

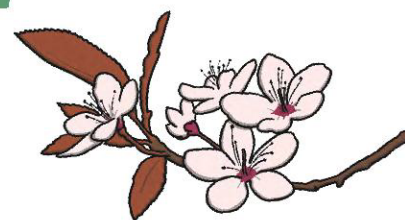


Nature Pack

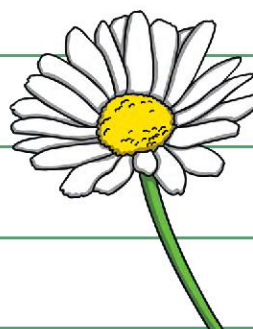
*A resource for children to learn more about nature
in a fun and interactive way*



100 Fun Outdoor Activity Ideas



- | | | |
|----|--|--------------------------|
| 1 | Roll down a hill. Don't forget to look first! | <input type="checkbox"/> |
| 2 | Build a den in your garden or outdoor space if permitted. | <input type="checkbox"/> |
| 3 | Skim stones across a lake. | <input type="checkbox"/> |
| 4 | Paddle in the sea. | <input type="checkbox"/> |
| 5 | Eat a picnic in your garden, a park or at the beach. | <input type="checkbox"/> |
| 6 | Go on a welly walk. Don't forget to splash in muddy puddles! | <input type="checkbox"/> |
| 7 | Build an obstacle course. | <input type="checkbox"/> |
| 8 | Invent a new ball game. | <input type="checkbox"/> |
| 9 | Play hopscotch. | <input type="checkbox"/> |
| 10 | Learn how to skip or hula-hoop. | <input type="checkbox"/> |
| 11 | Ask an adult to teach you how to cross the road safely and make a poster about it. | <input type="checkbox"/> |
| 12 | Fill a plastic container with petals, then top up with water. Put it in the freezer to make some ice art. | <input type="checkbox"/> |
| 13 | Spot a rainbow. Can you learn the colours in the correct order? | <input type="checkbox"/> |
| 14 | Find a variety of balls and test them to see which bounces the highest. You could experiment with different sizes and materials. | <input type="checkbox"/> |
| 15 | Navigate using a map. | <input type="checkbox"/> |



16 Bounce on a spacehopper or trampoline.

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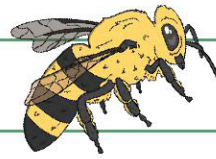
17 Build a bridge over a stream or puddle.

☐

18 Grow some vegetables or herbs.

☐

19 Plant some bee friendly flowers.

☐

20 Make a wormery.

☐

21 Paint a mud picture.

☐

22 Race sticks under a bridge.

☐

23 Play conkers.

☐

24 Make a nature sculpture.

☐

25 Cook on a campfire or BBQ, with an adult's help.

☐

26 Feed some ducks or swans.

☐

27 Make a bird feeder for the garden.

☐

28 Go pond dipping.

☐

29 Climb over some big rocks

☐

30 Climb a big hill.

☐

31 Build a hedgehog house.

☐

32 Go on a minibeast hunt

☐

33 Watch the sunset.

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34 Watch the sunrise.

☐

35 Follow some animal tracks.

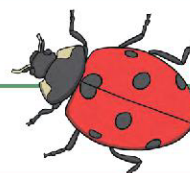
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36 Identify some trees by looking at their leaves.

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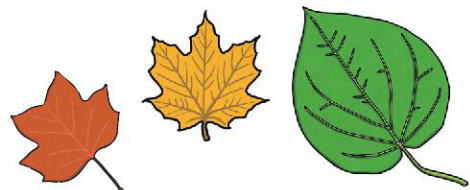
- | | | |
|----|--|--------------------------|
| 37 | Put up a tent in your garden. | <input type="checkbox"/> |
| 38 | Explore on a bike or a scooter. | <input type="checkbox"/> |
| 39 | Make a fairy garden using small toys, pebbles or shells. | <input type="checkbox"/> |
| 40 | Write your name with water and a brush on your house or outdoor space if permitted. | <input type="checkbox"/> |
| 41 | Do some leaf or bark rubbings, using wax crayons. | <input type="checkbox"/> |
| 42 | Make a simple rain gauge to see how much rain falls in a week. | <input type="checkbox"/> |
| 43 | Build a bug hotel. | <input type="checkbox"/> |
| 44 | Draw a picture of a tree or plant. | <input type="checkbox"/> |
| 45 | Make a stick man or woman, using actual sticks! | <input type="checkbox"/> |
| 46 | Build a sandcastle. | <input type="checkbox"/> |
| 47 | Collect some shells and make a seaside picture. | <input type="checkbox"/> |
| 48 | Go stargazing. | <input type="checkbox"/> |
| 49 | Fly a kite. | <input type="checkbox"/> |
| 50 | Make a mud kitchen using old pans, bowls and spoons. | <input type="checkbox"/> |
| 51 | Create some mud pies or cakes. | <input type="checkbox"/> |
| 52 | Go geocaching. | <input type="checkbox"/> |
| 53 | Explore some rockpools. | <input type="checkbox"/> |
| 54 | Go on a night time walk with an adult. | <input type="checkbox"/> |
| 55 | Take your books, a picnic blanket and cushions into the garden and create a cosy reading area. | <input type="checkbox"/> |



56	Keep a nature diary.	<input type="checkbox"/>
57	Observe some tadpoles as they turn into frogs.	<input type="checkbox"/>
58	Do a scavenger hunt.	<input type="checkbox"/>
59	Make a nature crown using leaves.	<input type="checkbox"/>
60	Make a nature necklace using things you find outside.	<input type="checkbox"/>
61	Paint some stones. Can you leave some for someone to find?	<input type="checkbox"/>
62	Make a trail of sticks and stones for a friend to follow.	<input type="checkbox"/>
63	Go birdwatching and count how many different types of birds you can find.	<input type="checkbox"/>
64	Make a 'nature monster' out of natural materials.	<input type="checkbox"/>
65	Build a tall tower by balancing stones. How many stones can you stack before the tower falls?	<input type="checkbox"/>
66	Use some sticks and string to make a broom. Can you pretend to fly on it?	<input type="checkbox"/>
67	Listen carefully for one minute. Make a record of what sounds you can hear.	<input type="checkbox"/>
68	Observe the weather and keep a weather diary for a week.	<input type="checkbox"/>
69	Make a magic wand using a stick, wool and ribbon.	<input type="checkbox"/>
70	Make a wind chime using sticks, wool and old cutlery.	<input type="checkbox"/>
71	Do some yoga outside.	<input type="checkbox"/>
72	Make up your own exercise routine. You could video it for your friends to try too.	<input type="checkbox"/>



- 73 Go on a photo walk. Take a camera, phone or tablet and take photos of anything interesting you see. You could print them or send them to friends and family. If you prefer, you could take a sketchbook to record what you spot. ☐
- 74 Make a nature video. You can pretend to be a TV presenter or just video your nature walk. ☐
- 75 Visit a local park or nature reserve at different times of year. Record how it changes as the seasons do. ☐
- 76 Go on a sensory walk. Explore what different trees and plants smell like. ☐
- 77 Visit a local landmark, like a monument or ruin. Find out more about it. ☐
- 78 Make a musical instrument using things that you find outside. You could use sticks, stones, plant pots or anything else you can find. ☐
- 79 Ask an adult if they can teach you to do any garden jobs. You might be able to do some weeding, raking, sweeping or watering. ☐
- 80 Ask an adult to show you how to wash their car. ☐
- 81 Hide some treasure in your garden. Make a map for someone else to find it. ☐
- 82 Lie on your back and watch the clouds. What shapes can you see? Do any of the clouds look like animals or objects? ☐
- 83 Go for a woodland walk and count how many different types of trees you can find. ☐
- 84 Build a nature rainbow using different coloured leaves and petals. ☐



