

Family Learning: Let's Go Outside!



Warwickshire Family Learning has compiled activities to inspire families while out and about. Each activity focuses on family fun and interaction, while promoting key educational aspects of your child's development. This pack focuses on South Warwickshire—Stratford District.

Family Learning: Let's Go Outside!

Take a walk to Burton Dassett Hills Country Park



Collect natural materials like fir cones, leaves and feathers and sticks.



*"If you and your child have been confined
for more than 24 hours
it's probably time to go wild for a while"*

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Take a walk around Burton Dassett Hills Country Park
- Enjoy the fresh air

You can help your child to learn

- Put your wellies on and go out for a walk with the people you live with
- Understand that children learn about the world through their senses and being outdoors can be a rich learning environment

You can continue at home

- Trying to make your mobile balance helps your child understand forces
- Check on line for ideas for making your mobile

<https://www.pinterest.co.uk/uglowgalaxygirl/nature-mobiles/>

Family Learning: Let's Go Outside!

Take a walk and collect some treasure



"Nature is the art of God"—Dante Alighieri

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head
- Keep healthy through walking and gentle exercise

You can help your child to learn

- Help your children to be curious about the world around them
- Take an egg box out with you and encourage your child to collect natural things: a feather, a twig, a leaf, a shell, a daisy
- Talk about what they have collected, helping them to learn new words

You can continue at home

- Take photos when you are on your walk and look at them again at home. Talk about what you did and what you saw
- Perhaps you can have several egg box collections, using things your child finds at home: a piece of pasta, small toys, a crayon ...

Family Learning: Let's Go Outside!

Take a walk and go 'word spotting'



"The whole of mankind is to be found in the alphabet"
—Victor Hugo

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head
- Keep healthy through walking and gentle exercise

Yes you can: help your child to learn

- Help your children to learn through everyday activities
- Look out for letters, words and signs on your walk. Your child is doing their first reading when they recognise familiar signs and logos.
- Talk to your child to about what you can both see around you, reading words and explaining what signs mean

Yes you can: continue at home

- Take photos when you are on your walk and look at them again at home. Talk about what you did and what you saw
- What other letters, words, signs and logos can your child find around the house?
- Collect words and logos from packets and leaflets. Read them together. Cut them out and make a word collage around the house?

Family Learning: Let's Go Outside!

Family Portrait Walk

Collect natural materials like fir cones, leaves and feathers and sticks. Take them home and make family portraits.



*"Art takes nature
as its model" -
Aristotle*

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head
- Keep healthy through walking and gentle exercise

You can help your child to learn

- Help your children to learn through everyday activities
- Encourage your child to find different shaped objects on your walk that can be used to make pictures of each other (eg twigs, leaves)

You can continue at home

- At home, encourage your children to use the objects collected and arrange them to represent different family members. You could even try pets!
- Encourage your child to name each family member they create and describe them!

Family Learning: Let's Go Outside!



Take a musical walk



"Everything in the universe has a rhythm, everything dances." - Maya Angelou

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air

You can help your child to learn

- Help your children to learn through everyday activities
- Use sticks to make music on different surfaces - railings, trees or metal poles. Talk to your child to about the different sounds they are making, get them to describe the sounds: hollow, loud, rattley



You can continue at home

- At home make musical instruments from recycled materials such as shakers using rice in bottles
- Fill glass bottles or jars with different amounts of water and use a spoon to hear the different sounds they make
- You can make a variety of instruments and then use them to accompany favourite songs and rhymes

Family Learning: Let's Go Outside!

Take a walk and find colours everywhere



"I prefer living in colour" —David Hockney

You can get some fresh air

- Take time to go outside and take some exercise with your children each day following the government advice
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Encourage your child to find different colours on your walk

You can continue at home

- Take photos when you are on your walk and look at them again at home. Talk about what you did and what you saw
- How many different colours can your child find at home? Make a collection of different coloured things
- Encourage your child to do a colourful drawing. Perhaps you could use an old roll of wallpaper to draw on

Family Learning: Let's Go Outside!

Take a walk to Stratford Recreation Ground

Draw shapes and marks in the dirt
with sticks.



