

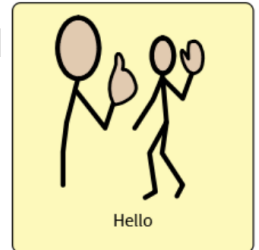
Funsters/Fun and Friendship at home

- Week 5

Hello everyone!

We all know being outside and getting fresh air is good for us but did we know just how fun it can be. Take a look at this weeks activities all about getting "out and about".

Contact me at amy@meltonmencap.org.uk



Activity:

There are lots of things you can do whilst outside.

Here are just a few ideas:

- *Collect things (pine cones, leaves etc) - remember to use gloves and wash your hands after handling things.
- *Take photos of things you see when you are on your walk and make a collage, game or map out of them when you get home.
- *Do a scavenger hunt and mark off all the things you see or hear.
 - *Read a book about walking and adventure before going out
- *Create a sensory bag or tray containing things you may find whilst outside.
- *Talking about what you can see, hear, touch and smell whilst on your walk is a great way to develop communication and make the journey more meaningful.
- *Doesn't need to be a long countryside walk, can be being out in the garden or walking to the shops.
- *Use googlemaps to plan your route and to recognise landmarks

Links:

<https://www.woodlandtrust.org.uk/>

<https://theladybirdsadventures.co.uk/40-things-to-do-outside-with-kids-2/>

<https://www.wildlifetrusts.org/>

