

# FUN WAYS TO INCORPORATE THE OUTDOORS INTO YOUR SCHOOL DAY



Flashcard ideas  
for primary school  
teachers to use every  
day. Includes 14 ideas  
and outdoor games  
for kids at school!



Spending time outdoors is essential for our everyday health and wellbeing, but we don't always tend to do it enough do we?

According to the Natural Connections projects commissioned by Natural England, children are more motivated to learn when they're outside. 92% of the teachers they surveyed said pupils were more engaged with learning when they were outdoors. 85% saw a positive impact on their behaviour too.

It's remarkable just how much youngsters can benefit from spending time outdoors; from stimulating their brain and boosting their fitness and Vitamin D levels, to simply giving them the chance to burn off some of that extra energy.

These flashcards are designed to help you and your children spend a bit more time outside - be it an extra five minutes at the start or end of each day, an additional 15 minutes in between classes or an entire lesson outdoors. Every minute counts in more ways than one.



Spend five minutes sitting outside **listening to all of the noises around you**. Then make a list of them all.

**What did you all hear?**

**What is your favourite sound?**







Use the list of noises from flashcard 1 to **write a short poem** (while still sitting outside, if possible!)



**Find an insect. Do you know what it is?**

**What other insects has everybody managed to find?**



Take your art lesson outside.

Even better, **draw what you can see around you.**

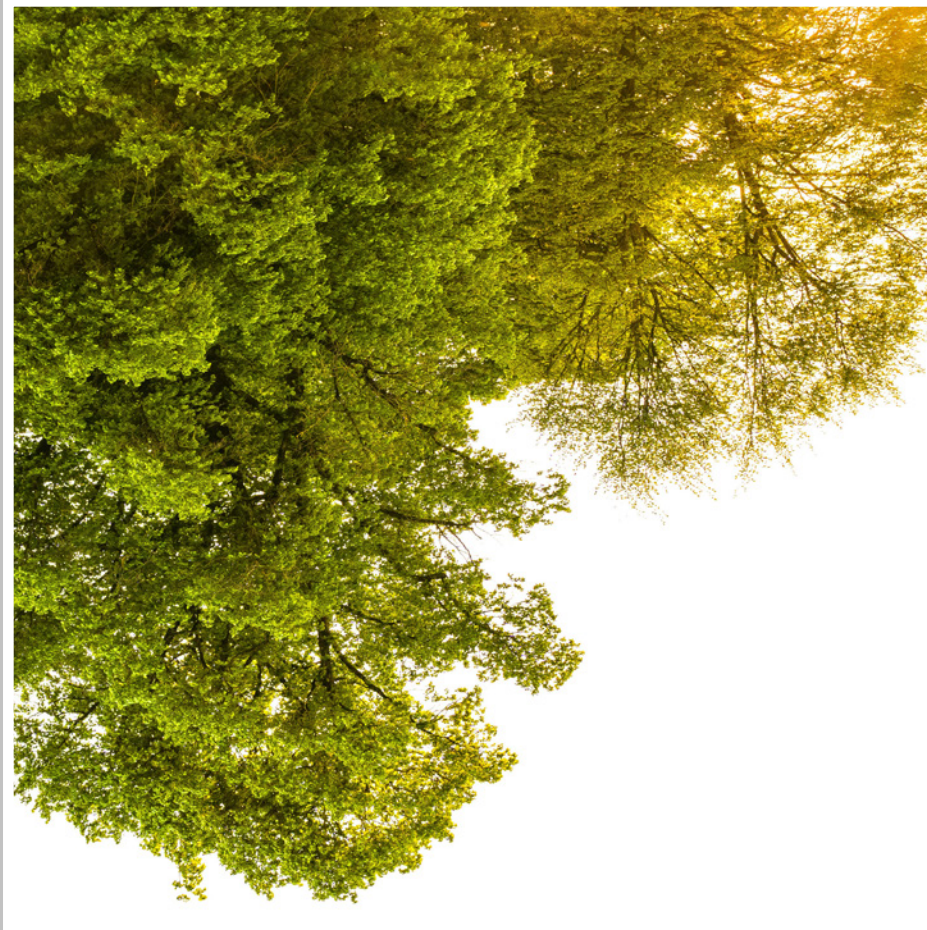




**Look at all of the trees around you.** How many can you see?

How many different species are there?

