

MAY OUTDOORS

To obtain the full activity pack head to www.loveoutdoorlearning.com/free-resources

Walking Month

Set yourself a challenge, how many walks can you complete this month

Den

Can you build a den that shields you from the sun? How dark can you make it?

Dawn chorus day

Get up early to listen to the dawn chorus. How many different birds can you hear?

Share a Story Month

Find a natural cosy den space to read and enjoy a story with someone else

Read and Learn

Did you know the sun is classified as a G2V star? What facts can you discover about it?

Sun Awareness Week

Can you make a s'more solar oven? Instructions in the pack!

Explore Numbers

Can you make a sundial? Instructions are in the pack!

Explore

Take a walk at midday and see how many dark spaces you can discover

Lost Sock Day

Use an odd sock to help you make a bubble snake. Find out how in the pack!

Draw

Can you use water to draw a picture outdoors, how long does it take to evaporate?

Discover

Can you use the sun to make some sun tea? Instructions are in the pack!

Limerick Day

Can you create a limerick based on nature? There are some ideas in the pack to help!

Water Saving Week

To explore how easy, and quickly water can be lost try playing a water relay race

Write and Reflect

Think about the sun activities, what did you learn from these?

i-spy

Can you play i-spy on your walk today? It is great for your nature vocabulary!

Scavenger Hunt

Can you complete the Spring Sounds scavenger hunt? It is in the pack!

Wild Card Day

Get outdoors and do whatever you want today, the only rule is to stay safe!

Play

As the trees and bushes fill out, can you use them to play hide and seek outdoors?

Walk to School Week

Can you walk to school? If it is too far can you walk some of it?

Local History Month

Take a walk. How many old buildings you can spot and what are they for?

Meditation day

Take some time to sit outside today and focus on your breathing, in for 5, out for 5

Art

Can you use natural materials to create a sun? It can be as big or as small as you like!

Measurement Month

Do you know how to check your pulse? Check it before and after running.

Mental Health Awareness Week

Do something outdoors for you today, self care is important.

Kim's Game

Go a walk and find 10 random items, play Kim's Game and remember their names

Children's Gardening Week

Have you tried planting salad, cress or radish? All are quick to grow!

Adventure

Go on an adventure today, can you be a pirate? Fairy? Explorer?

Spring Clean

Care for nature, can you don gloves and do a litter pick? Be careful and stay safe

Free Play

Free play helps us learn and explore, get out and enjoy yourself!

Garden Wildlife Week

Do a nature watch, how many wildlife, birds and animals can you spot?

Reflect and Draw

What was your favourite activity this month? Share it with us!



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Solar Oven

Kit Required

A pizza box
Aluminium foil
Clear page protectors (or plastic wrap)
Sellotape
Black construction paper
Digestive Biscuits
Marshmallows
Chocolate

Getting Started

1. Cut a hole that will act as a flip in the lid of the pizza box, leave about an inch border around the edge.
2. Cover the lid with aluminium foil (with the shiny part facing you). Line the bottom of the box with foil as well.
3. Lay the black construction paper over the foil on the bottom.
4. Inside the lid, use clear tape to seal the page protectors or plastic wrap over the opening; this is to help keep the heat in.
5. Take your oven outside, and set up your digestive biscuits. Lay 2 biscuits side by side and place a piece of chocolate on one biscuit and a marshmallow on the other.
6. Angle the foil flap to reflect the sunlight directly into the box; a stick can be helpful to hold it and then wait for the melting to begin!
7. Once the chocolate has melted and the marshmallows look soft, sandwich the two pieces together and eat!

How the make-shift oven works: The reflective aluminium foil captures sunlight and projects it onto the black construction paper, which retains the heat. As the heat collects, it warms up the air inside the box, warming the box (aka the “greenhouse effect”) in the sealed oven. Results? A sweet treat for your scientist!



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Sundial

There are many ways to make a sundial, but here is a straightforward one.

Kit List

Ball of clay

Pencil

Stones

Chalk

Instructions

Find a quiet spot where this experiment can sit all day in the sun without being disturbed.

Create a ball with the clay and push the pencil into it.

Place the clay on the ground so the pencil stands upright.

Every hour, head out and mark where the pencil shadow is using stone and noting the time with the chalk.

Continue this throughout the day.

You now have a simple sundial.



Bubble Snake

Kit List

Empty water bottle (from your recycling)

Duct tape

An odd sock

Dish soap

Food colouring.

Instructions

1. Cut the bottom of the water bottle off; this needs adult help
2. Slide the sock over the bottom of the bottle and secure it with duct tape or an elastic band (duct tape works better)
3. Pour a little dish soap into a shallow container with a little bit of water and mix.
(If you wish to add colour the pop a few drops of food colouring onto the end of the sock, but this does get messy and can dye hands if the bubbles are handled (which kids love to do!))
4. Dip the sock end of the bubble blower into the solution
5. Gently blow.

SAFETY WARNING

Please remind your children to blow air out, not suck air in!

If your child sucks in, they will be eating bubbles. Please be careful. Younger kids, in particular may require continual reminders. The fun will quickly end if the bubbles are inhaled!



