with sticks, leaves and grass.
- ☀️ Press paper against a tree and rub on the paper with the side of a crayon to see the pattern of the bark.
- ☀️ Meet a tree game. With a partner, one person closes their eyes and the other carefully guides them to a tree. They can touch the tree with their hands before being led away. When they open their eyes, can they work out which tree they were touching?

On a walk



- ☀️ Make a journey stick, collecting things like flowers and leaves and tying them onto a stick with string, wool or elastic bands.
- ☀️ Write or draw the things you might find on your walk before you go, and tick off the ones you see. You might choose tree, flower, ant, cloud, spider's web, feather or pinecone.
- ☀️ Play 'Find something...' You might be challenged to find something shiny, colourful, smooth, rough, pointy, soft or prickly.

On the beach



- ☀️ Play noughts and crosses in the sand.
- ☀️ Make works of art with shells, stones and seaweed!
- ☀️ Race to be the first to fill up a bucket on the beach, just using your hands as a cup to scoop the water.