*"It's time to add
a pinch of adventure,
a sprinkle of green time,
and a big handful of play."*

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Take a walk around Victoria Park
- Enjoy the fresh air
- Keep healthy through walking and gentle exercise

You can help your child to learn

- Help your children to learn through everyday activities
- Put your wellies on and go out for a walk with the people you live with
- Understand that children learn about the world through their senses and being outdoors can be a rich learning environment

You can continue at home

- Making marks like this develops early writing skills
- Can you find anything else to make marks with on your walk? Try stones to see if they can make a mark on the path

Family Learning: Let's Go Outside!

Take a walk and spot some numbers



"Number rules the universe" —Pythagoras

You can get some fresh air

- Take time to go outside and take some exercise with your children each day following the government advice
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Look out for numbers on your walk. Your child is learning to recognise numbers as you spot them together

You can continue at home

- Take photos when you are on your walk and look at them again at home. Talk about what you did and what you saw
- Can your child find numbers written on things at home?
- Count things at home, for example, as you go up stairs. Your child will learn numbers and counting

Family Learning: Let's Go Outside!

Follow the Leader!
**Let each person on
your walk take a turn**



"Play is the highest form of research"—Albert Einstein

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head
- Keep healthy through walking and gentle exercise

You can help your child to learn

- Help your children to develop confidence by taking a turn at making decisions
- Encourage your child's independence as they make decisions for others

You can continue at home

- Encourage your children to take the lead role in action games
- Challenge your children to come up with a dance routine or exercise routine that the family can follow
- Support your children's growing confidence by praising their ideas

Family Learning: Let's Go Outside!

I spy through the lens



"Photography is the story I fail to put into words"

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head
- Keep healthy through walking and gentle exercise

You can help your child to learn

- Help your children to learn through everyday activities
- Using your phone or camera, get your child to look really closely at objects on your walk, ask them to zoom in on the object and take a picture
- Listen to what interests them and grabs their attention

You can continue at home

- At home make a family quiz using the photos you have taken, challenge family and friends to work out what the objects are from the pictures
- You can also take some zoomed in pictures of parts of family members faces and see if they can identify who they are



Family Learning: Let's Go Outside!

Take a walk along the Greenway

Collect some stones and sticks and natural materials.
When you get home make some slime from the recipe below and make a dinosaur swamp on a tea tray using your found materials and toy dinosaurs.



"I go to nature to be soothed and healed, and to have my senses put in order."

- John Burrows

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Take a walk around St Nicholas Park
- Enjoy the fresh air and clear your head

You can help your child to learn

- Put your wellies on and go out for a walk with the people you live with
- Understand that children learn about the world through their senses and being outdoors can be a rich learning environment
- Talk to your child to widen their vocabulary and help them make sense of

You can continue at home

- Make the slime with 2 cups of cornflour and 1 cup of cheap shampoo. Add green food colouring.



Family Learning: Let's Go Outside!

Take a walk and find patterns everywhere



"To understand is to perceive patterns" —Isaiah Berlin

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Look out for patterns all around you when you are on your walk
- Talk to your child to about what you can both see. Describe the patterns to your child. Can you see spirals, zig-zigs and circles?

You can continue at home

- Take photos when you are on your walk and look at them again at home. Talk about what you did and what you saw
- Can you and your child find patterns at home?
- Draw patterns together with whatever pens and pencils you have around

Family Learning: Let's Go Outside!

Make a journal record of your daily walk.

Take paper, scissors and tape, collect items and stick them in, record the date



"From there to here and here to there, funny things are everywhere"—Dr Seuss

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Encourage your child to find different items on your walk
- Ask your children about the things they find, what they are and where they have come from. Encourage your children to stick them in their

You can continue at home

- Have a look at again at the items at home. Talk about what they are and where you found them
- Help your children to add some detail about the objects in their journal (description, date)
- Encourage your children to find out some more information about the things they have found (e.g. growing cycle of plants)

Family Learning: Let's Go Outside!

