

Ideas and resources for extending walks

Now that it is Spring and the weather is (mostly) nice, getting out for a daily walk (even if you do have a garden) is an excellent activity for you, your child and your whole family.

Just being outside in the fresh air and around nature will have many benefits for you all. Here are some ideas and resources to extend your walks to increase the learning opportunities whilst you are enjoying this activity. It is usually best to focus on one thing at a time.

1. Follow the same route repeatedly so that your child can learn to be more independent in navigating the local area.
 - Perhaps make it a route to a bus stop you use regularly or a shop
 - Point out some clear landmarks on the way e.g. the tree at the corner where you turn
 - Show your child the route on an app on your phone or print it off if you can
 - Draw a simple map on a piece of paper afterwards and take it with you next time
2. Collect leaves, stones or sticks. There are many activities you can do with them afterwards when you get home:
 - Sensory exploration
 - Make patterns, shapes and arrangements
 - Make a treasure basket
 - Make a collage
 - Counting
 - Ordering by size
 - Sorting by shape/type/colour
 - Washing in water
 - Painting them or painting with them
 - Drawing around them and then matching to outline

3. Look out for different kinds of flowers/insects/trees/birds etc. (see pictures below)
- Print out the pictures or have them on your phone and try and identify what you see
 - Take photos of them on your phone to look back at later
 - Look them up on your phone/tablet/computer later to find more pictures/videos
4. Give your child a tick list of things to find e.g. a tree, a red car etc.
- There are lots of ones you can print off the internet or ask your teacher to make you some
 - If you don't have access to a printer you can just write/draw out the list beforehand
 - You can also use your phone to take pictures of what you find rather than a ticklist
 - You could look for things of a certain colour only, things beginning with letter c etc.
5. Take some chalk and have fun drawing. You could even draw your own sensory path e.g.



Birds



Pigeon



Sparrow



Blackbird



Bluetit



Starling



Magpie



Robin



Gull

Flowers



Corncockle



Pyramidal orchid



Common yarrow



Cow parsley



Daisy



Kingcup



Daffodil



Dandelion



Poppy



Primrose



Buttercup



Bluebell

Insects



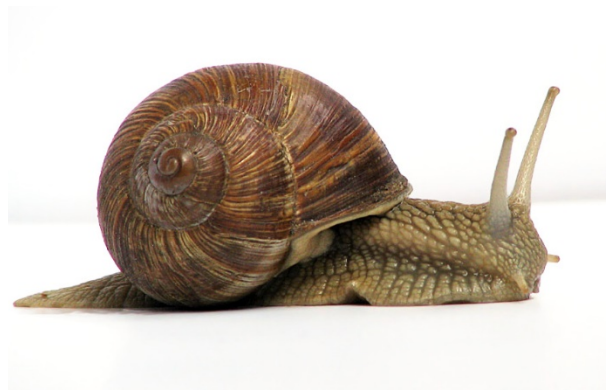
Butterfly



Ant



Woodlouse



Snail



Ladybird



Fly



Daddy longlegs



Bee



Wasp



Slug



Spider



Worm

Trees



Sweet chestnut



Oak



Sycamore



Silver Birch



Horse chestnut
tree



Hawthorn



Ash



Elm