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Sun Tea

Kit List

Large glass jar with lid

Water

2-3 tea bags (can be herbal tea but ensure you choose flavours which produce colour)

Instructions

1. Fill the jar with water.
2. Add 2-3 tea bags
3. Place in a sunny place outdoors
5. Wait HOURS (the sun is powerful but does take time to harness the energy)
5. Serve warm OR pour over ice cubes for iced tea! (if you choose to drink it, see note below)

SAFETY NOTE

Sun tea can be a controversial drink as some people have got ill after drinking it. If you are going to drink this, please ensure you have sterilised the jar and do not add sugar while it is sitting out. Be mindful that bacteria like warm, damp places to grow.

However, there is merit in learning without drinking it. As the water heats, it will create currents, and this can be seen in how the tea diffuses in the water.



Limericks

Limericks follow a pattern.

In a limerick, the first, second and fifth lines have the same rhythm and rhyme.

The third and fourth lines rhyme with each other too.

May the forest be with you

Raised in the valleys and fed by the seas

Borne on the breeze with the birds and the bees

Gifted with birth

From the womb of the earth

My origins are not unlike those of the trees

Deep in the Woods

Meet with the faeries whose flowers are planted

Look to the treetops where sunlight is slanted

A waterfall rumbles

A mountain god mumbles

The forest I frequent is truly enchanted

Chicken Egg Controversy

There's a story in which the T. Rex was involved

It's out of this beast that our chickens evolved

Descended from creatures

One hatched with new features

So now the old riddle has finally been solved



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Water Relay

Kit Required (per team)

2 buckets (1 empty and the other filled with water)

1 cup with a hole in it

One person from each team will fill up their paper cup.

They then need to run to the bucket at the end of the track and pour the remaining water into it.

They are not allowed to cover the hole.

This is a relay, so when the players return to the team, another team member gets a turn. The relay is over when one of the plastic bottles is full.

This is a great way to talk about how water disperses into nature and how it does not take a big hole in a pipe for water to disappear quickly.

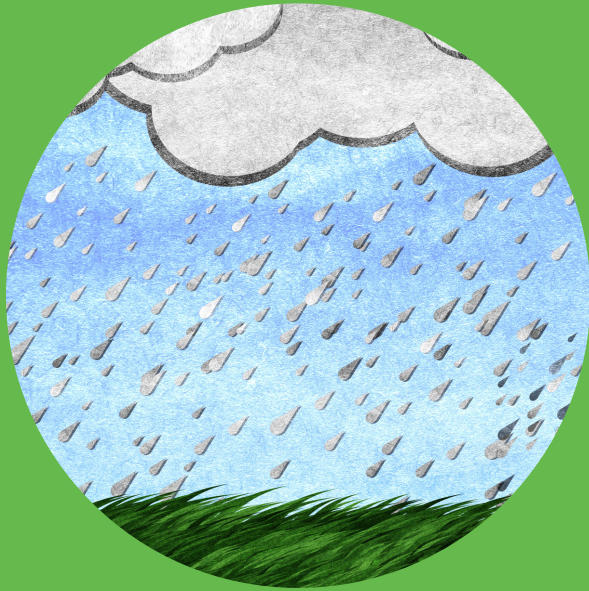
But as well as this, it is about having fun and working as a team



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Sounds Hunt



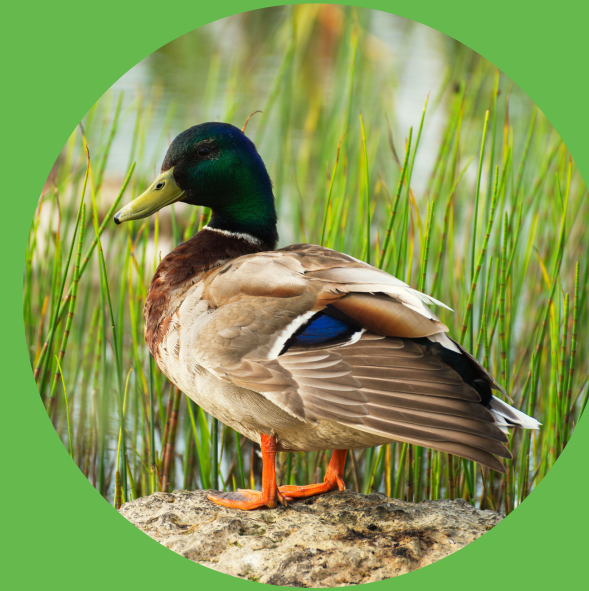
Pitter
patter



Buzzing



Rustle



Quack



Flap



Rat-a-tat



Churp



Tweet



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Do you enjoy our packs and ideas? Then read on...

Are You An Educator

Our Membership Portal supports all your learning and planning needs. With over 100 lessons 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 work with our schools and nurseries every month to support them in their outdoor journey.

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

If you are looking for more ideas, we have a parents portal. This has over 100 ideas to help you get your family outdoors, having fun while supporting learning.

The activities are 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.

We have our families Facebook group, which provides you with support and ideas and help you connect with other outdoor families!

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)



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