The Shapes of Stratford District



"Until every shape has found its city, new cities will continue to be born" Italo Calvino

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Identify 2D (squares, circles, triangles) and 3D shapes (cubes, cones, cylinders) in the environment
- Talk to your child to about what makes them different from each other.

You can continue at home

- Take photos when you are on your walk and look at them again at home. Talk about what you did and what you saw
- Make a 2D painting or collage inspired by shape. Or make a 3D sculpture, like the Dandelion Fountain
- Make a shape collection. What shapes can you see at home?

Family Learning: Let's Go Outside!

Go on a listening walk

*"Sound is the vocabulary of
nature"*

Pierre Schaeffer



You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your Nursery and Preschool children sharpen their listening skills
- Stop for a minute. Give your ears a rub. See how many sounds you notice
- Talk to your child to about what they can hear, and what might be making the sound. You can use lots of descriptive words and detail

You can continue at home

- Imitate some of the sounds you heard on your walk
- Explore what other sounds you can make—using your body , using household objects and sort into softest/loudest
- Clap a simple pattern, or tap it out using a wooden spoon and saucepan. Can your child repeat it?



Family Learning:

Let's Go Outside!

Take a walk to Oversley Wood

Go on a nature hunt.

Can you find these things in the park?

acorn flying insect tree stump squirrel red flower

moss on a tree animal tracks in the mud a woodlouse



"I took a walk in the woods and came out taller than the trees"

- Henry David Thoreau

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Take a walk to Oversley Woods
- Enjoy the fresh air and clear your head

You can help your child to learn

- Put your wellies on and go out for a walk in the rain with the people you live with
- Understand that children learn about the world through their senses and being outdoors can be a rich learning environment
- Talk to your child to widen their vocabulary and help them make sense of what they are

You can continue at home

- Make your own list of things to find
- Take a photo of the things you have found to share later

Family Learning: Let's Go Outside!



Take a Muddy Walk



"Never wait for a perfect moment, take a moment and make it perfect"

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Children learn from all the everyday experiences and love nothing more than getting their wellies on and going out on a wet day , splashing in the puddles and playing in the mud

You can continue at home

- At home use old pots and pans to make a mud kitchen. If space is limited use an old tray or basin, to put some earth in.
- Encourage your child to talk about their mud pie recipes, the ingredients and what it is called.



Family Learning: Let's Go Outside!

Take a walk and use your senses



"All our knowledge begins with the senses"
—Immanuel Kant

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Listen! What can you hear? With less traffic and planes we can hear much more: birdsong, trees rustling in the breeze, dogs barking or voices
- See! What can you see around you? Think about colours and shapes

You can continue at home

- Take photos when you are on your walk and look at them again at home. Talk about what you did and what you saw
- Touch! What can you touch and feel inside the home or in the garden that has interesting textures?
- Taste! Think carefully about the tastes and flavours of what you eat. Can you do a taste test and try something salty, sweet, bitter, sour and savoury?

Family Learning: Let's Go Outside!

Take a walk along the Canal

Listen to 'Up and Down' read by a Family Learning Tutor.

Can you spot things that are opposites?



High and Low... Loud and Quiet... Near and Far... Big and Small

"Look deep into nature and you will understand everything better"

- Albert Einstein

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Take a walk along the canal
- Enjoy the fresh air and clear your head

You can help your child to learn

- Understand that children learn about the world through their senses and being outdoors can be a rich learning environment
- Talk to your child to widen their vocabulary and help them make sense of what they are doing

You can continue at home

- You can listen to the story 'Up and Down' together (visit our facebook page @warksacl for the reading)

Family Learning: Let's Go Outside!

Take a walk to a local Nature Reserve

Collect some pebbles to take home to paint.

**You can decorate them in lots of different ways
or make a noughts and crosses game.**



*"Of all the paths you take in life, make sure a few of them
are dirt"*

- John Muir

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Take a walk to your local nature reserve
- Enjoy the fresh air and clear your head

You can help your child to learn

- Put your wellies on and go out for a walk with the people you live with
- Understand that children learn about the world through their senses and being outdoors can be a rich learning environment
- Talk to your child to widen their vocabulary and help them make sense of what

You can continue at home

- Think of different ways to decorate your pebbles
- You can use abstract patterns like aboriginal art



Family Learning: Let's Go Outside!

