

# On my doorstep



## Dirt on my Shirt

*There's dirt on my shirt*

*And leaves in the air*

*There's mud on my boots*

*But I don't really care*

*Playing outside is so much fun*

*To breathe the clean air*

*And feel the warm sun*

*To stomp in a puddle*

*Or climb a big tree*

*Makes me quite happy*

*Just look and you'll see*

# The Benefits of Outdoor Learning

Outdoor learning helps children explore, resolve conflict, build immunity, assess risk, get messy, work together, lower stress, feel free, climb higher, grow stronger, appreciate nature, solve problems.

Mr Alvin the Red and White Setter dog loves playing outdoors. Join him in some of his adventures.



Alvin exploring in the park

## What do we mean by outdoors?

The outdoors starts on your doorstep! By stepping outside you can start a journey along your path, garden, street and community to feed the birds, catch leaves, collect sticks, dance in the rain, name colours, count your steps, plant seeds, look for insects, climb a tree, enjoy the quiet and so much more.



Alvin collecting sticks



Alvin looking for insects

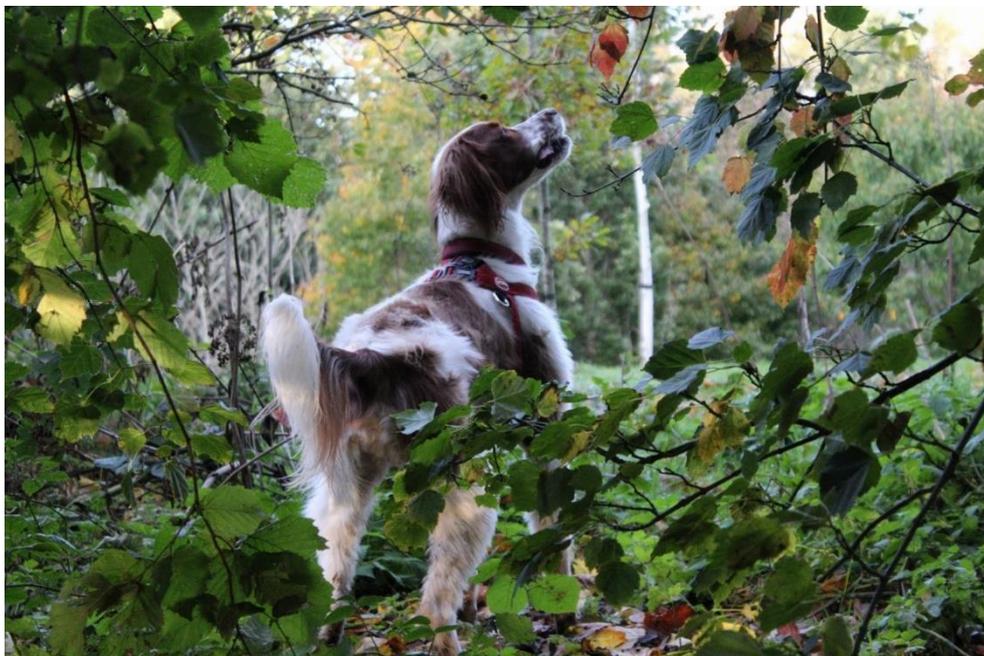
## Outdoor learning ideas

### Leaf matching

*You will need: different leaves from the garden, out of sight of the little ones if possible.*

- ✿ Collect a few different leaves from the garden. Collect 5 or 6 types of leaves. 2 of each if you're doing this with 2 children, 3 of each if you're doing this with 3 children etc.
- ✿ Give each child the first leaf and send them off to find a match.
- ✿ Talk about the leaf you found. Is it the same or different to the one you gave your child? Talk about the colours and size. This is great communication practice.

**\*Take a photo of you searching for leaves and send it to your teacher!**



Alvin looking for leaves

## Animal Leaf Pictures



Collect the last of autumn's lovely leaves to make some fun leafy animal pictures. You can collect the leaves on a walk and make the picture when you get home.

