

10 things to do outdoors in the community



We challenge you to go outdoors and try to complete all of our suggested activities safely in the community...

We would love to see some photos of your activity on Twitter...



@Saltoun_Primary

<p>Senses Scavenger Hunt Go on a Scavenger Hunt with your family or friends. Find something smooth, rough, something that makes a noise, something that smells, something you can eat, etc</p>	<p>Bird Watch Go on a walk or in the garden, look for all the different variety of birds that you see. Do you know what they are called? Which one is your favourite? Why?</p>	<p>Build a Nest Use twigs, moss and sticks to make a nest. Can you make it big enough for a bird to sit and keep it's eggs warm?</p>
<p>Mud Faces Mix some mud with water to make it more pliable. Put the mud onto the tree trunk in the shape of a face. Use sticks to texture and sculpt the mud. Add natural materials for nose, eyes, etc.</p>		<p>Bug Hunt Look for different types of bugs. How many different types of bugs can you find? What bug did you find the most of? You could maybe keep a tally chart of the bugs you find.</p>
<p>Finding and Creating Pattern Go on a hunt for pattern in your garden or when you are on a walk. Can you spot any spirals, symmetry or fractals? Why don't you create some transient art. www.jamesbruntartist.co.uk</p>		<p>Bug Hotel Gather all the resources that you might need to make a bug hotel. You can find more information at: https://schoolgardening.rhs.org.uk/resources/project/make-a-bug-hotel</p>
<p>Explore Somewhere New Why don't you go as a family and explore somewhere new. There are so many beautiful place to explore around Saltoun and within East Lothian.</p>	<p>Den Building Find a good foundation for your den. Build your framework and the walls. What will you use to make your den waterproof?</p>	<p>Build and Cook on a Camp Fire Choose the right space and prepare your area. Gather the wood and construct your fire. Light your fire. What will you cook? How about s'mores? www.woodlandtrust.org.uk/</p>

Can you challenge our school community?

This week we shared with you some suggestions of what you might be able to do outdoors!

Now we would like **you** to think of some ideas and send them in. We will pick some each week and add them to the coming grids!