

Outdoor Fun

A few weeks ago there was an activity about 'mindful walk', this time go on a nature walk and you can complete the activities below.

Bug Hotel

Go on a walk or outside in your garden collect some sticks, twigs, bark, leaves and other natural materials (you can even put in some paper or cardboard) that you think will be useful for the hotel.

Using old tin can, get an adult to cut the other end of the tin with a can opener, place the natural materials inside the can and then place the tin somewhere in a shelter spot outside.

Once you've built your tin can bug hotel, share your creations on Seesaw.

Here's a video to show you how: https://youtu.be/neUY_pwAjdc

Inspiration Stones

This activity is linking in with 'have a daily gratitude moment' that was up on the website a few weeks ago. You can refer back to this activity if necessary.

<https://stfrancisjns.files.wordpress.com/2021/01/sphe-ideas-and-resources-by-our-teachers.pdf> I have linked it here if you need it.

This inspiration stones activity helps us to remember what makes us happy, what we are grateful for and reminds us to think and say positive things about ourselves each day.

What's needed:

Stones, paint, kind words and PVA glue

*(crayons, markers or anything else that would stain the stones)

On your next walk:

1. Collect stones of different shapes and sizes. It can be helpful to find stones with at least one smooth surface.
2. If the stones are dirty, rinse them off under running water and let dry.
3. You can decorate directly on the stone, or you can paint a base layer of white or other light coloured paint. Allow the base coat to dry.

4. Decorate your stones with words or sayings to remind you of things that bring you happiness and gratitude, or that might remind you to relax, or even positive affirmations about yourself. You can use pens, markers, glitter or paint to decorate your stones. Acrylic paint works great but poster paint works well too.
5. Let your stones dry.
6. If you wish, you can protect your stones and make them last longer by putting a final clear coat on - you can do this using clear nail varnish or even by brushing your finished stones with PVA glue. This is really important to do if you are going to place your stones outside.

Place your stones in places around your home or garden where you will see them and feel happy, grateful, calm or good about yourself! Or the next time you go on a walk you can bring the stones with you and place them around different places for others to see and it might brighten their day. 😊

Yoga

Cosmic Kids does 'We're going on a bear hunt' yoga

<https://youtu.be/KAT5NiWHFIU>

Art

Using the left over materials or collect more materials on your next walk, create an Art picture. It can be anything you like at all.

Here's an example:



Homemade bird seeders

What's needed:

Honey, cheerio's, seed, string, toilet roll, plate, paint brush or spoon and a pencil.

1. With the pencil carefully punch a hole in the top and bottom of each of your cardboard tube strips.
2. Pour the honey, Cheerios, and birdseed into three separate bowls.
3. Using a paint brush, paint the outside of a cardboard tube with honey, the more the better! Alternatively you can roll the tube in the honey to coat the outer surface, this is a quicker way to do it.
4. Dip your sticky tube into the birdseed. If you use a lunchbox you can put the lid on it and shake the birdseed and tube around to cover the tube. Once covered, place the tube on the baking paper or plate to dry.
5. Cut a length of string and thread a Cheerio on it. Pull string through the bottom hole of one birdseed covered tube. Thread on 5-10 Cheerios then thread the string through the upper hole. You can add more tubes onto this string or move on to another string. Repeat this until you have about 6 strings completed.
6. You can either tie all the strings onto a tree or a large branch, whichever is easier. Now you can enjoy all the birds flying into your garden/balcony.

