

Summer 2021

Here are some simple ideas to get out and about with your family this summer, explore nature and your local area.

Take a Walk

Going for a walk with your child/children has so many benefits including:

Developing independence

Improves mood

Develops road awareness

A great exercise which tones the whole body

Want to make the walk more exciting? Here are a couple of ideas to try:

- Make a list on a piece of paper with items to find, you could even draw pictures of these items. By each item draw a box. Each time your child finds one of these items they can draw a tick in the box.



- Look under fallen logs and stones to see what bugs you can find. Take an empty yogurt pot with you to catch your bug, this will let you have a closer look at it. You could count how many legs the bug has, what colour is your bug?

The Royal Horticultural Society has great tips on how to make a little bug house for your garden and have lots of great 'spotter' sheets including one to identify the parts of a slug:

<https://schoolgardening.rhs.org.uk/Resources/Activity/Small-bug-homes>

<https://schoolgardening.rhs.org.uk/Resources/Spotter-Guide/Identify-a-slug-body-parts?returnUrl=%2FResources%2FFind-a-resource%3Fso%3D0%26pi%3D10%26ps%3D10%26f%3D1,5:%26page%3D2>

Check out the Scottish Wildlife Trust for activities you can do to help wildlife find a home and you can also watch some of Scotland's amazing wildlife online:

<https://scottishwildlifetrust.org.uk/things-to-do/helping-wildlife-at-home/>

<https://scottishwildlifetrust.org.uk/things-to-do/watch-wildlife-online/>

- Take some string or wool with you on your walk. Find a stick and collect items (cones, leaves, feathers) from your walk and tie them onto your stick. The stick now tells the story of your walk, what you found. You can share the story with other members of your family.



- Set a challenge, collect 5 different shaped leaves, collect 5 different coloured pebbles or collect 5 different feathers.

Other Activities and Information

Check out the Woodland Trust Blog for a range of simple, nature-based activities that you can enjoy together at home, in your garden, or in your local wood:

<https://www.woodlandtrust.org.uk/blog/categories/children-and-families/>

The Royal Horticultural Society have lots of good ideas to do in your garden:

<https://schoolgardening.rhs.org.uk/resources/Find-a-resource?%3Fso=0&pi=0&ps=10&f=1,1:>