



# Activity ideas for a simple walk with your child

Time spent outdoors with your child has many benefits and you don't need to be in the countryside or a wood to find a little bit of nature close to your home. Take a walk with your child this weekend and wherever you go, take 'time' to simply immerse yourself in your child's world.

Here are a few things you can pack easily in a rucksack or waterproof bag that will add to your child's experience. Remember to follow your child's lead. Make suggestions when you offer items from the bag, but let your child decide how to use them too:

- A couple of empty butter containers complete with lids
- A bottle of water
- A small spade, or wooden spoon, for digging
- A magnifier
- A small soft toy
- A selection of shades of nature colour swatches



# Activity ideas

**How many flowers or plants can you see growing?** Look closely using the magnifier. Spot the patterns made by petals and the different parts of the plant.

**How many different trees/leaves can you spot?** Notice the different types of bark, the width of the trunk, how tall they are, the shape of the leaves. Look below and around the base of the tree: can you find an owl pellet, or a pinecone or other seed pod, or even a sapling?

**Look for colours and shade:** Use the swatches to match the colours of fallen leaves.

**Digging in the mud:** Explore the mud - how does it feel? Are there any mini-beasts? Digging out a stone with a small spade or wooden spoon is a really satisfying activity for a child, especially if they are not sure how deeply it is buried or how big it is.

**Draw or write a story in the mud:** Find a stick that you can use to make marks in the mud. Children will delight in adding to a story that you draw.

**Mix the mud with water:** Use your butter container to make a gooey mud paint, remembering that different landscapes will have different coloured mud. Let children add 'other' ingredients to their mud paint if they want to. Can you find a large rock or slab of stone to paint on using your old household paint brush?

**Gather thick mud together to make a model:** use the butter container or shape the mud with your hands to make a hedgehog body shape. Pinch out one end to make a snout and then gather small twigs to make the spikes adding more water if needed to make it stick together.

**Make a mud face on a tree:** use grass and sticks and small stones for facial features and hair

**What insects can you see?** Use your magnifier to study any insects and mini-beasts you find. Woodland Trust nature detectives have [fantastic spotter sheets](#) to help your child identify them.

**Use sticks and grass to make your soft toy a home:** Talk to your child about what you could use to make a shelter for your toy if it was raining or cold