**Outdoor Activity Sheet – Pupils or parents pick activities for the day (you could cut them up and pick them form a jar). Try to do two a day when you need some fresh air.**

**Get Outdoors – Ideas to get you out in the fresh air.**

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| Make a mud pie – a big one!  | Find an object in your garden which starts with each letter of the alphabet A-Z. | Have a look in the car and see if you can find any loose change – you could vacuum it at the same time.  | Write a nice message using blades of grass, pebbles, leaves and twigs. Photograph it and send it to a family member or friend. | Try to write a story and include any many items as you can see in the garden in it. |
| Feed the birds. Try to identify three different types. | Draw a plan (aerial view) of your garden. You could add a key for each object. | If you have a pet clean it or show it some love. You could try and teach it a trick (this is hard with some pets). | Look up registration plate codes on the internet. Walk up the street and see where the cars were originally registered. | Star Gaze –look for star constellations on an evening. There are phone apps and maps online that can help you spot them. |
| Flip an object in the garden and list what you find underneath it (out it back as it’s the animal’s home). | Make a picture out of leaves and twigs (don’t ruin your parent’s plants!) | Put the bins out for your parents. Make sure you wash your hands afterwards. | Bird Feeder - Art And Craft - Fun For KidsMake a bird feeder out of a milk bottle. Hang it up in the garden.  | Press some flowers. Collect some flowers or leaves and put them inside a book. Stack others on top and allow them a few days to dry out. You can then make a picture with them or a card for someone. |
| Walk around your community (keep your distance) and count how many rainbow posters you can find. | Hang out the washing (if it’s not raining) and collect it in once its dry. | Take some photographs of different plants in your garden and then try to identify them using the internet. | Make a course in your garden with buckets or pots etc. Try to guide your parents or let them guide you around the course. You need a scarf or piece of material as a blindfold (or put a bucket on your head ☺). | Record sounds in your garden on your phone. See what sounds you can make in your garden and record them. Then do a quiz with your family to see if they can guess the sound. |
| Play ten rounds of eye spy in the garden with a family member. | Find three different microclimates in your garden. These are local areas where the weather conditions are different.. even on the same day! | Do some crayon or pencil rubbings in your garden. You place the paper on an object or texture and rub the crayon over it.  | Star jump in the garden for 5 minutes.Walk for 5 minutes.Run on the spot for 5 minutes. | Ask your parents or sibling to hide 5 items in the garden. You can then try and find them. It could be household items, toys, treats, or Easter eggs (if you’re lucky☺). |

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