

Outdoor home learning challenge

Week beginning 14th September 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.

- 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.



Go outside for a walk, look at all the changes around you. Find things that let us know it is Autumn and talk about all the changes you see around you, for example, the leaves falling of the trees.