Can you measure the trunk?



Better still.....**Try to see the top of a tree while looking upside down between your legs!** When you can see the top, measure the distance between you and the tree. Add your leg length for a good approximate height of the tree – it's just trigonometry really!





Go on an outdoor **treasure hunt** in which everybody has to use **maps** to find the hidden 'treasure.'

**Who's going to be the winner?**



Play a quick game of outdoors **hide and seek**.



Create an outdoor **nature corner** by planting up some plant pots together. **Then regularly film it as it grows.**

**Do any insects visit it?**



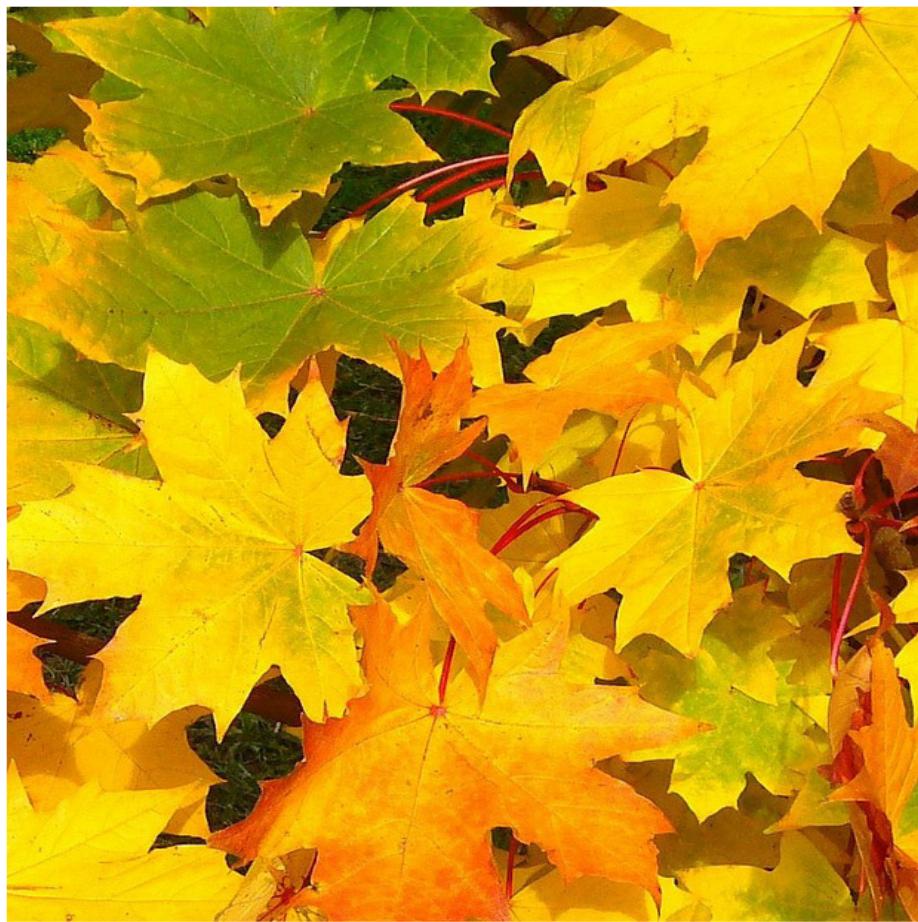


Take your **reading sessions** outdoors every once in a while...



**Collect as many different leaves** as you can and create some **leaf rubbings**. Which shapes does it create?

**Who can collect the most leaves?**



Take your leaves and **make a collage** out of them. **Think about the different colours and textures.**

Include flowers if you can too.





**Feed the birds.** Hang feeders outside your classroom or around your playground.

**Make sure you keep them topped up!**



Burn off some energy with a **quick game of tag.**

**Who's going to be 'it' first?!**



## Who are we?

We're Canopies UK, the country's leading designer, manufacturer and installer of high quality canopies, who's installed more than 5,000 outdoor canopies and walkways at schools across the country.

Established for more than 25 years, we employ over 50 staff at our Lancashire headquarters, which incorporates offices, production space and warehousing.

Serving a multitude of sectors, including hospitality, education, healthcare and construction, we deliver excellence through site specific specification and unrivalled product quality.