You will need:

- 🍁 a bag to collect leaves in
- 🍁 paper
- 🍁 glue

### What to do

- 🍁 Take a bag to collect leaves in
- 🍁 As you are on a walk around your street, garden or park think of an animal and then the colour of leaves you might need to make the animal. Keep a lookout for twigs or seeds that might be added to your picture and remember to collect some small leaves to be used for eyes, beaks or claws.

- 🍁 You can find a quiet place to make your picture on the ground when you are on your walk or you can take the leaves home to press and make pictures with.
- 🍁 Remember to only collect leaves that have fallen to the ground and wash your hands after you've been collecting.

## How to press leaves

### What you'll need

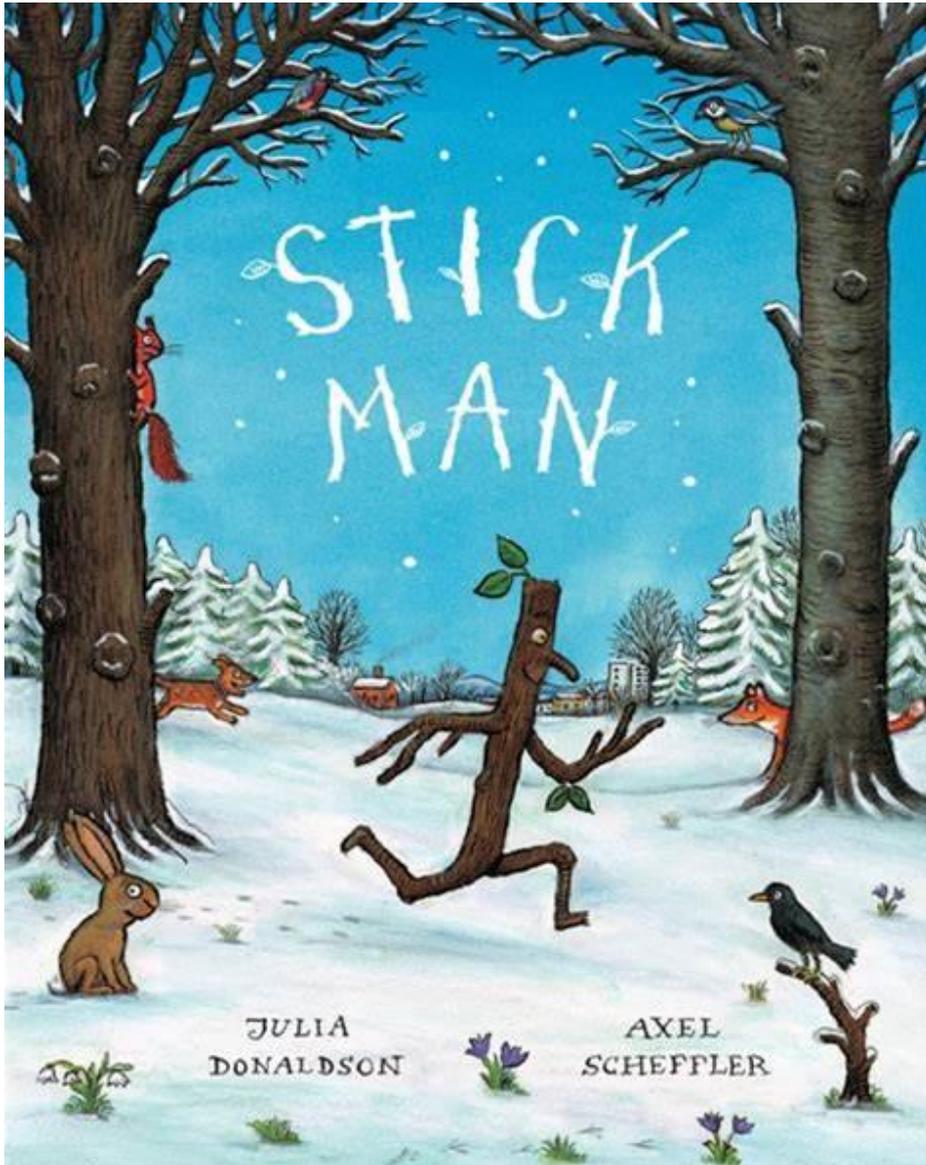
- 🍁 Lovely leaves
- 🍁 Newspaper
- 🍁 Big books

