

Outdoor Explorers at Home

A Is for Autumn

This week, in our Woodland Explorers session, we have been learning about the signs of autumn and the changes that are occurring in nature.

To help continue your child's learning, and to do some outdoor exploring at home, try these autumn-themed ideas.

Autumn Art

Go for a walk in a woodland or park and search for signs of autumn. Collect beautiful autumn leaves and a variety of nuts and seeds. Look underneath horse chestnut trees for shiny conkers, near oak trees for acorns and under hazel bushes for hazelnuts. Remember to only collect items that have fallen to the ground, leaving the rest for wildlife. You could use the items you have collected to create an autumn collage.

Autumn A to Z

Encourage your child to observe the changes that occur in the natural world during autumn. Whenever you are outside, try to find something beginning with each letter of the alphabet. For example, A for acorn, B for bark and C for conker etc. This will improve their observation skills and enable them to practise their letter sounds.

This Weeks Outdoor Explorer Tips

- Many animals and insects will be preparing for the winter and looking for a place to hibernate. Give them a helping hand by creating areas in your garden for them to safely spend the winter. This could be a pile of old logs or flower pots or a pile of leaves left under a bush.
- Autumn can mean getting a bit wet and muddy! Dress your child in an all-in-one waterproof suit and let them experience nature, even if it does mean getting dirty. They could experiment with making mud pies, painting with mud and just having fun!