- | | | |
|----|--|--------------------------|
| 85 | Find a log, bench or rock and use it to practise keeping your balance. | <input type="checkbox"/> |
| 86 | Can you find or make an outdoor stage? You could use a rock, a wooden box or just mark out an area of grass. Put on a show for your friends or family. | <input type="checkbox"/> |
| 87 | Using petals and water can you make your own perfume? Try using different petals to make different smells. | <input type="checkbox"/> |
| 88 | Grow a beanstalk. Keep a record of how tall it grows. Don't forget to pick, cook and eat your beans. | <input type="checkbox"/> |
| 89 | Plant a sunflower seed. Have a competition with a friend to see who can grow the tallest sunflower. | <input type="checkbox"/> |
| 90 | After your sunflower has died, can you take the seeds out using tweezers? You could plant them to grow a new sunflower! | <input type="checkbox"/> |
| 91 | Go sledging. | <input type="checkbox"/> |
| 92 | Build a snowman or a snow creature. | <input type="checkbox"/> |
| 93 | Try painting on snow with different coloured water. | <input type="checkbox"/> |
| 94 | Find a spider's web and look at it through a magnifying glass. You could take a photograph or draw a picture. | <input type="checkbox"/> |
| 95 | Grow a pumpkin. Make it into a lantern for Halloween. | <input type="checkbox"/> |



96 Explore a new outdoor place that you haven't been to before.

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97 Draw a maze using chalk for a friend to follow. If you have one nearby, you could visit a maze too.

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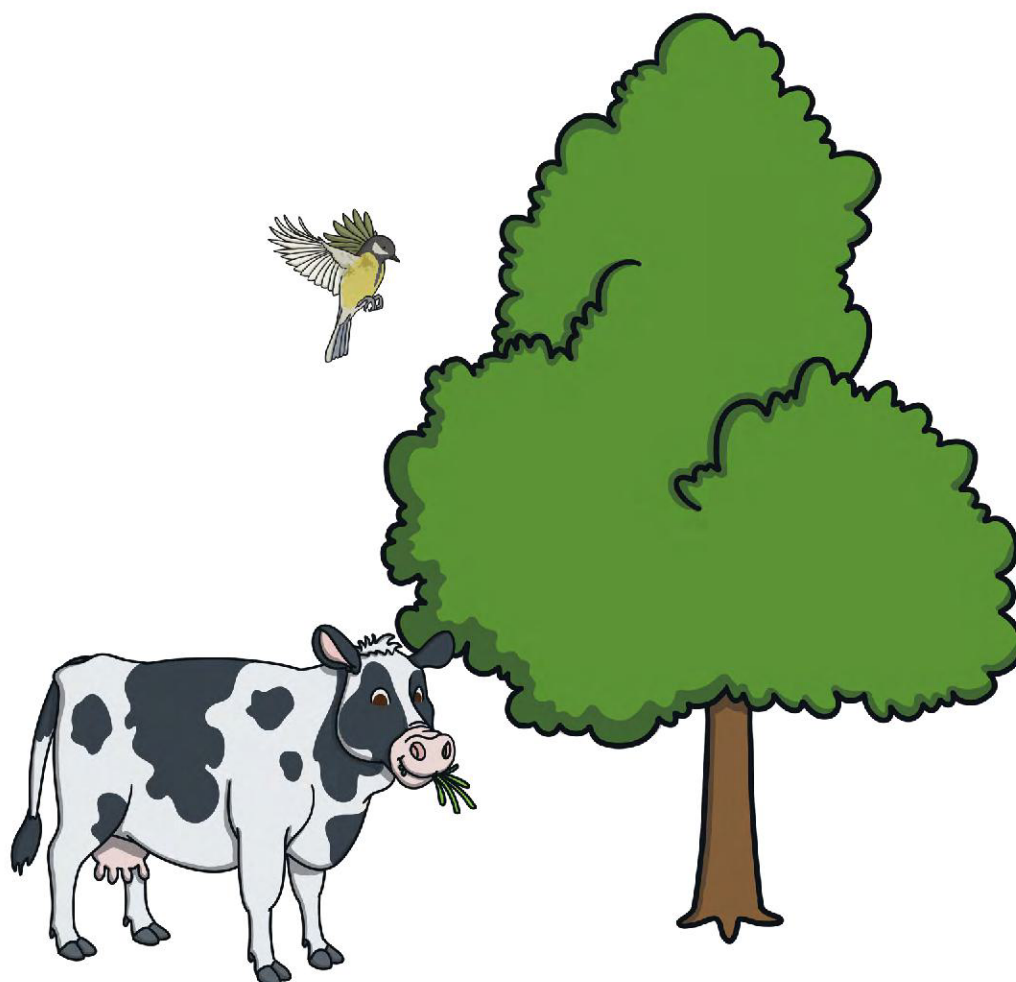
98 Using some leaves and some googly eyes, make a leaf person by sticking the leaves and eyes on to paper. You could make a whole family.

☐

99 Find the biggest and smallest leaf that you can.

☐

100 Find the longest stick that you can. Measure how long it is.

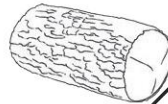
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My Five Senses Scavenger Hunt

Something smooth



Something rough



Something that makes a noise



Something round



Something yellow



Something that came from a plant



Something that has a smell



Something long



Something man-made



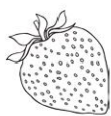
Something soft



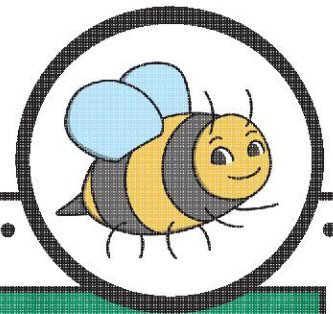
Something you can eat



Something red

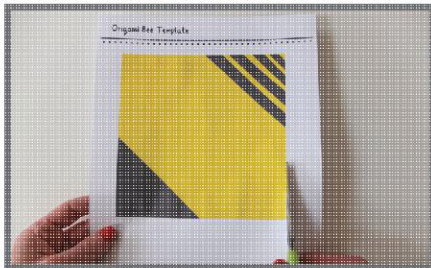
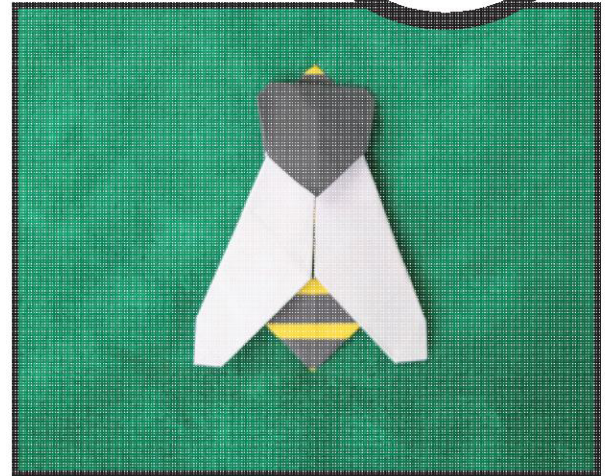


Origami Bee

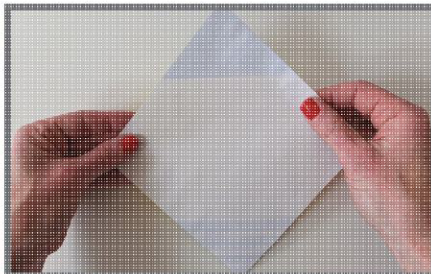


You will need:

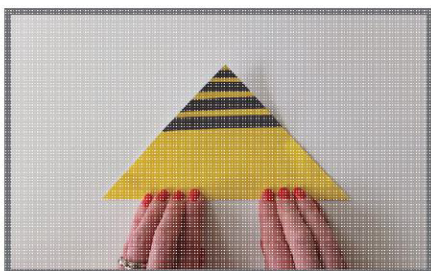
- Origami Bee Template
- A4 white paper
- Scissors



1) First, print out the Origami Bee template onto white paper and cut out the square-shaped origami paper using scissors.