Make some rubbings



"It's not what you look at that matters, it is what you see"

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head
- Keep healthy through walking and gentle exercise

You can help your child to learn

- Help your children to learn through everyday activities
- Take paper and some crayons on your walk and when you find some interesting textures and patterns on objects, make a rubbing
- Look for natural and manmade objects and try using different colours



You can continue at home

- At home make leaf rubbings of the leaves you collected, look at the different shapes and patterns they make
- Make an art picture using all the different rubbings you made on your walk

Family Learning: Let's Go Outside!

Sound of the day

"Read with your ears"
Gerald M Hopkins



You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head
- Keep healthy through walking and gentle exercise

You can help your child to learn

- Help your Nursery and Preschool children sharpen their listening skills
- Choose a sound of the day. Start with s, a, t, p, l or n—or use the sound that begins your child's name. Make the sound together before you go

You can continue at home

- Draw pictures of the objects you saw on your walk which started with that sound
- What else can you find in your house with the same initial sound?
- Build up a collection of different sounds. Experiment with adding your sounds together to see if you can make a word

Family Learning: Let's Go Outside!

Walk Your Senses Go for a walk and collect objects



*"All our knowledge begins
with the senses" Immanuel Kant*

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Take an egg box, bag or envelope, and collect materials that look or feel interesting
- Talk about the sounds and smells you noticed, and see if you can identify

You can continue at home

- Label your box. Examine your collection and use it to retell your walk. Press the flowers/leaves between tissue in a heavy book
- Did you hear any birds? See if you can find out which ones <https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/>
- Make a word bank of descriptions based on seeing, hearing, touching and smelling

Family Learning: Let's Go Outside!

**Use a timer on your walk
— How many steps,
jumps, hops can you do**



“We didn't realise we were making memories, we just knew we were having fun”—

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Encourage your child to practice their movements and balance
- Encourage your children to practice their counting, taking turns and

You can continue at home

- Try new movements at home and count how many you can do
- Challenge your children to see how many other things they can do in a minute like naming different animals, places or talking about a particular interest they have
- Try shortening or lengthening the time

Family Learning: Let's Go Outside!

Starlight Stroll



"Shoot for the stars, but if you happen to miss, shoot for the moon instead"

- Neil Armstrong

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Make a homemade star gazer (see appendices) to find constellations on a clear night

You can continue at home

- Sing associated songs such as 'twinkle twinkle little star'
- Make a Constellation Viewer (See appendices.) Take time to star gaze before bed at night. You could even camp in the garden for a night.
- For older children, this could provide an opportunity to learn about science and nature: moon cycles, 'what is a star?', nocturnal animals, etc.

Family Learning: Let's Go Outside!

Ready, Steady, Go!

Create a family sports day event in your local park. Play games like: three legged races, egg and spoon races, target games, jumping games, etc. Score points, race positions and use timers for the games.



"Time spent playing with children is never wasted."

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through everyday activities
- Take a timer and some simple resources for playing games
- The simple games ideas above all involve maths and literacy opportunities, as well as physical skill building and lots of family fun!

You can continue at home

- You can continue to encourage active play at home with action rhymes and songs, and games that you can play together in your garden.
- Use the resources in the appendices to create flags and banners for your event.
- You could create different types of 'play events' at home—have a look at Family Learning's 'Fun at the Fair' video on facebook.

Family Learning: Let's Go Outside!

Lights, Camera, Action!

Recreate your favourite stories using roleplay. Consider the setting of the story—you could go to a local woods and play 'The Gruffalo', or use your walk to act out 'The Bear Hunt'



"We don't stop playing because we grow old, we grow old because we stop playing."
- George Bernard Shaw

You can get some fresh air

- Take time to go outside and take some exercise with your children each day
- Enjoy the fresh air and clear your head

You can help your child to learn

- Help your children to learn through role play activities
- Encourage a love of stories and demonstrate we don't have to be reading to enjoy books.
- Support your child in making links between what they know about the




You can continue at home

- You can continue to encourage role play activities at home.
- Make masks to go with your story (see appendices) or use puppets.
- If you have access to material or dressing up clothes, you could use these to enhance play further.
- 'Small world play' can be used to promote similar skills.

