

TRAILBLAZER

Finding your feet outside the classroom!

Spring 2020 - Spring is here!

Spring is trying to poke it's head out, fingers crossed the warm spell will last.
Can you be a Spring Detective?

We do hope that you and your family are coping with the current, strange situation and that you are keeping safe and well.

Our team at Hampshire Outdoors are passionate about getting children learning outside as much as possible. We usually support schools to do this with our Trailblazer scheme, but as many of you are now 'teachers' we would like to help you!

We hope you will give the ideas below a go and that your children enjoy them.

Take care,

The Hampshire Outdoors Team

Colours of Spring

Spring brings lots of new colours to our world.
Have a look outside.

- How many colours can you find?
- Can you create a natural rainbow?
- How many shades of the same colour can you find?



Spring pressed flowers and bookmarks



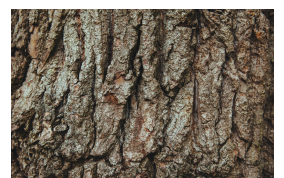
Could you make a bookmark for someone? Could you post it to someone to cheer them up?

To find the instructions visit -
www.buggyandbuddy.com/bookmark-craft-for-kids-using-pressed-flowers-and-leaves/

What lives in the cracks?

Have you explored the cracks and grooves outside your home?

Look in the spaces between the paving slabs, under a log or stone, anywhere that you might find something interesting. Use a small stick and gently investigate what you can see. What minibeasts are there? Is there anything growing there? Does it change over time?



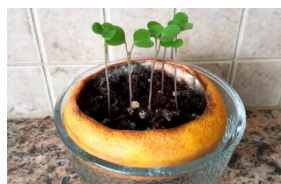
Journey Stick

A journey stick involves tying objects and colours to a stick that represents different experiences, feelings or parts of the journey. On your chosen walk note down colours that you see, pick up interesting objects that you can tie onto the stick (don't forget to find the stick itself if possible) and listen to the sounds that you hear. Use coloured wool and thread to tie onto the stick at intervals to show where in the walk you saw or heard things – add on the natural objects that you collected.

We want to see your journey sticks! Why don't you email us a photo of your stick to outdoor.education@hants.gov.uk



Peculiar Planters



Plant some herbs, or tree seeds, in edible containers. Try using the empty skin of half a grapefruit, orange or lemon; make small holes in the bottom of the skin, add some soil, poke the seeds in – it's best to use a pencil for this – then water them carefully! Once the seedlings start coming up in the spring, the whole thing, including the fruit skin, can be planted outdoors!

You can do the same thing with a box of eggs. Carefully remove the top of the eggs that you use for cooking, and put the empty shells back into the box. (You don't need to wash the egg shells first unless you want to.) Fill the empty shells with soil, poke the seeds in and water them carefully.

Physical activity in the outdoors

With so many online resources, it is hard to know what to do to keep children physically active and what is age appropriate for your children.

Here are two ideas to get your started;

The NHS have got some great ideas of how children can get active, including working with Change4Life on some '10 minute Shake Up' ideas.

Why not try out Dash's ball skills! It challenges children to use a balloon or ball to try and keep the ball in the air by firstly using their hands, feet and head and then just their hands and feet and then just their head.



Another example from the website, also linked to Disney, is for children to pretend they are Pumbaa from the Lion King, trying to get to a tasty insect the other side of a mudhole of sleeping hippos. Children have to find objects like pillows and bits of clothing (the sleeping hippos!) to get across the swamp.



There are loads more 10 minute ideas to get children active both indoors and outdoors on their website; www.nhs.uk/10-minute-shake-up/shake-ups

Remember - when doing any activity outside your home it's really important to make sure you wash your hands regularly! Remember to stay at least 2 metres away from people you don't live with! Why not share what you're doing with friends and family over a video call!