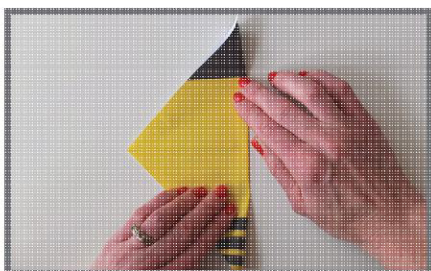


2) Place your square piece of origami paper on your work surface with the black triangle as the top point and the white side facing up.

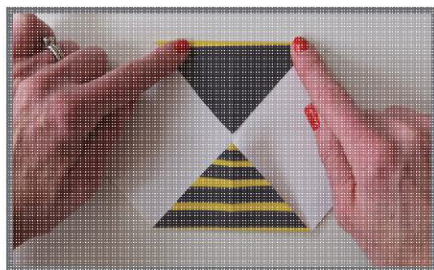


3) Next, fold your paper in half horizontally, from the bottom point to the top point.

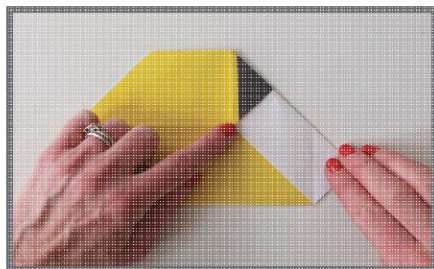
Top tip: For each fold you make, push along the fold line gently, then another time, adding extra pressure through your fingertips. This extra pressure will give you crisp fold lines.



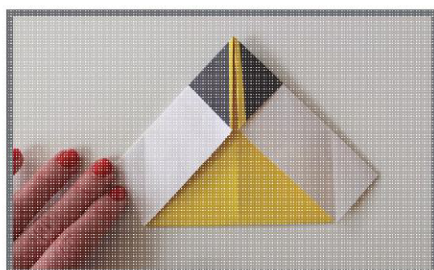
4) Unfold your paper and make a vertical fold, from the right point to the left point.



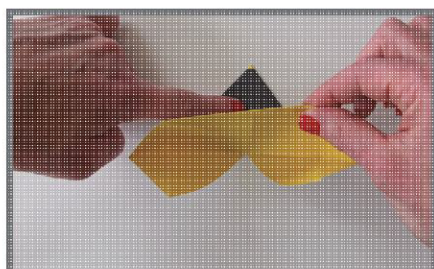
5) Unfold your paper, then fold the bottom point up to meet the centre point and the top point down to meet the centre point.



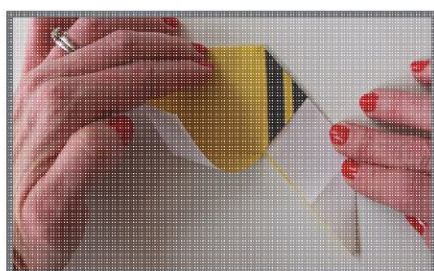
6) Turn your piece of paper over, then fold down the top right edge of the paper to line up with the centre crease.



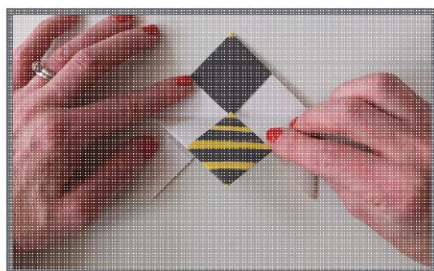
7) Repeat on the left side, folding down the top left edge to meet the centre crease.



8) Turn over. Hold the top point of your bee in place with one hand, then bring up the bottom, striped, section of the origami and hold in place.



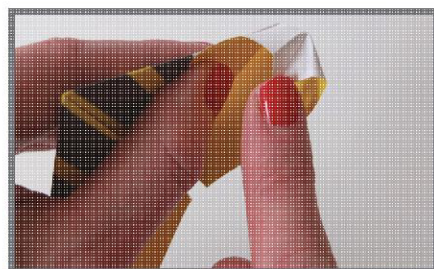
9) Fold down the top vertical edge on the right side to meet the centre crease. Repeat on the left side, folding down the top vertical edge to meet the centre crease.



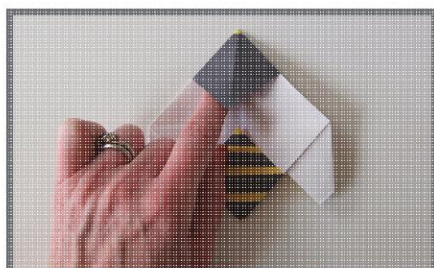
10) Fold the top layer of your paper down and flatten out with your fingers.



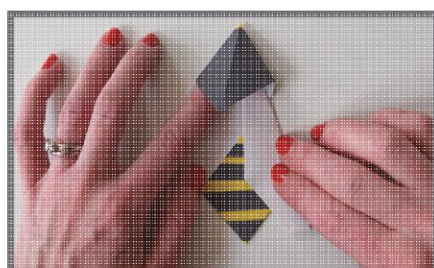
11) Make a small fold in each of points of paper that are white (these are your bee's wings). The folds will be diagonal as the unfolded edges of the paper should line up.



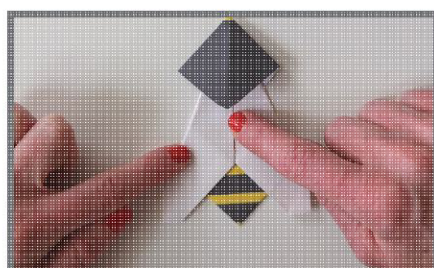
12) Unfold the last folds you made. Open up the right hand side of your bee's wing and gently push the point inside the wing. This should naturally fold along the fold line you made in step 11. Repeat on the left hand side, pushing the left point inside the wing.



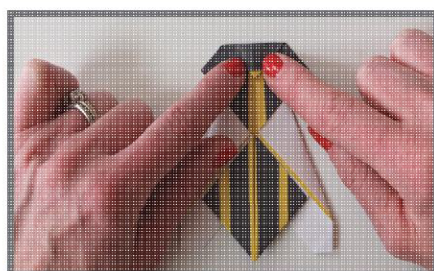
13) To prepare for the next fold, push your finger up into the top point of the black square to keep the black square away from the next folds you do.



