

My 10 Days Outdoors!

On your 10 days outdoors—the challenge is to spend at least 10 minutes outdoors for 10 days at school. Use these pages to share your experience.

Each day you can choose an activity from the activity menu and write/draw in the box..



SOUTH WEST PEAK
LANDSCAPE AT A CROSSROADS



Day 1

Day 2

Day 4

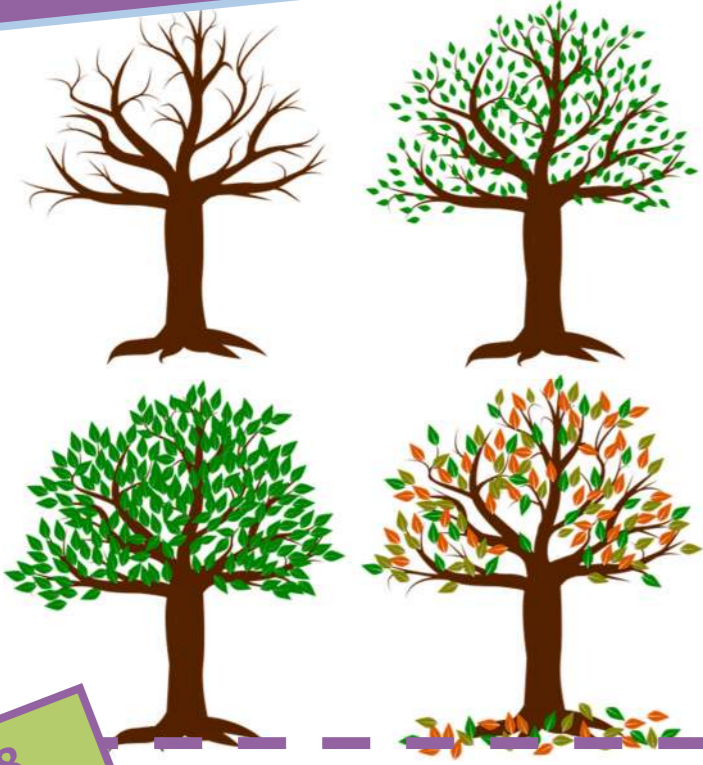
Day 5

Day 3

A large dashed purple line forming a rounded rectangular frame, intended for students to write or draw their outdoor experiences for each day.

My 10 Days Outdoors!

