

# TRAILBLAZER

Finding your feet outside the classroom!  
Summer 6 2020

We hope you have been enjoying the sunshine! It definitely makes it easier to get outside but sometimes it can get a little too hot! Hopefully, home schooling can take a break during half term and the sun will continue to shine. Why not try some of this week's ideas. Remember the suncream and hat though!

Take care,

The Hampshire Outdoors Team

## Nature Inspired Pictures

Can you create a picture using the natural materials that you have around you? You may need to trim sticks to get them to the correct length, use some scissors to shape leaves to the shape you wish. You could create these on the ground or stick them to a piece of card.



## Soltan Sun Ready

The Soltan Sun Ready Schools programme has provided over half a million children across the UK with tips on how to stay safe in the sun. This year, due to the closure of many schools in the UK, they're making sure this important message still reaches young people by providing teachers and parents with free online resources. These resources include fun, creative activities linked to sun safety and provide top tips for keeping young people safe.

[Head to the Soltan Sun Ready Schools website for more information.](#)



## Flower Eggs



Gently place some flowers into an empty egg shell, fill up with water and then place the egg shell into the egg box. Freeze the whole thing.

When the eggs are frozen, gently remove the box. Run the shells under a little warm water to release the shell. Then peel away the shell to reveal your creation!



## PE at home!



Sport England have lots of ideas on their website for how adults and children can get active through their #stayinworkout campaign

[www.sportengland.org/stayinworkout#get\\_active\\_at\\_home](http://www.sportengland.org/stayinworkout#get_active_at_home)

The 'With the Kids' section is a good place to start for families, if you have younger children why not try some Cosmic Kids Yoga [www.youtube.com/watch?v=BNbSBsUUslM](https://www.youtube.com/watch?v=BNbSBsUUslM) (as suggested on the page). The link takes you to a YouTube channel which features some lovely videos to help children take part in yoga through story telling activities.

## Stubbington Study Cente

### Meet a Tree!

Next time you're out getting your daily dose of exercise (or in your garden if you're lucky enough!), why don't you take the time to get to know some of the trees on your patch. For this you will need a blindfold and a partner (friend, parent, maybe even your brother or sister!)... oh, and some trees! Decide who

is going to go first and carefully put a blindfold on them. Gently, turn them around 3 times and lead them to a nearby tree. When they are at the tree, they need to carefully feel

around

the tree: The texture of its bark, how wide it is, any branches coming out of it, if anything is growing on the bark. When they think they know the tree walk them back to where you started and gently turn them around 3 times. Take off their blindfold and let them guess the tree which you introduced them to. They might need to test a few trees out before they find the right one but what a great way to really get up close and feel all the differences we might not see between different trees.



## Inspiration Unit - i-College



We have been busy this week welcoming our tadpoles into their new home. They are really enjoying the kale and liver we are feeding them.

**Why not send us your ideas or images of the amazing things you've been up to!**  
Email us at [outdoor.education@hants.gov.uk](mailto:outdoor.education@hants.gov.uk)