

| Activity | Resources Required | Potential Risks | Impact |
|--------------------------------------|---|---|--|
| Skill – Nature Bar Chart | A collection of nature – including multiple of one items e.g. 5 leaves, 2 stones, 3 pinecones. Chalk preferred or sticks. | Contact with harmful nature, Use of chalk - inhalation, Use of sticks — be careful of faces and eyes especially | Children to present a bar chart using their nature items. |
| Main — Nature Sums | Various nature items, chalk or sticks | Contact with harmful nature, Use of chalk - inhalation, Use of sticks — be careful of faces and eyes especially | Children to practice add, subtract, divide and multiply |
| Extended — Bushcraft BODMAS | Various nature items, chalk or sticks | Contact with harmful nature, Use of chalk - inhalation, Use of sticks — be careful of faces and eyes especially | Children to practice using BODMAS with nature |
| Mindfulness – Grounding Technique | A nice spot to sit (preferably outdoors) | Don't sit in/ on anything yucky! | Use of mindfulness technique to decrease stress and anxiety. |

The important bit for parents and teachers... but you can have a sneak peek at the activities too!

Would prefer a chocolate kind!

Nature Bar Chart

Can you draw the lines of a bar chart?

What else does a chart need? Does it have all it's titles?

You will need to collect a maximum of 5 different items of nature of different amounts e.g., 3 leaves, 5 stones, 2 sticks



Can you describe what your graph tells you?

You can find items without going outside too – what items like socks, water bottles, shoes or pencils!

It's all Adding up...

Nature Sums

Each type of nature item needs to be given a number from 1 to 10 e.g., stick = 1, leaf = 2, stone = 4.

For an extra challenge can give your nature items a number from 1 to 20!!!

You will need to find 10 different items of nature e.g., stones, leaves, flowers, feathers etc.



Can you solve this question?

Using your chalk or sticks can you create your math signs + - + × =

on smooth stones to write your math signs on to make them reusable





BODMAS...

Brackets **O**rders Divide Multiply Add **S**ubtract

Can you remember the order of BODMAS?

Using your items from nature sums, can you create BODMAS equations?



What is the answer to this equation?

Stick = 1 Leaf = 2 Stone = 4



↑ To make it easier use only **DMAS**, to make it harder use any BODMAS in a question

Answer \equiv 1 and 16



Mindfulness Moment

Grounding Technique



Find a nice spot to sit (outside if possible!)...

Can you Find...

5 things you can see?

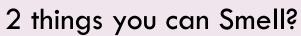




4 things you can Hear?



3 Things you can Touch?





1 thing you can Taste?



How did this activity make you feel?



How did you get on?







Share your feedback by; Emailing - ellen.blackwood@primaryforest-school.co.uk

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