

Outdoor home learning challenge

Week beginning 15th June 2020

Why does going outside improve wellbeing?

- We move more when we go outside this improves our mood and health, uses excess energy and allows us to relax more when inside.
- We can touch natural things.
- There are healthy germs in mud.
- We can connect with nature.
- We can connect with each other.
- There is less structure.
- There are lots of discoveries to make.
- It releases happy hormones.
- We get lots of fresh air.



'I know the rain is
cold my dear, but
dance in it a little
while you wait
for the sun' -
A. J. Lawless

Next time it rains why not try some of these fun tasks you probably did as a kid!
They're good for our mental health and help families bond.

- Get kitted out and jump in muddy puddles.
- Put your tongue out and taste the rain.
- Roll down muddy hills.
- Make mud pies.
- Run in the rain.
- Dance in the rain.
- Put sticks in the mud and see the light and textures.
- Collect rain in a yoghurt pot.
- Hear the rain.
- Feel the rain on your face.