



Hi all, the sun is shining, signs of spring are all around us but sadly we can not be out exploring for our usual Forest School sessions. Here are some of our favourite activities for you to try at home. The suggested ages are just a guide. Please ask your parents to share some of your amazing adventures with your school or on our Facebook page: [Outdoor Adventures Forest School](#).

We hope to be outside with you all again soon. Stay safe and enjoy the great outdoors!



EYFS/KS1: Go on a Signs of Spring nature walk. Things to spot on your daily walks this week:

- Print off or look at the I spy spring flowers sheet. How many spring flowers you can spot? Can you name the plants or trees? Write their names underneath if you have printed your sheet.
- Choose a tree you pass every day. Watch how the tree is changing over time. How are the buds or leaves changing? What type of tree is it?

The daisies start to grow in spring and grow all through the summer. Can you make a daisy chain or picture using daisies? Have a look at the daisies at different times of the day, what do you notice first thing in the morning/at lunchtime/just before bed? Have a look at them in different weather, what do you notice when the sun is shining, or when it is a gloomy day?



KS2: Leaf bashing

- Can you follow the instructions to make a print using natural die from flowers and leaves?

The green pigment inside leaves is called chlorophyll. It is what gives leaves their green colour. Chlorophyll absorbs energy from sunlight required for photosynthesis. Photosynthesis is when plants use sunlight, water and carbon dioxide to make energy- their own food. During photosynthesis a chemical reaction takes place and oxygen is created.

In the Autumn the leaves cannot make much chlorophyll so the green colour fades and we see the red, orange or yellow colours of the leaves.