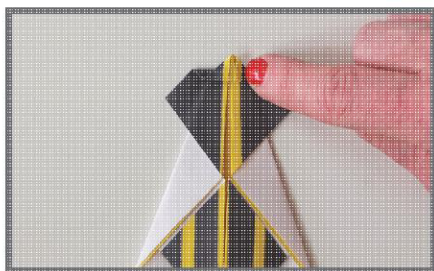
14) Now, fold the right hand edge of the paper in to meet the vertical centre crease.



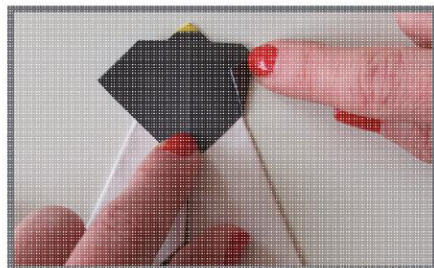
15) Repeat on the left hand side, bringing the left edge in to meet the vertical centre crease.



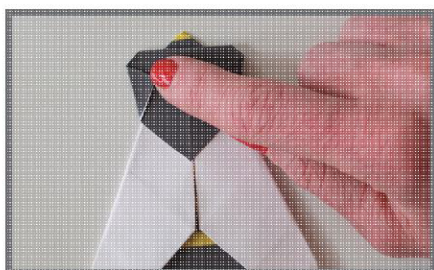
16) Turn your origami over. Fold your top point down to make a horizontal fold line that is about a quarter of the way down the black square.



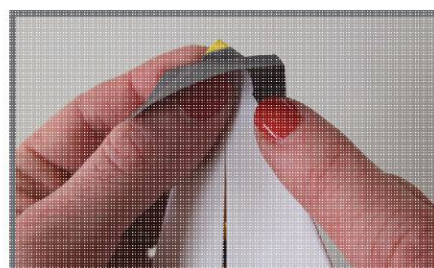
17) Next, carefully, fold the point that you have just folded down back up to the top. Make sure that the top point can be seen over the fold you made in step 18.



18) Turn your origami over. Fold the unfolded diagonal edge of the black square on the right hand side to line up with the side of the bee's wing.



19) Repeat the last fold on the left hand side.



20) Unfold the last folds you made, then lift up the point of the black square and gently push the point on the right hand side of the black square inside, just as you did in step 12.



21) Repeat to tuck the left hand point inside of the black square. You have made your origami bee.

We hope this information on this resource is helpful. However, some ingredients and/or materials used might cause allergic reactions, so if you have concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.

Origami Bee Template



Nature Detective



m i n i b e a s t
w i l d l i f e p
y f l o w e r s l
l n f o r e s t a
e a i n s e c t n
a t b p p x a v t
v u q j w o o d s
e r h a b i t a t
s e m x n v f i m

minibeast
flowers
forest
habitat
insect

leaves
nature
plants
wildlife
woods



Nature Detective **Answers**

m	i	n	i	b	e	a	s	t
w	i	l	d	l	i	f	e	p
y	f	t	o	w	e	r	s	t
f	l	f	o	r	e	s	t	a
e	a	i	n	s	e	c	t	n
a	t	b	p	p	x	a	v	t
v	u	q	j	w	o	o	d	s
e	r	h	a	b	i	t	a	t
s	e	m	x	n	v	f	i	m

minibeast

flowers

forest

habitat

insect

leaves

nature

plants

wildlife

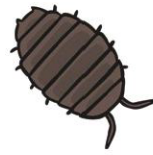
woods

Minibeast Hunt

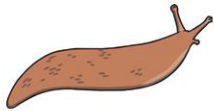
Tick the minibeasts that you have found!



spider

☐

woodlouse

☐

slug

☐

butterfly

☐

beetle

☐

wasp

☐

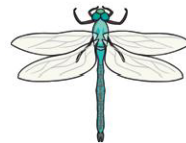
crane fly
(daddy-long-legs)

☐

ladybird

☐

earwig

☐

dragonfly

☐

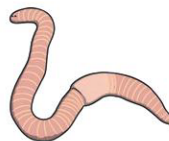
snail

☐

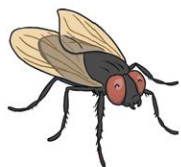
ant

☐

millipede

☐

worm

☐

fly

☐

caterpillar




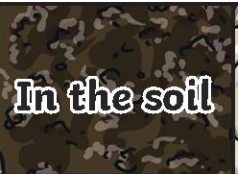


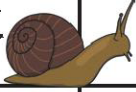







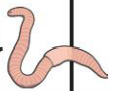


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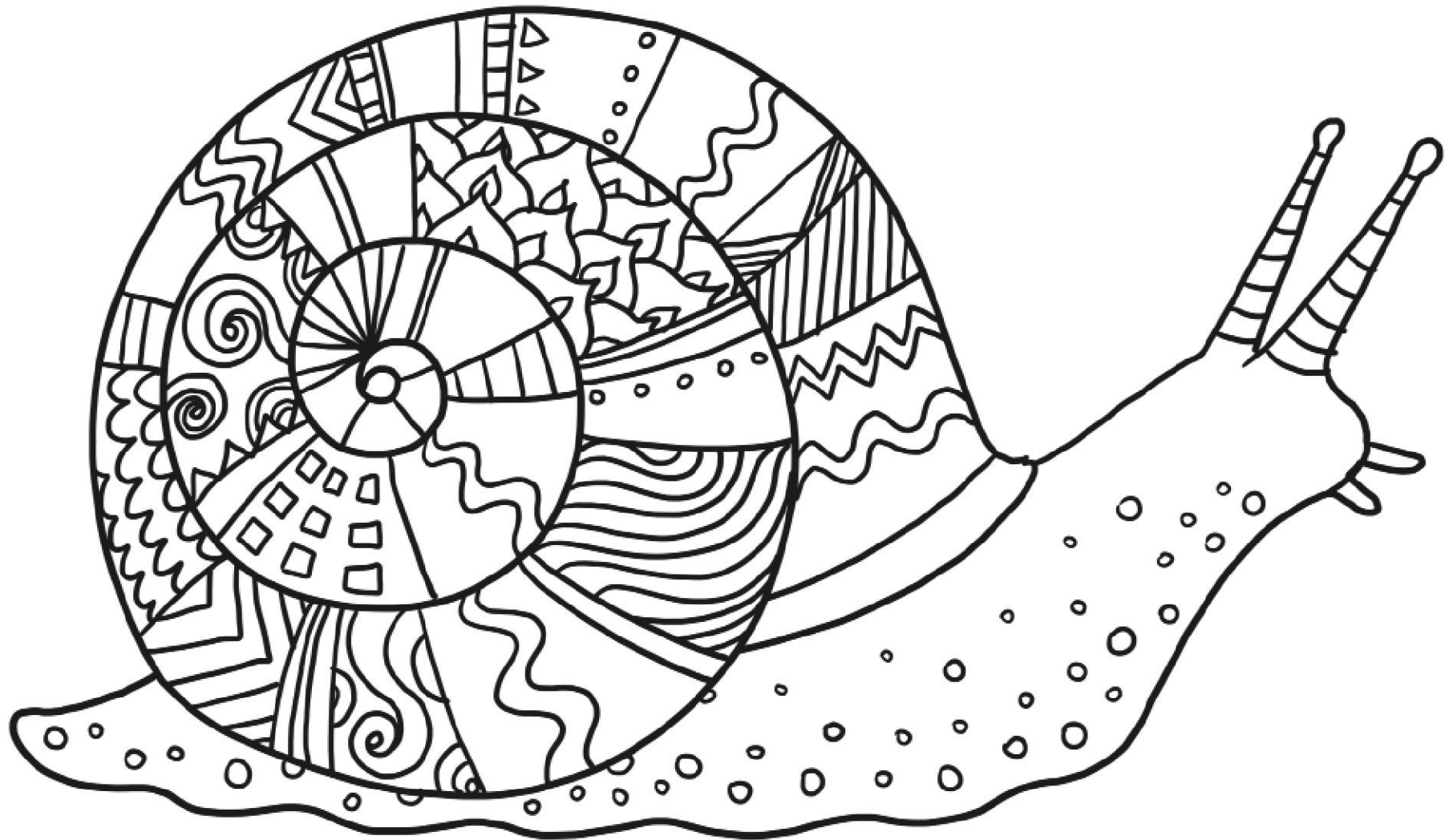
bee