Discover and explore your school grounds



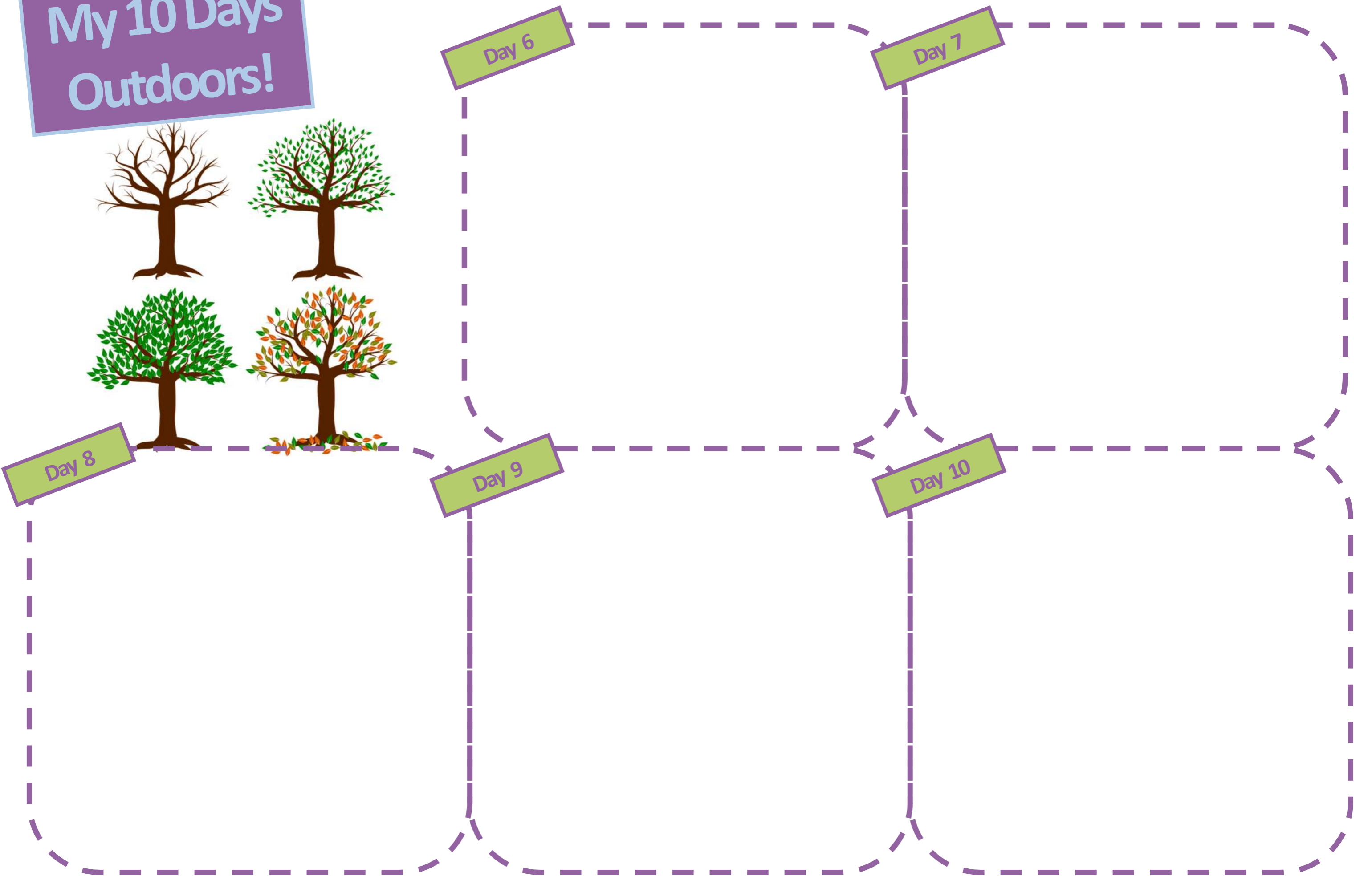
Day 6

Day 7

Day 8

Day 9

Day 10



My 10 Days Outdoors!

Activity Menu



SOUTH WEST PEAK
LANDSCAPE AT A CROSSROADS



Listen to your soundscape

Sit / lie in silence—the world around us makes all sorts of noises, the more we listen the more we hear!



List or draw pictures of the things you hear in your silent time.

Beauty of Nature

Pick something you think is beautiful. What makes it so beautiful? Capture the beauty by doing one of these things:

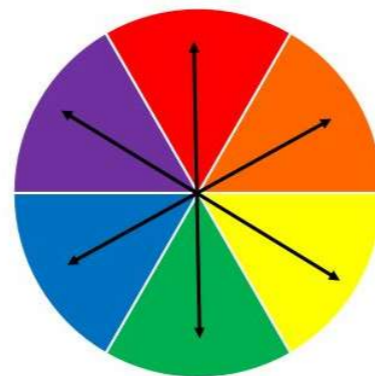
- Create a picture
- Write a poem
- Write a story

My Mini National Park

National Parks (like the Peak District National Park) are protected because they are special.

Find a place you would like to protect in the school grounds—what makes it special to you?

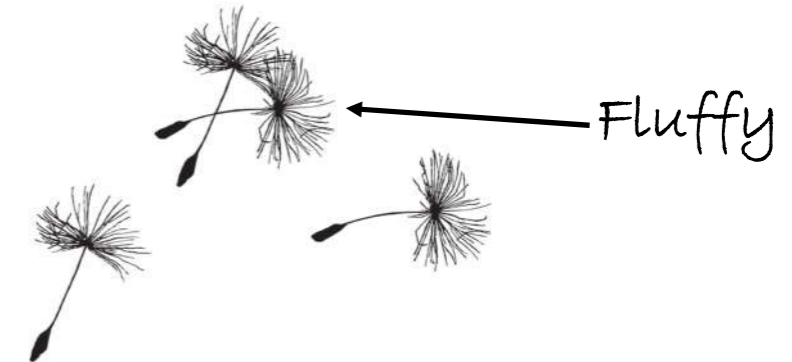
Natures Colour Wheel



Collect as many different coloured natural items as you can. Arrange them into a colour wheel using this one as a guide. Draw and colour in your own natural colour wheel.

Natural Textures

Find different natural materials with different textures. List or draw the items you find and write next to each one what texture it has.



Use Your Imagination

Find something in the school grounds that looks like something else. Is there a tree that looks like a dragon? A rock that looks like a mouse? Draw a picture of it and give it a name.

The Friend Stone



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Activity Menu

Whatever the Weather



Focus on the weather. Complete these sentences.

Today the weather was...

It made me feel.....

It made the school grounds look.....

This type of weather is important because...

Meet a Tree

Choose a tree and introduce it. How does the bark feel? Is it tall? What do the branches look like? Are they neat or messy? What do the leaves smell like? What colour are they? If it had a name what would it be?



"Do you speak tree?"

Tell Their Story

Choose something living in the school grounds and tell a story with it as the main character.



"For a long time it was dark and cold, I was freezing and I didn't know what was happening. But then...."

Take a Picture

- Choose a partner
- One of you is the camera, your job is to keep your eyes shut until the photographer puts you in position and presses your shoulder. Then open your eyes for 2 seconds and close them again
- Photographer—find a nice, safe spot for a picture and guide the camera there. Tap them on the shoulder to take the picture. Swap and draw your photos afterwards.

All the Good Things

Whilst you are outside find three natural things you can see that make you happy.

They can be things you can see in the distance—they don't have to be in the school grounds.

"Bee Happy!"



Follow Your Nose!

Find five natural items, (they can be flowers, you don't need to pick them to do this), leaves, bark etc.

With each item take a deep breath in through your nose and out through your mouth and then smell it, try it a couple of times and describe the smells on your sheet. Try scratching the surface to release the smell of a leaf or bark.

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