

### Activity Idea- Nature Walks



We hope everyone is getting the opportunity to go out for walks. Getting out is a great way of improving your mood, getting exercise and learning. There is so much you can do when out to enhance your child's learning;

- Play 'I spy ...' You can do this with colours if your child does not know their letter sounds eg. 'I spy something green.'
- Count objects- trees, cars, people.
- Build a bird's nest- collect sticks and build a little nest.
- Make nature art- can you , make a picture on the ground out of object from nature or take them home to be creative.



- Collect leaves and do leaves printing or rubbing.



- Play with how you move- Run, jump, jog, skip, touch the floor, stretch up high, march, side step.
- Enjoy some silence- listen to what you can hear- birds, cars, dogs, siren.