☐

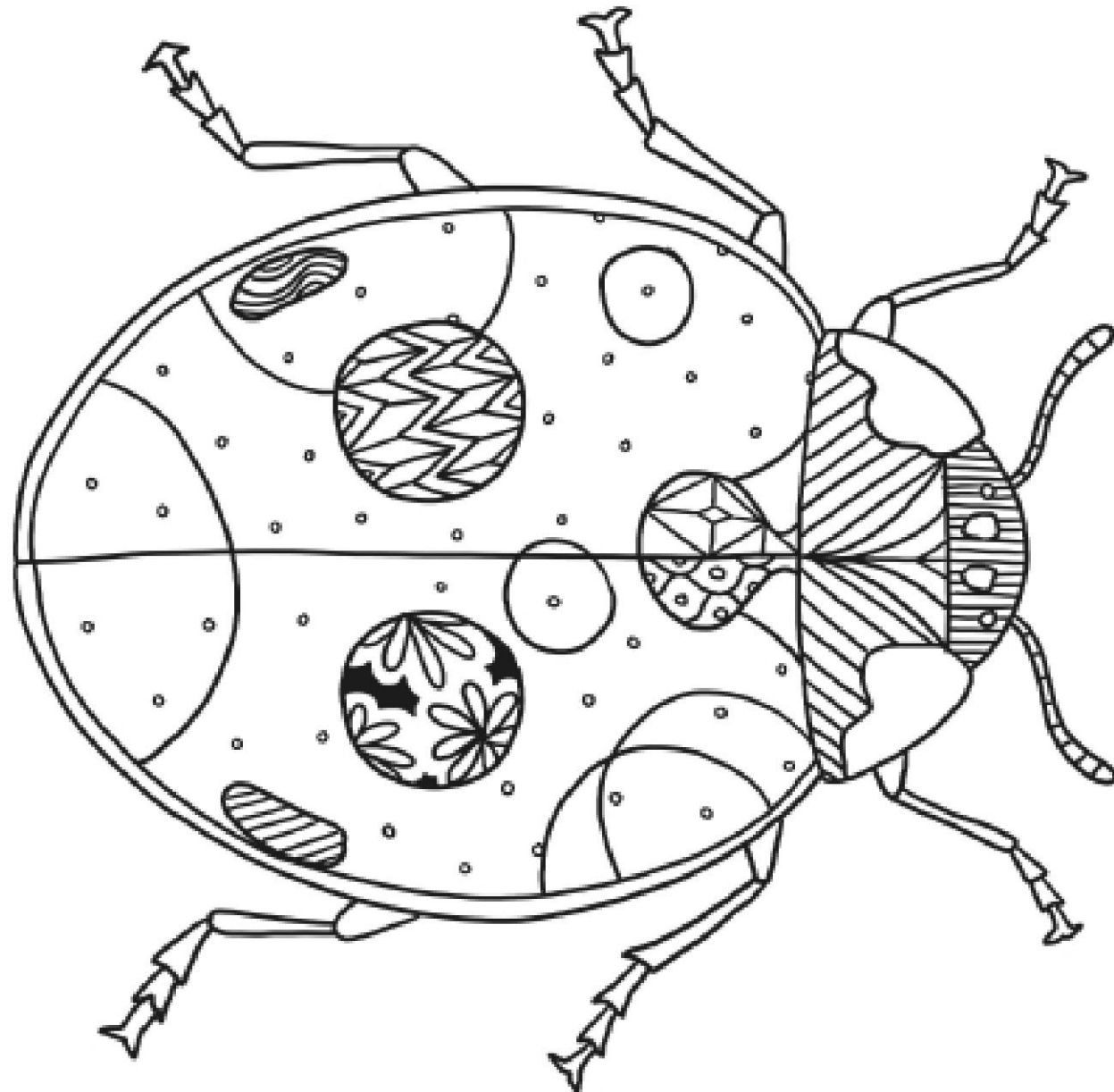
Minibeast Recording Sheet

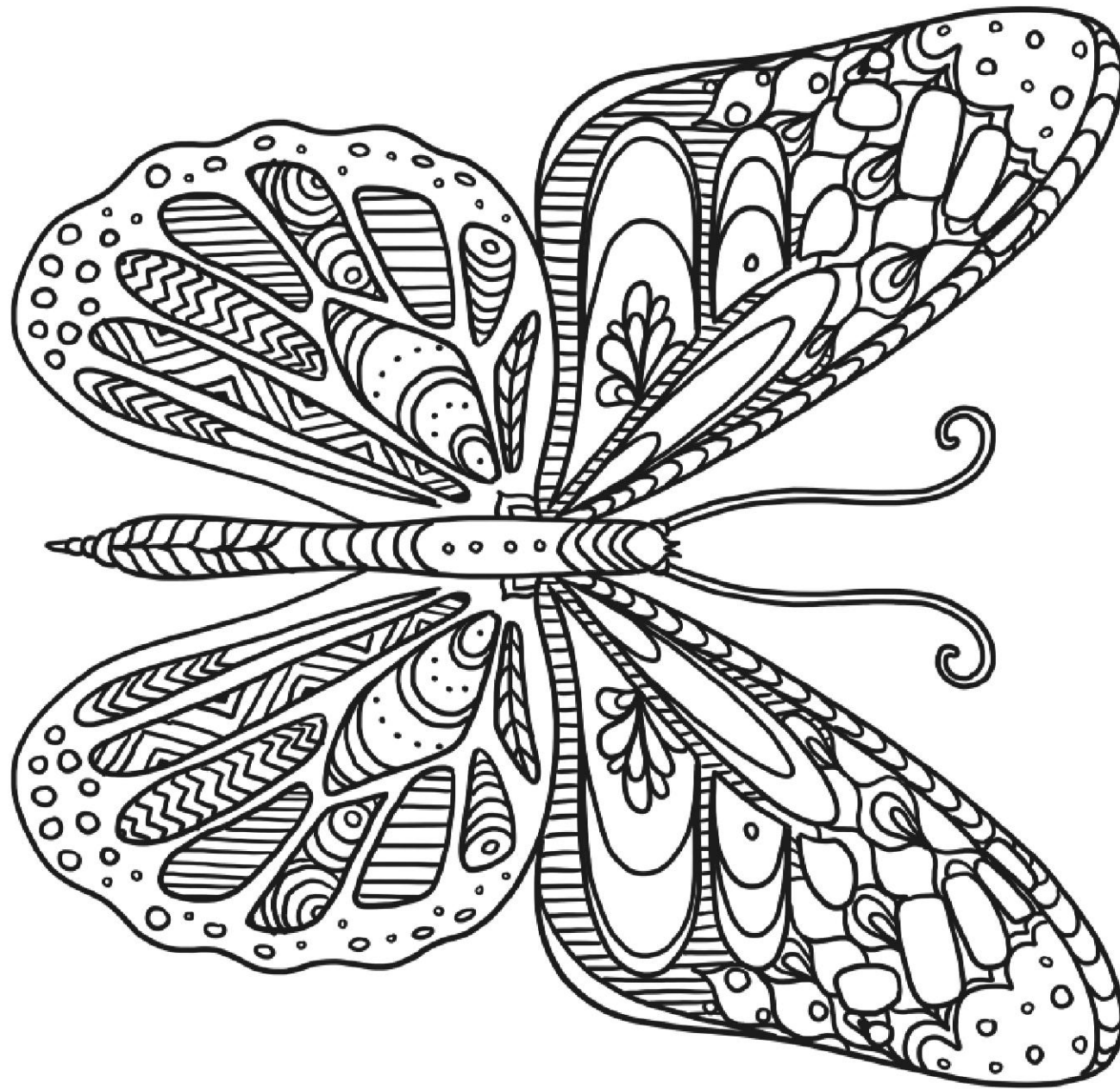
Complete the table as you find each minibeast. Put a tick in the box to show where each minibeast was found.

