



Outdoor activities resources

Time: 1 hour | cost: free | location: outdoors



Living art

Ramble and reflect by using natural materials to create a poster of the animals and plants you see along the way.



You will learn

To value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

To be active

Look after your body by being physically active.

You will need:

- A4 card
- sticky tack
- coloured pens or pencils
- backpack
- weather appropriate clothing



Before you begin

- You can run this either as a stand-alone activity or as part of a walk, expedition, or adventure day.
- It's up to you when you do this activity. It's likely to take longer than a session, so might work best as part of a camp or day out.
- Decide where you'll go on your ramble – a woodland or nature reserve is perfect.
- Make sure everyone knows that they should wear suitable clothes for your ramble (and the weather!). This includes shoes: walking boots, wellies, or sturdy trainers are best.
- Everyone should pack their own backpack. They should make sure they have a waterproof coat, either sun cream and a sunhat or a woolly hat and gloves (depending on the time of year), a full water bottle, some snacks, and any medication they may need (for example, an inhaler for asthma).

Get ready to ramble



- A quick look online will give you a sense of the plants and animals that can be found wherever you're rambling.
- The person leading the activity should help everyone think about the different flora and fauna they may spot on their walk.
- The person leading the activity should give everyone a piece of card and some glue stick or similar. You could also give people coloured pens or pencils so they can draw things they see.
- Everyone should make sure they've got everything they need in their backpacks, then it's time to set off.



Meander and create

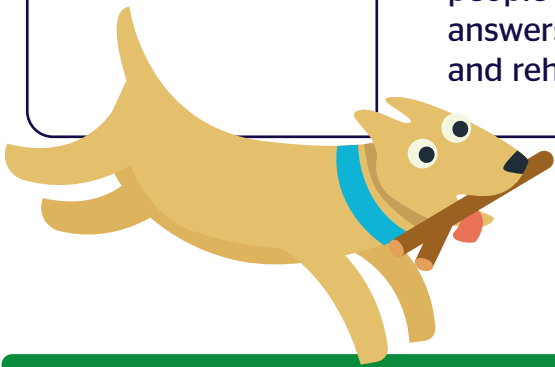
- 1 Everyone should head out on their ramble. They should pause whenever someone spots a particularly interesting plant or animal.
- 2 Every 10 to 20 minutes, everyone should stop in a good resting place. It could be a picnic area or another dry and shaded space.
- 3 Everyone should explore nearby and gather some natural materials from the ground such as leaves, mud, sticks and twigs, petals, stones, or pebbles. They should only collect things that have fallen to the ground – no one should pick or pull anything from living plants.
- 4 Once they've gathered their materials, everyone should return to the resting place. They should use the materials to recreate things they've seen on their ramble – they could make an animal or plant, or copy a pattern they've seen. They could use sticks or leaves as brushes for mud paint, or they could use the sticky tack to attach leaves, petals, and stones.
- 5 Once everyone's happy with their creations, everyone should continue to ramble. Repeat as many times as you'd like.
- 6 At the end of the ramble, everyone should gather together and share their art. What did they see along the way?
- 7 People should choose whether to keep their creation. If they don't want to, they should unstick the natural materials and dispose of them in a compost or natural waste bin.





Reflection

Time	Activity
5 minutes	<p>This activity was a chance to enjoy being outside and to get connected to the natural environment. We all made something creative from natural materials. What did yours represent? Can you tell a story based on your art and what it means to you?</p>
	<p>This activity was also a chance to be active. Why was it important that everyone wore clothes that were suitable for the ramble (and weather appropriate, too)? How else can people avoid injuries when they're being active? People's answers could include warming up or taking breaks to rest and rehydrate.</p>



Change the level of challenge

You could pack pens and pencils to add another option to poster creation.