How to make a Constellation Viewer

Adapted from: <https://inventorsof tomorrow.com/2017/02/27/make-a-constellation-viewer/>

You will need: a kitchen roll tube, paper, pencil, bluetac/playdough/plasticine, printed constellations (appendix 2)

| | |
|---|--|
| <p>1. On a black piece of paper (yellow in these pictures): Trace a circle around the fat end of a plastic cup.</p> |  |
| <p>2. Cut out the paper circle.</p> |  |
| <p>3. Choose and cut out a constellation. Glue the constellation to the paper.</p> <p>Optional: cut slashes in paper to help it fold down better.</p> |  |

Family Learning:
Let's Go Outside!

4. Use a sharp pencil/pin to poke holes where stars are. (It helps to put the paper on top of bluetac/plasticine or equivalent so you can poke the pin through the paper and into that surface.)

Please note: Please provide adult supervision/support as necessary for this part of the task



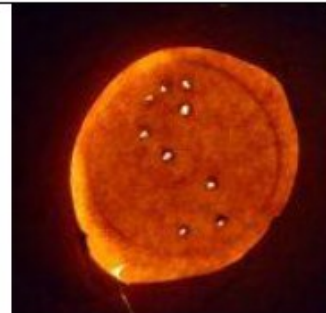
5. Put disc on top of tube, fold paper down, hold with rubber band.



6. Tape paper down and tape label on.

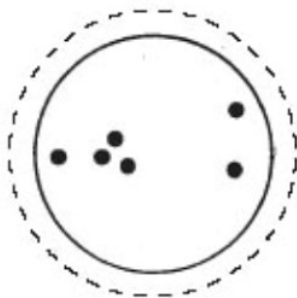


7. Look through viewer at light. (You can also shine a flashlight through the viewer to project the constellation image on the wall.)

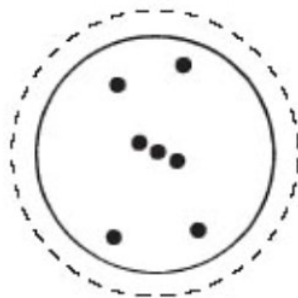


**Family Learning:
Let's Go Outside!**

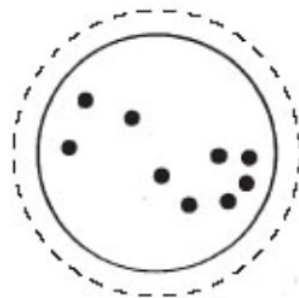
Appendix 2: Constellations for Constellation Viewer.