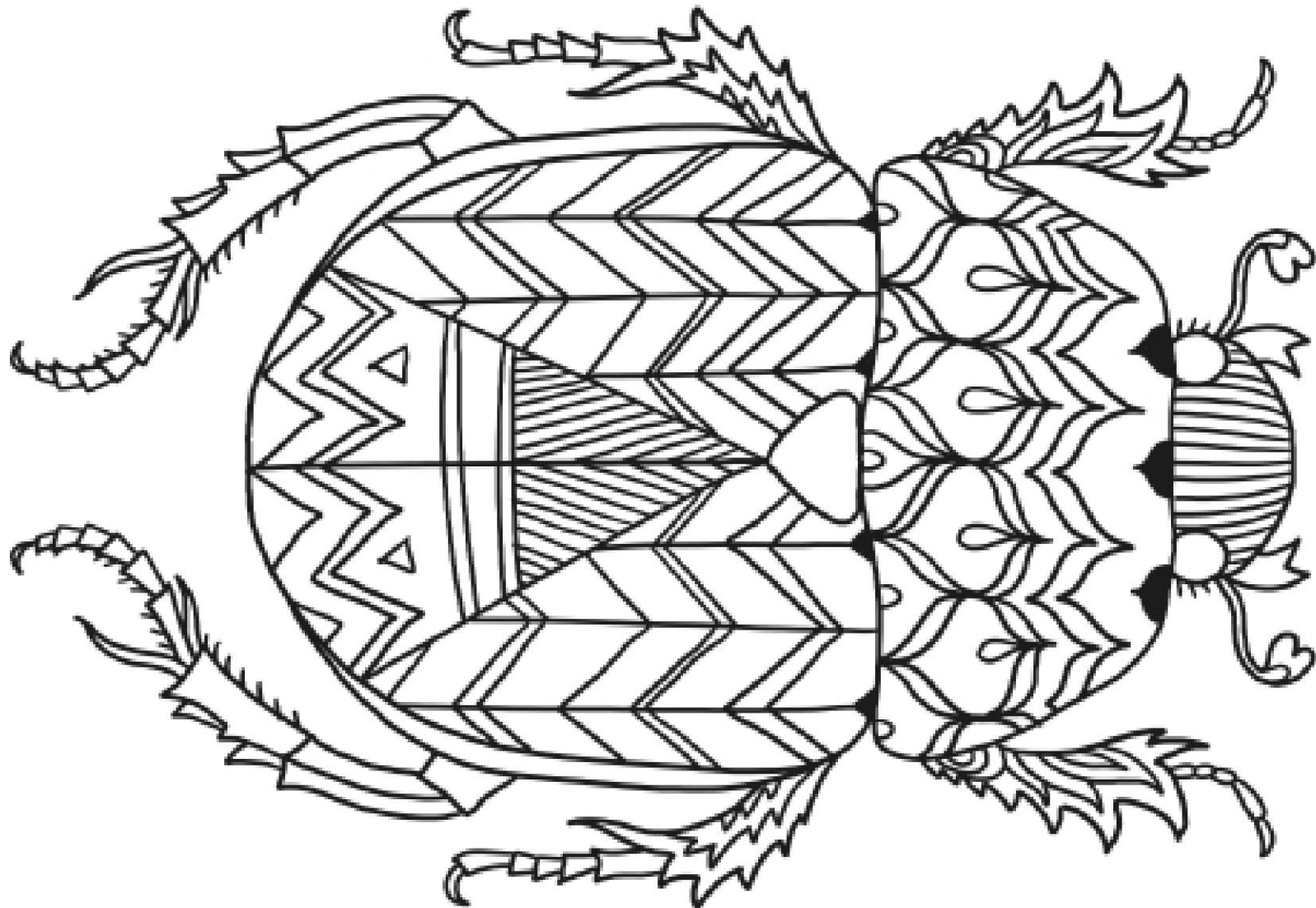
	 On bark	 On plants	 In the sky	 In the soil	 Under Rocks
 dragonfly					
 snail					
 bee					
 crane fly					
 ant					
 butterfly					
 beetle					
 woodlouse					
 fly					
 worm					
 millipede					
 ladybird					

