

Homework for the outdoors

Walk through a forest and play 'Spot the Squirrel'. Who can see the most? Quick, they move fast!

Wrap up and go outside early in the morning to see the sun rise

Go on a hunt for some insects or small creatures - be careful not to disturb them!

Practise a one-legged balance on a log, then switch legs!

Walk to the top of a hill and do a dance at the very top

Pack up a picnic and go down to the woods or your local park to eat your picnic outside

Climb something that is taller than you (but make sure you can get back down again!)

Wrap up and go outside on a clear evening to see the sun set in the sky

Head out with a grown up when it's gone dark for a few minutes of star gazing - how many stars can you count?

Challenge an adult to skim stones with you across a local pond. Who can skim one the furthest?

Make something out of wood - anything you like!

Make a paper boat, take it to your local pond and see if it floats

Walk alongside a river and see if you see any ducks, frogs or fish swimming along with you

On the night when there is a full moon, open a window of your house and howl like a werewolf

Always remember to look after yourself and ask a responsible adult to help you

On ___/___/2020

has now completed ___ challenges.

Signed: _____

