

5

FUN & CREATIVE

WAYS TO PLAY

outdoors



RECONNECT WITH NATURE





THE SENSE CIRCLE: standing in a circle, each member says one unique thing they can sense - see, hear, smell or feel.

3in MUDDY PUDDLES.

THE NATURE's PERFUME: find different, unique smells in the forest.



THE SLOW WALK RACE: the slowest person wins.



6 FETCH with your friend.

NATURE SCAVENGER HUNT and find something: fuzzy, straight, red, smooth, round, rough and something you think is beautiful.

STUG-OF-WAR.

THE RAINBOW WALK: one person chooses a colour and others find it in the forest during the walk; the person who finds the chosen colour first, gets to pick the next colour.

SPY GAME: Team X hide in the woods leaving signs for Team Y to find them.

Creative Player Inch Park

Create...

11 a PORTRAIT of someone you love using sticks, leaves, stones and twigs.

12a CAIRN

23 STORY: find a special place that calls out to you; sit there for some time and create a story about that place.

14-FOREST SPIRIT using clay and organic materials.

FOREST RAINBOW: find leaves in three different colours and arrange them in the shape of a rainbow.

Make...





17 and sail PAPER BOATS.





19a CAMPFIRE with your family λ and toast marshmallows.





a FLOWER CROWN.



Creative Play Inch Park

Why not...

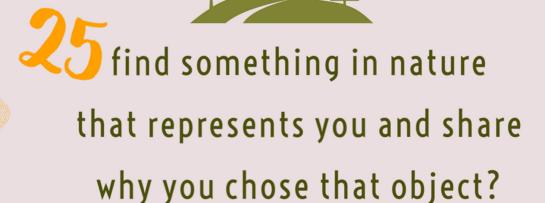




23 listen for owls?







Creative Playat Inch Park





go on a hunt to find some creepy-crawlies?

Think where you would hide if you were a bug. Look in the crannies of trees, under logs and in hedges. If you have a magnifying glass you can get up close.



30hug a tree?



Creative Playor Inch Park

Playing outdoors

contributes to personal growth and social awareness





develops skills for life and the world of work.