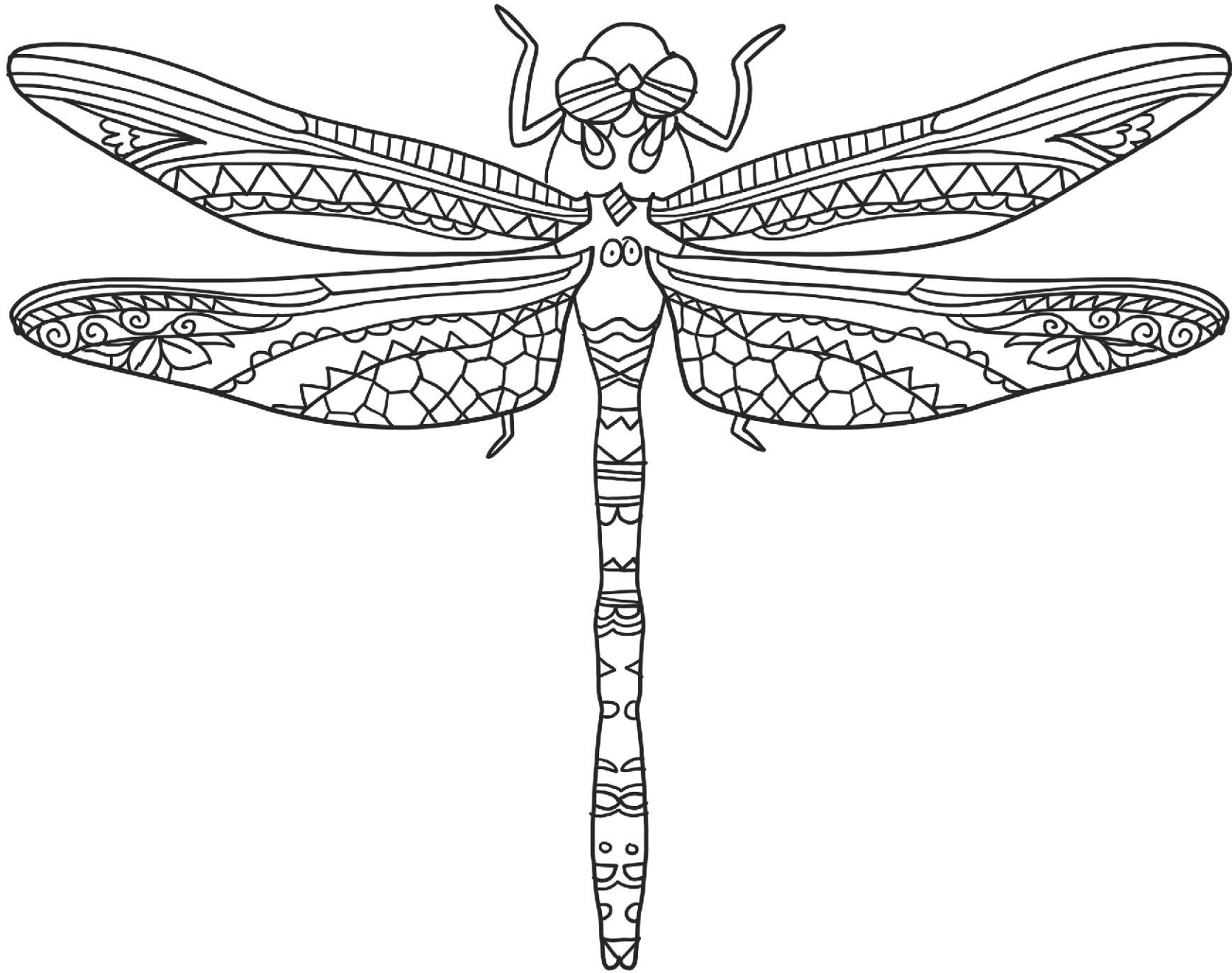












Outdoor Learning Activity Ideas



Outdoor Learning Activities



Animal Habitat

What you will need:

- Children can collect natural items from around your outdoor environment. You may need to prepare some additional materials, such as feathers, leaves and twigs.

The Activity

- Ask the children to sit in a circle and discuss what types of 'homes' different animals live in and what materials they use to make these homes.
- Ask children to go and search (in the prepared outdoor area) for some items that could be used to make a habitat for an animal.
- When children return, place all of the items in the centre of the circle.
- Have a go at making some suitable homes for the animals in different locations. For example, you could make a home for a bird in a tree or a home for a hedgehog on the ground.



Musical Nature

What you will need:

- A range of natural materials around your outdoor area. You may need to prepare some additional materials and place them around your outdoor area, such as stones, wood, shells and seeds.

The Activity

- Encourage children to collect objects that they think could make interesting sounds.
- Using a small stick, drag it over the collected objects to see what sound they make.
- Let children explore what other sounds they can make using natural objects. For example, using sticks as drumsticks, placing seeds inside another item to make a shaker or tapping stones together.



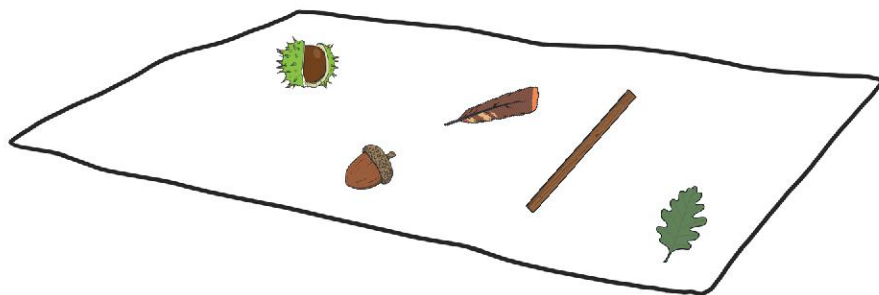
What's in Your Circle?

What you will need:

- Hoops (or string)

The Activity

- In small groups, give children a hoop (or piece of string to make a hoop with).
- Ask children to go and find a special area to place their hoops down.
- Ask them to look carefully at what is inside their hoop – leaves, sticks, plants, feathers, etc.
- Children discuss with other groups some of the different things found within their circle. Discuss what is growing and what is not. Can they predict what might change inside their hoop over time?
- Over the next few weeks, the children can revisit their hoops and see what has changed.



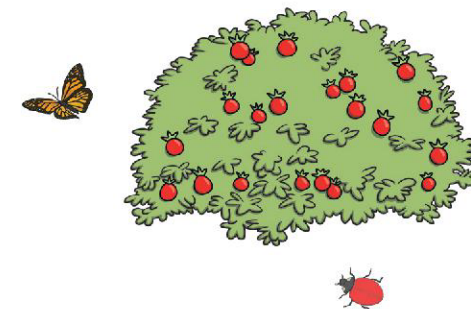
Memory Game

What you will need:

- Natural objects found around your outdoor/ woodland area
- A white sheet to place your natural items on

The Activity

- Ask children to collect an interesting item from the woodland area. Remind them not to pick wild flowers, fungi or berries.
- Place all of the items that they have collected onto a white sheet to lift them and make them visible from the woodland floor.
- Tell children that they need to try to memorise all of the items in the circle.
- Children turn away as an item is removed from the middle.
- Choose one child to guess which item has been removed.



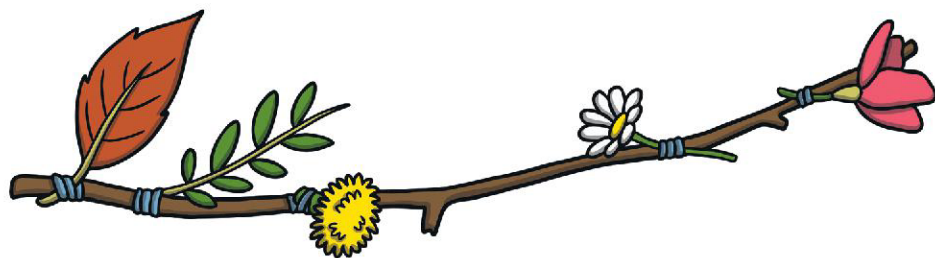
I Spy

What you will need:

- Cardboard tubes
- Outdoor/woodland area

The Activity

- Give each child a cardboard tube.
- In pairs, ask children to explore the area using the tube to focus on specific things, up close or far away.
- Encourage the children to show their partner the natural items they have found.



Journey Sticks

What you will need:

- Piece of string/wool (1 metre in length, 1 per child)
- Outdoor/woodland area with natural items scattered around, e.g. leaves, feathers, twigs, acorns

The Activity

- Ask children to find a stick each and wind some string/wool around the end.
- Go on a slow walk around the outdoor area and ask children to collect natural objects as they walk. Encourage them to find objects that interest them.
- Children can attach the objects to their stick by winding the string around them. Adults may need to support children with this.
- When you have finished the walk, ask children to describe the objects they have collected and explain why they chose them.



What Am I?

What you will need:

- Collection bags or baskets
- Natural objects found around your outdoor/woodland area
- Small pieces of white material for children to place their natural items on

The Activity

- Ask children to collect natural items from the woodland area.
- Ask them to get into pairs and put their items into the middle of the circle.
- Allow each child to choose an object (without touching or naming it) and describe it. Their partner then has to try to guess which object is being described to them.
- Children then swap over.
- Variation to the activity: children could ask questions to their partner to help them work out what their friend's secret object is. Once they think they have worked it out, they could touch or point to the natural object.