### What to do

- 🍁 Dry the leaves you have collected by patting them with kitchen towel.
- 🍁 Open out the sheet of newspaper and spread the leaves out on the paper - make sure that they don't touch each other.
- 🍁 Place another sheet of newspaper on the leaves and put a heavy book on top.
- 🍁 Leave them for about a week - then you're ready to use your leaves to make things with!

**\*Take a photo of your leaf animal and send it to your teacher!**

# READ THE STICKMAN



As the leaves and twigs fall from the trees for the autumn, an excellent way to develop children's gross motor skills, which in turn will support their writing development, is by sweeping leaves. This activity helps to build shoulder strength and flexibility. Read 'Stick Man' by Julia Donaldson and use collected twigs to create your own stickmen.

**\*Take a photo of you sweeping leaves and send it to your teacher!**

# Splash in a puddle!

Put your wellies on and splash in a big muddy puddle!

What happens when you jump in the water?

How does this make you feel? It made Alvin feel very, very happy!

**Take a photo of you splashing and send it to your teacher!**



**Alvin playing in the very big puddle**

# Collect treasures



Go on an adventure to find treasures. Provide children natural materials to experiment with. Stones, gravel and sticks are great for extending children's understanding of amounts, measure and weight.

Get wellies and waterproofs on and go on an adventure to find natural treasures. Provide containers for them to collect their resources. Collect conkers, pine cones, acorns, sticks and leaves, feathers, pebbles and flowers.

Ask children to sort and order in size, shape and texture.

**\*Take a photo of you sorting your treasures and send it to you teacher!**



Alvin collecting treasure

# Make a Parachute



## You will need:

1. a pillowcase to be your parachute
2. leaves

## What to do:

1. Collect loads of leaves
2. Lay the pillowcase flat on the ground.
3. Scatter the leaves on the pillowcase
4. Ask children to help you lift the pillowcase.
5. Keeping hold of the pillowcase.
6. Ask the children - I wonder what way we need to hold the parachute to get the leaves to move?
7. Say the Autumn Leaves Rhyme

# Autumn Leaves

Yellow, red, green and brown

See the little leaves come down

Dancing, dancing in the breeze

Falling, falling from the trees

We'll be the wind and blow today

We'll be the leaves and dance away.

8. Make the pillow case do different moves for each line of the rhyme.
9. Stick names of the family on leaves to see - who is the best mover – how high each leaf is going – who is falling off the pillow case.
10. Count how long it takes for the leaves to fall to the ground.

## A story about Lydia and Luke



Lydia and Luke were beautiful leaves who liked nothing better than soaking up the summer sunshine. They were very proud of their smooth, shiny green coats. When the children were going back to school in September the leaves noticed a change in the weather. They felt a little chill in the air but found the gentle breeze refreshing after the long hot summer.

Then the storm winds came and Lydia and Luke struggled to hold on to their branches. They listened to the other leaves gossiping about the leaf ball and discussing what they were going to wear. Some of the leaves were sad about having to leave their mother tree but others couldn't

wait to break free. Luke and Lydia were very worried about leaving their mother tree. Would they come back to their mother tree? They had so many questions... but who could they ask?

What was a leaf ball? What would they wear? Where was it taking place? They had seen other leaves dancing in the wind and didn't know if they would be able to move as well as them. Who would teach them to dance?

Using the music –'Variations' Andrew Lloyd Webber- bring the key words from the story to life using mime and movement.

Soaking up the summer sunshine

gentle breeze

storm winds

struggle

freedom

twirling, swirling

floating

falling

crispy crunchy

carpet of leaves

**\*Take a photo of you tossing the leaves on the parachute and a photo of you dancing with the leaves. Send it to your teacher!**

After all that playing it is time for a bath and bed!



**What do you think Alvin's favourite bedtime story is?**