

Grow your own



Getting outdoors has been found to be beneficial for our physical health, mental well-being and it is completely free. It's also a great place to learn!

If you are wondering how to cover the curriculum whilst home-schooling or working in your school grounds with key worker children, here are some outdoor learning ideas that can help. Some can be done in your garden or from a window, others as part of your permitted daily outdoor exercise, following the latest government advice on social distancing and self isolation. We hope these activities will also encourage you to connect with the natural world, notice the wonderful wildlife all around you and have fun.

Maths ~ Stone Takeaway

A game for two players

Collect 21 stones, sticks or shells etc.

Place all 21 in a line. Take it in turns to remove 1, 2 or 3 stones. Repeat until the last stone is left.

The winner is the one who removes the final stone.

You will need to use strategy, planning and problem solving.



Geography ~ Make a Sun Dial

Plant a tall, straight stick in a sunny spot (slanting slightly north).

As the sun shines on the stick, it will cast a shadow.

Check the position of the shadow on the hour, every hour. Mark the position on the ground with a labelled stone.

Repeat every hour from sunrise to sunset to make your sundial.



Science ~ Grow Your Own

Try planting some seeds and watch them grow. Record what you see each day.

If you don't have any seeds, you can try growing your old food scraps!

Celery – cut off the base and leave in warm water until new leaves start to appear

Tomatoes – wash and dry out the seeds and then plant in soil

Pineapples and avocados – suspend just over a container of water using cocktail sticks

Garlic – plant each clove straight in the soil, root end down – simple!



Literacy ~ Alphabet Challenge

Use the A to Z spotter sheet to try our nature scavenger hunt. All these species can be found in Sussex. How many can you find?

You might like to make your own nature alphabet up.

Download spotter sheet & watch the video here for inspiration.



Music ~ Nature's Music

Play your favourite song using a blade of grass.

Hold a blade of grass tightly between your two thumbs. Blow gently into the gap between your thumbs until you hear a whistle.



ITC ~ Zoom

Many of you are probably using Zoom. Can you find a place that you'd like to visit and download it as your Virtual Background.

Have a look here for inspiration



sussexwildlifetrust.org.uk/zoom

History ~ Can you dig it?

Become an archaeologist and discover the secrets of the past in your garden.

Mark out a small space and gently peel back the grass (with adult permission). Dig down with a spoon or trowel and see what natural or man-made things you find underground.

How did they get there? How long have they been there? Can you clean and display your finds? Don't forget to put the grass back after!

DT ~ Nest Building

Birds have been busy building their nests and laying their eggs. Different birds build nests in different ways. Blackbirds and robins use their beaks to weave grasses and small twigs into neat cup shapes, then camouflage with moss and line with mud.

Can you build your own nest for a toy? You could try doing it with chopsticks or tweezers to imitate a beak.



wildforestschoo.org.uk/wild-activities

PE ~ Scavenger Hunt

Enjoy a scavenger hunt in the park as a part of your daily exercise. Prepare a list of things to look for in advance, here are some examples:

- a plant growing in the pavement
- something spikey
- a stick the same length as your shoe
- a leaf with an odd number of points
- a tree covered in moss

Add some of your own ideas too.

Just for fun ~ Snail Racing

Have a go at Snail Racing and discover some juicy facts about slugs and snails too.



sussexwildlifetrust.org.uk/snailrace

Art ~ Wild Weaving

Use a Y shaped stick (or a square of card with notches in either end) to make a weaving loom. Wind the string or wool between the gap in the stick (or between the notches of the card) to create the warp threads.

Collect long, thin flowers, stems, grasses, leaves or feathers on your daily walk. Use them to thread into your loom.

Remember to go over-under-over-under the string.



For more ideas of things you can do at home



sussexwildlifetrust.org.uk/gowildathome

Show us what you have been doing, upload your photos here



sussexwildlifetrust.org.uk/homelearning