



**TANGLEWOOD**

*Outdoor Learning • Outdoor Play*

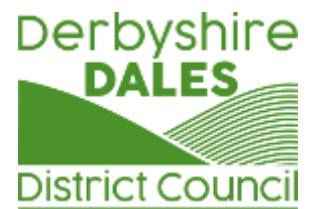
# Get Outside!

*Activities to get your children  
learning and playing outside*



*Funded by The Better Derbyshire Dales Fund 2020*

*This fund is supported by the Clinical Commissioning Group, Derbyshire County Council  
Public Health and Derbyshire Dales District Council*



[www.tanglewooddays.com](http://www.tanglewooddays.com)

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## *Get Outside!*

*This year we've been enjoying sharing on Facebook some of our favourite activities to get children outside, having fun and learning about the great outdoors.*

*We know how important it is for everyone's well being to take time to connect to the natural world.*

*Have fun and if you have a moment let us know how you get on.*

*We look forward to seeing you out on a Tanglewood Adventure soon!*

*Team Tanglewood XX*

*Rowan, Katie and Carol*



# TANGLEWOOD

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## Beetle Drive!

### Ingredients!

mud, sticks, leaves, stones,  
dice and chalk



### Method!

- \*Firstly, go hunting for all the bits you need to create a beetle e.g. 6 sticks for legs, 1 stone body, 1 leaf tongue, 2 small sticks for antennae, 2 small stone eyes and mud for the head (so you can squish the tongue and eyes in.)
  - \* Using the chalk, write down numbers 1-6 and place the contents of each body part next to a number e.g. 1- head, 2-legs, 3-body etc.
  - \*Now grab the dice, take it in turns to throw and get playing!
- NB: You need to get the body first!



Activity No 1.



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## Leaf Rubbing!

Ingredients!  
fresh leaves, plain paper and  
crayons



### Method!

- \* Firstly, go outside and hunt for different shaped leaves.
- \* On return ensure the leaves are dry and grab your paper and crayons.
- \* Place a leaf under your paper, lie your crayon down and rub it over the leaf and watch how the leaf magically appears! When you are confident, why not make some leaf creations?



Activity No 2.



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**Make Friends!**

## Ingredients!

mud (and lots of it) and natural materials such as sticks and leaves



## Method!

- \* Get togged up and head outside.
- \* Find squishy mud (if it's not squishy, just add water).
- \* Hunt for safe natural materials such as small stones, leaves, sticks.
- \* Find a safe place (outside) such as a tree or a wall and create your perfect new muddy friend. Squelch the mud on to the surface first to make the face. Add leaves and other bits to finish!



Activity No 3.



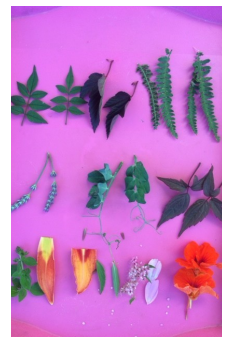
# TANGLEWOOD

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## Big Butterfly Art

### Ingredients!

card, a glue stick and/or double-sided tape, scissors, a stick.



### Method!

- \* Collect some wonderful natural colours. Just take small pieces e.g. a few fallen petals, grass seed heads and a few leaves.
- \* Cut out a butterfly shaped piece of card.
- \* Think carefully about the line of symmetry on a butterfly. Something is symmetrical if you can draw a line down it and each side looks exactly the same. Look at a real butterfly.
- \* Using the glue stick or the double-sided tape and carefully stick on your natural colour materials to design your butterfly wings. Trying to make your wings symmetrical if possible.
- \* Add some antennae and a stick. Take your butterfly for a fly!

Activity No. 4



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Play Time!

## Ingredients!

chalk and sticks



## Method!

- \* Head outside and find a safe place to draw a giant clock face.
  - \* Find 2 sticks to create the clock hands
  - \* Show/ask your child to turn the clock to a time of your choice.
- This is a really simple fun way to introduce your child to hours and minutes.



Activity No 5.



# TANGLEWOOD

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What shall I wear?

## Ingredients!

leaves, petals, grasses, paper, pencil



## Method!

- \* Head outside and go hunting for different coloured leaves, petals and grasses (great for Autumn)
- \* Find a table, grab a pencil and paper and draw the outline of a person.
- \* Have fun being a fashion designer, and create some natural masterpieces.



Activity No 6.





# TANGLEWOOD

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Tree makeover  
and much more!

## Ingredients!

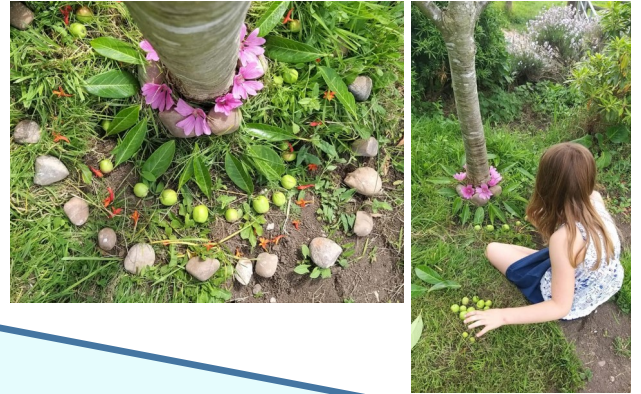
natural materials e.g. leaves, petals, sticks, seeds etc.

## Method!

Don't just hug a tree....why not give it a makeover?!

We chose a tree in our garden and decorated it using lots of natural materials....doesn't it look pretty?

It doesn't have to stop there—use your collected materials to make a rainbow or a bug or whatever your budding artist wants!



Activity No 7

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## Shape Shifter Walk

### Ingredients!

Nothing just head outside— you may want to make a list or take some photos.



### Method!

This activity is about shapes and moving so we call this our "shape shifter" walk. Its fun to add a theme to family strolls, such as finding the alphabet in things, searching for dragons, fairies etc. For this walk its all about shapes. Walks wouldn't be the same without an ultra competitive child/children. Who can find the most?

This is a great way to get the kids out and about and also to look closely at the things around you that you probably walk past most days without noticing.

Activity No 8.



# TANGLEWOOD

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## Leaf Bashing

### Ingredients!

hammer or rolling pin, an old white tea towel or pillow case and some leaves



### Method!

- \* Hunt the garden for smallish leaves, or collect some when out walking.
- \* Lie the leaves on half of your material then fold the other half on top (like a book) then bash away. That is it! The results are really beautiful..... Happy leaf bashing hunting
- \* Adult supervision is essential. We don't want squashed fingers and thumbs!

Activity No 9.



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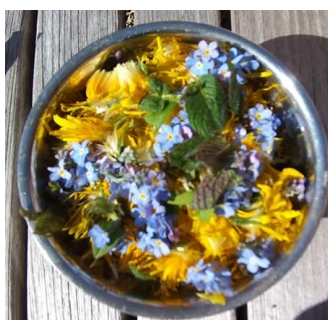
## Ingredients!

small jar, water, stirring stick



## Method!

I used to love doing this as a child (and still do). Go on a walk and collect seasonal ingredients e.g. daisies, dandelions, blackberries, herbs – take your pick, though mind the stingers! Remember to add water and stir with your stirring stick to help release the “special” smells! If perfume isn't your child's thing, how about asking them to create magic potion or something ultra stinky! (Remember, no minibeasts or mushrooms.) Enjoy!!!!



Activity No 10.