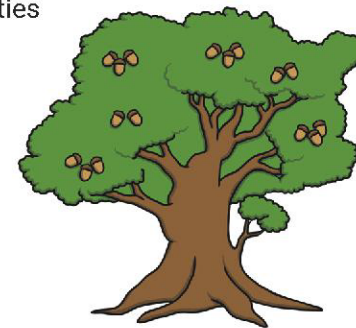
Collection Game

What you will need:

- Collection bags or boxes
- Outdoor/woodland area with natural items scattered around, e.g. leaves, feathers, twigs, acorns

The Activity

- Ask children to work in pairs to collect 8-12 natural objects.
- Ask the first child to sort the items using different criteria, e.g. soft items/hard items, etc.
- The other child has to try and guess how they've been sorted.
- Children take it in turns.



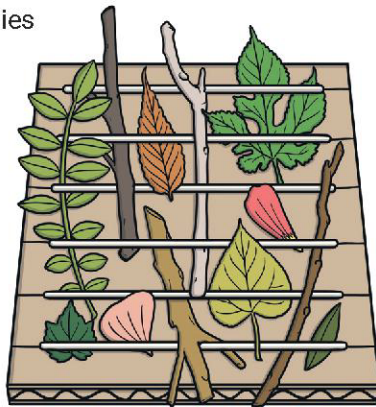
Woodland Small World

What you will need:

- Natural objects found around your outdoor/woodland area
- A camera to photograph their small world woodlands (optional)

The Activity

- Ask children to walk around the woodland area and discuss the natural things they can see. Which do they like/dislike and why?
- Ask them to use their imagination to help design their perfect woodland area, including the things they have seen that they like.
- Working together with a friend, children can use the woodland floor to create their own woodland small world using gathered natural items. They can think about where the trees and plants, paths, places to sit and places to play might be placed.
- You may wish to take photos of their small world woodlands to encourage reflection once back in your setting.



Nature Treasure Hunt

What you will need:

- Natural objects found around your outdoor/ woodland area
- Egg boxes or weaving frames to store and collect their objects on

The Activity

Ask the children to find the following:

- a green object
- a beautiful object
- a straight object
- a fluffy object
- a round object
- a yellow object
- a smooth object
- a rough object

Place an example object in the lid of their box to match the criteria you are asking them to find. For example, if you are asking the children to find something smooth, then place a smooth stone or pebble for children to explore before they search for other smooth objects.



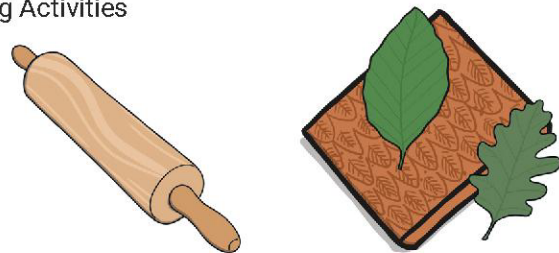
Nature Art

What you will need:

- Natural objects found around your outdoor/ woodland area
- Collection bags and baskets

The Activity

- Show the children examples of ephemeral/transient artwork (art that is only temporary). Discuss the objects that the artists have used.
- Allow time for children to explore the outside area and collect some interesting natural objects. They may like to use collecting bags and baskets.
- Ask children to work in small groups to create a piece of artwork with their objects.
- Take pictures of the children's finished artwork.
- As a class, walk around all the different pieces of artwork created and talk about different objects that have been used.



Leaf Prints

What you will need:

- Collected leaves
- Clay
- Rolling pins or a smooth stick
- Flat surface (this could be a tree stump)

The Activity

- Allow time for children to explore the outside area and collect some interesting leaves.
- Ask the children to find a flat, hard surface (this could be a tree stump) and roll a small ball of clay into a tile.
- Using their collected leaves, children can arrange their leaves onto their clay.
- Then, using their rolling pins, children can lightly roll over the leaves to push them slightly into the clay.
- Carefully, the children can then peel the leaves away to reveal the print left in the clay.
- Enjoy looking at the prints and talking about what they can see from the print left behind.



Leaf Whispers

What you will need:

- Quiet surroundings
- A collection of leaves (dry, supple, medium-sized leaves are the best for this activity)

The Activity

- Ask the children to sit in a circle.
- Tell the children that the special leaf has a secret message and that we can only hear it one at a time.
- The children are going to help the leaf to carry its message around the circle from the first child to the last.
- The adult comes up with a message to be passed around the circle, then holds the leaf first and whispers the message to the child next to them. Explain that everyone else needs to be very quiet.
- The leaf is then passed around the circle as each child whispers the message to the next.
- When the leaf comes to the last child in the circle, they say out loud what the leaf's message was. Is it the same as the one the adult said? Discuss why it may be slightly different.

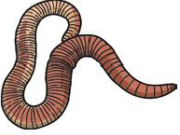
























Tree Identification Sheet



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Nature Walk Scavenger Hunt

Mark each item as you find it. Can you find five in a row?

<p>worm</p>  <input type="checkbox"/>	<p>leaf</p>  <input type="checkbox"/>	<p>insect</p>  <input type="checkbox"/>	<p>grass</p>  <input type="checkbox"/>	<p>flower</p>  <input type="checkbox"/>
<p>twig</p>  <input type="checkbox"/>	<p>bush</p>  <input type="checkbox"/>	<p>rocks</p>  <input type="checkbox"/>	<p>bird</p>  <input type="checkbox"/>	<p>squirrel</p>  <input type="checkbox"/>
<p>river</p>  <input type="checkbox"/>	<p>field or meadow</p>  <input type="checkbox"/>	<p>tree</p>  <input type="checkbox"/>	<p>cloud</p>  <input type="checkbox"/>	<p>spider</p>  <input type="checkbox"/>
<p>dirt</p>  <input type="checkbox"/>	<p>ant</p>  <input type="checkbox"/>	<p>butterfly</p>  <input type="checkbox"/>	<p>mushroom</p>  <input type="checkbox"/>	<p>dew</p>  <input type="checkbox"/>
<p>web</p>  <input type="checkbox"/>	<p>breeze</p>  <input type="checkbox"/>	<p>branch</p>  <input type="checkbox"/>	<p>nest</p>  <input type="checkbox"/>	<p>stones</p>  <input type="checkbox"/>

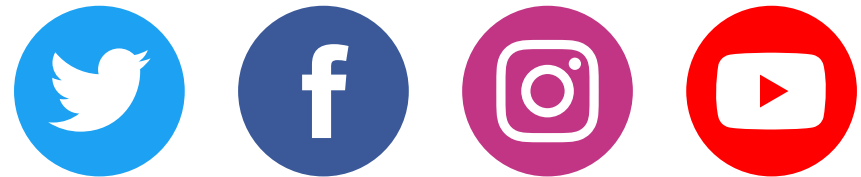
Thank you to our volunteers, staff, and partner organisations of Become United (BU) for helping us create this guide.

BU is a community group, focused on projects for the BAME community of Greater Manchester, with a focus on 4 areas: Mental Health, Sport, Youth and Resources in various languages for the BAME community.

Contact us to find out more about our projects or any feedback/ comments on this pack.

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