

Go on a walk and talk to each other; walk to the top of a hill and look at the view! Walk in the woods and notice different types of trees.

Go on a bug hunt or nature walk as a family, look at and talk about your environment; use your five senses and find clues of the changing seasons.

Have a look at the National Trust website. 50 things to do outdoors before you're 11 ³/₄, pick a couple to try with your child. Look around your local area for free activities and clubs for children to join.



Hold a family kitchen disco...

have a dance and be free!

Help your child to build a den using sheets and blankets inside or out. Get in it together and giggle.

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