

# Sustainable Home Learning and Play

These activities are all about going to a safe outdoors space such as a garden or local park with your children. If this is not possible every activity has a suggestion for how to adapt for the indoors.

Early Years

Week 1  
Using the  
Outdoors



## How long is a piece of string?

What can you measure? What shapes can you make? What journey will you take? Pick up simple ideas using a 1m piece of string outdoors or in.

<https://www.ltl.org.uk/resources/things-with-string/>

## Story Stick

Find a stick, take a walk and collect interesting to attach to it. Use these to tell the story of your journey. If you can't get out, find objects around your house, attach them to stick or similar and tell your story.

<https://www.ltl.org.uk/resources/story-stick/>

## Tipi for Teddy

Can you make a simple shelter for teddy and friends indoors or out?

<https://www.ltl.org.uk/resources/tipi-for-teddy/>

## Who's been framed?

Gather some loose materials indoors or out and create a portrait of someone you know. Can anyone guess who it is?!

<https://www.ltl.org.uk/resources/whos-been-framed/>

## Puddle Potential

How can you study a puddle? How deep is it? Can you build a bridge to cross it? What floats? What sinks? If you're indoors bring the 'puddle' to you with some water play – add food colouring or washing up liquid and get stuck in!

<https://www.ltl.org.uk/resources/puddle-potential/>

For more resources visit [www.ltl.org.uk/free-resources](http://www.ltl.org.uk/free-resources)

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Ages 5-9

Week 1  
Using the  
Outdoors



## Maths Scavenger Hunt

Head out/look out and see how many things you can check off the list on this mathematical scavenger hunt.

<https://www.ltl.org.uk/resources/mathematical-scavenger-hunt/>



## Number Poem Challenge

Head out/look out for inspiration for a number poem. Each line needs a *number* a *noun* and an *adjective*. Try to make it alliterative – that is every word begins with the same starting letter. For example, “lots of lumpy logs”

<https://www.ltl.org.uk/resources/outdoor-number-poems/>



## Build a shelter

Find a space outdoors/indoors where you can design and build a den. Set criteria, for example it needs an entrance, windows, a chimney. If you're lucky enough to be outside is it waterproof?!

<https://www.ltl.org.uk/resources/waterproof-shelter-challenge/>



## Whittle a Critter

Find yourself a stick and use a potato peeler to whittle a critter. Use sharpies to add detail to the creation. If you can't get outside make a temporary creation from a carrot or a potato, take a photo before it gets eaten!

<https://www.ltl.org.uk/resources/a-little-whittling/>



## Barefoot Safari

Find a space outdoors/indoors to make a short trail of different surfaces to walk over bare footed! If you're indoors consider bubble wrap, iced water, shredded paper a fleecy blanket etc.

<https://www.ltl.org.uk/resources/barefoot-safari/>

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Ages 9-12

Week 1  
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## Build your own Equations

Find some simple natural materials, alternatively see what you can find in the bits 'n' bobs drawer. Use these materials to represent numbers and build your own equations. e.g. if stick is 5 and flower is 7, stick + flower =?

<https://www.ltl.org.uk/resources/natural-equations/>



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<https://www.ltl.org.uk/resources/outdoor-number-poems/>



## Insulation Investigation

Find a space outdoors/indoors where you can create a nest to keep a 'dormouse' warm. Choose materials that you think will be good insulators. Make your 'dormouse' a jar of warm water. Check the temperature over time.

<https://www.ltl.org.uk/resources/hibernation-an-insulation-investigation/>



## Photo Scavenger Hunt

Head out/look out with a camera to find inspiration for funky photos. There are different categories such as 'a flying thing' or 'something beautiful' - how does the natural environment inspire you creatively?

<https://www.ltl.org.uk/resources/photo-graphic-scavenger-hunt/>



## Work Out!

Find a space outdoors/indoors where you can use static features to design a 30-minute workout! The weblink focuses on a tree but it could be stairs, chairs or picnic benches! How are you going to find a way to exercise?

<https://www.ltl.org.uk/resources/tree-workout/>

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