

Resources Retrieved from: NBPlays.ca

The following resources can be used for learning at home opportunities to encourage children to explore outside, without cost to parents. More ideas can be found in the original document at NBPlays.ca.

OA OUTDOOR ADVENTURES ACTIVITIES

Sound Map

Materials:

- Scrap paper and pencils

Objectives:

- Work on listening skills
- Focus on being observant and mindful in nature

Instructions:

1. Head outside and give each child a scrap piece of paper and a pencil.
2. Have children sit in a circle and start out by asking them how many mouths they have. After they respond with "One!," ask them how many ears they have, to which they will respond, "Two!".
3. Open a discussion about what this means and why, because we have two ears and only one mouth, we should try to listen twice as much as we talk.
4. Ask children to draw a dot in the middle of their piece of paper to represent themselves.
5. Then, ask the children to sit very quietly. Instruct them to, whenever they hear something, draw a picture of what they think the sound is on their paper (e.g. a bird, a car, a tree, etc.). If the sound is coming from very near, they should draw the picture close to the dot. If the sound is coming from far away, the picture should be far from the dot.

6. After a few minutes of quiet, the children will have a sound maps of all the things they heard.

Variations:

- Instead of drawing pictures of what the sound is coming from, have children draw what it sounds like to them (e.g. soft wavy lines for leaves rustling in the breeze or thick dark lines for a car honking its horn).
- Try creating sound maps in different locations to see the differences between your backyard and a local park or school ground.

Reflection:

- What did you hear?
- What was the loudest sound you heard? What was the quietest?
- Is it sometimes important to be quiet? When and Why?



FUN IDEAS FOR PLAY IN THE SNOW:

- Pack snow onto a tree trunk and carve a funny face into it
- Create giant pictures in the snow using your footprints
- Put food colouring in spray bottles full of water to decorate the snow
- Use loose parts to make art in the snow
- Make a snow buffet with sand buckets or cake molds
- Build a snow maze



Bird's Nests

Materials:

- Straw, tall grass, leaves, twigs and other bird nest materials found outside

Objectives:

- Explore the outdoors
- Learn about birds

Instructions:

1. Prepare your group to go outside on a mini adventure.
2. As you set out, ask the children to collect items that they think would help them build a bird's nest (e.g. twigs, leaves, straw, grass and sticks).
3. When enough materials have been gathered, have the children do their best to weave and shape them into a bird's nest.
4. The children can leave their nest outside for a bird to live in or take it home.

Variations:

- Instead of a bird's nest, see if children would like to create fairy houses using similar materials.

Reflection:

- What did you use to build your nest?
- What other kinds of homes can you find in nature?



TIP: Include the children in your program in decision making when planning your outdoor activities.



Follow An Ant

Materials:

- Magnifying glasses (optional)

Objective:

- Explore the outdoors
- Learn about bugs

Instructions:

1. Prepare your group to go outside on a mini adventure.
2. Ask children to find an ant or find an ant hill and choose an ant that looks to be leaving its home.
3. Follow the ant! Simply keep your eyes on the ant and stay with it to see where it goes and what it does.
4. After some time, organize your group into a circle and begin a discussion about each child's experience following an ant.

Variations:

- Follow a ladybug, or any critter you can find.
- Simply observe birds and other creatures in nature to learn more about them.

Reflection:

- Where did your ant go?
- What did your ant do?
- Was it difficult to keep track of your ant?



DID YOU KNOW? Risky play, like climbing trees or walking across rocks, may decrease risky behavior later in life by helping children learn about their personal limits and improving their judgement. (PARTICIPATION)