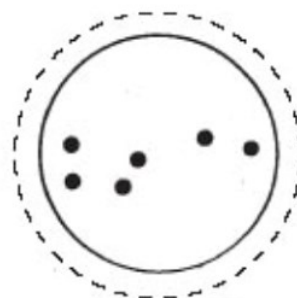
TAURUS
The Bull



ORION
The Hunter



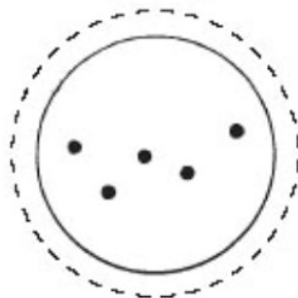
SCORPIUS
The Scorpion



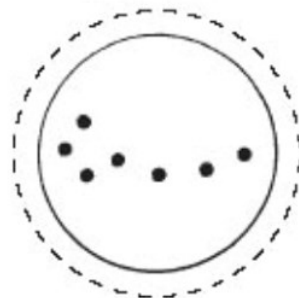
URSA MAJOR
The Great Bear



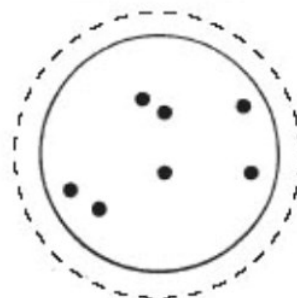
PISCES
The Fishes



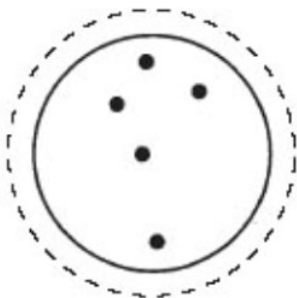
CASSIOPEIA
The Queen



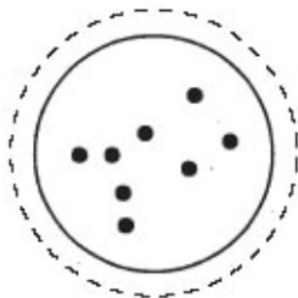
URSA MINOR
The Little Bear



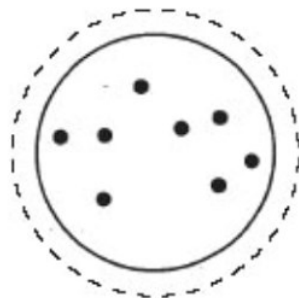
PEGASUS
The Flying Horse



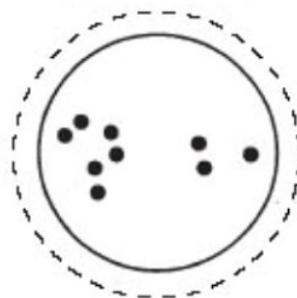
BOOTES
The Herdsman



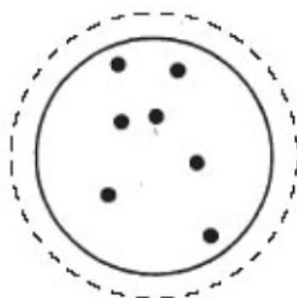
GEMINI
The Twins



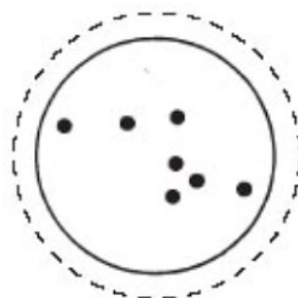
SAGITTARIUS
The Archer



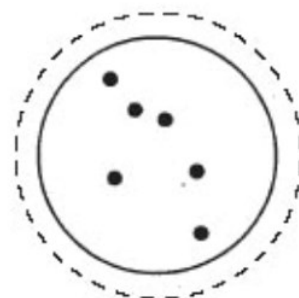
LEO
The Lion



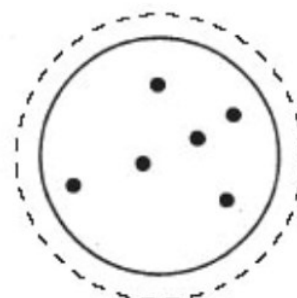
HERCULES



CANIS MAJOR
The Big Dog



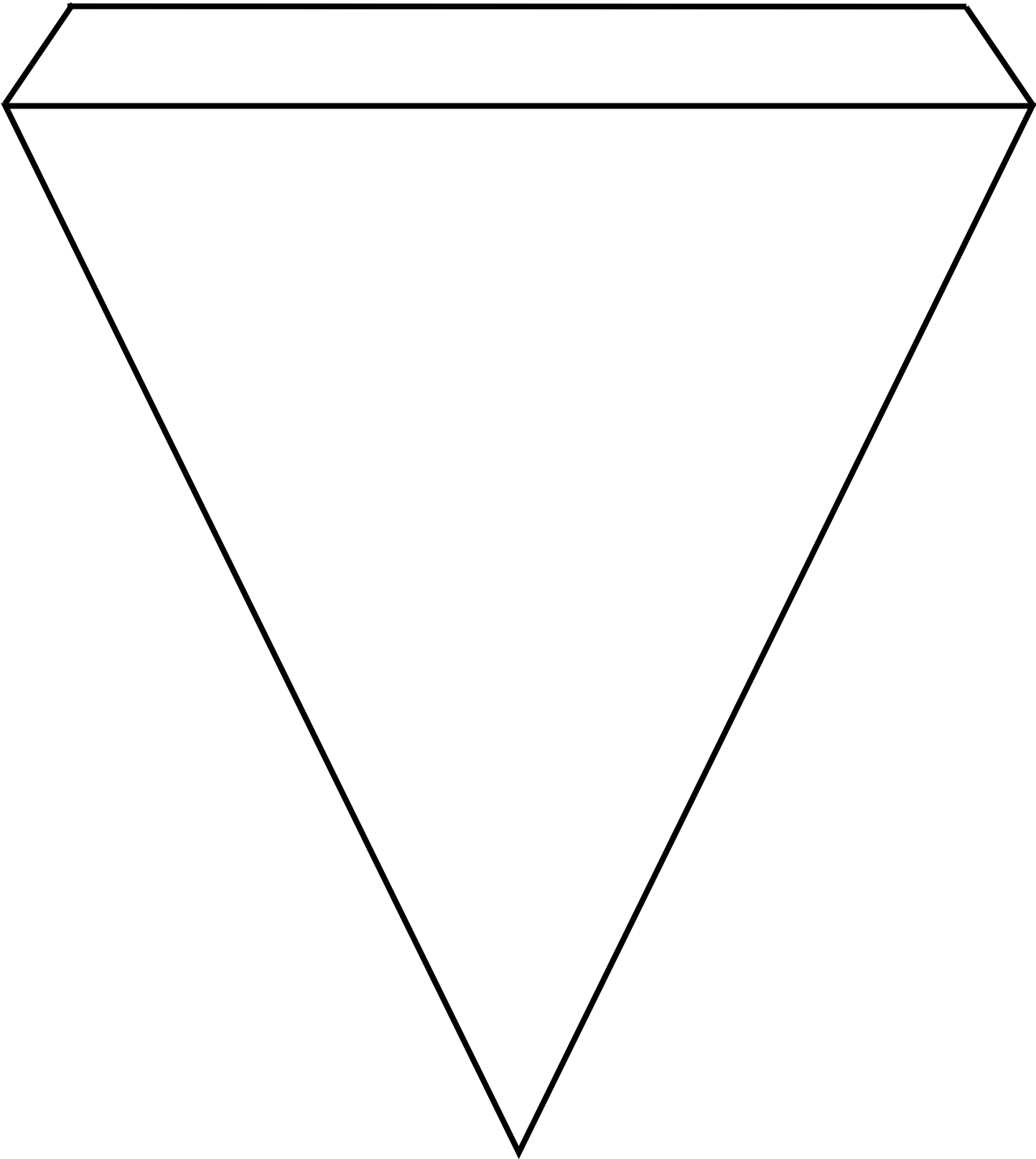
PERSEUS



CYGNUS
The Swan

Family Learning:

Let's Go Outside!



**Family Learning:
Let's Go Outside!**

Appendix 4: Make a mask



You will need: Paper plate, scissors, hole punch and string or straw/lolly stick and tape, pencil, blutac, materials for decorating your mask.

1. Cut your paper plate in half.
2. Draw the features of your character on the mask. Consider where you need the eye holes to be. An adult may be needed for support with cutting eye holes – make a hole using a sharp pencil and blue tac, then use scissors to cut it to the right size.
3. Decorate your mask
4. Hole punch one hole on each side of the mask, and attach elastic or string. Alternatively, tape a straw or wooden lolly stick to the mask (see photo).

**Family Learning:
Let's Go Outside!**

Family Learning: Let's Go Outside!

Family Learning is a FREE service within Warwickshire Adult and Community Learning. We are part of ACL's wide offer of education opportunities for adults in Warwickshire, specifically providing learning opportunities for parents and carers of children in Warwickshire. Our free courses and workshops help parents and carers understand how their children learn and develop. Often, our courses provide opportunities for families to learn together through hands-on, meaningful and fun experiences.

If you would like to learn more about Family Learning, you can visit our website:

www.warwickshire.gov.uk/acl

If you click 'Find a Course' you can browse our selection of current courses.

You can also contact Jan Lennon, Family Learning Programme Lead, on 01926 736390 or JanLennon@warwickshire.gov.uk