

A Spring Nature Walk: Out and About!

A resource for parents within the 'Spring' theme for learning. This resource is suitable for students who attend primary schools.

It is important to remember to get active and get outdoors to open spaces during these current lockdown restrictions where possible.

You could incorporate science, geography, oral language, drama and music into a walk whether it's in a nearby park, along a beach, on a city street or in the countryside.

Here are a few headings to help you make a list:

What do I see on my spring walk?	What do I hear on my spring walk?
What do I smell on my spring walk?	How do I feel now that I have been out and about on a spring walk?

Some other ideas when you are out and about with your child might include:

- Cycle your bike for 10 minutes
- Ride your scooter for 10 minutes
- Draw your own hopscotch with chalk
- Throw a ball against a wall and catch
- Create your own obstacle course
- Run for 5 minutes
- 10 minutes of free play outside
- Use a skipping rope and extend the time each day, keep a record
- Do some leaf rubbings
- Identify some birds outside see <https://birdwatchireland.ie/> to assist you
- Pick some spring flowers and draw a picture

