



It's time to make the

most of the outdoors!

Get ready!

Experiencing the outdoors in winter is not only an adventure for children but also an opportunity to build resilience and appreciation for nature in all seasons.

With the right clothing warm layers, waterproof outerwear, insulated boots, gloves, and hats winter becomes a playground rather than a

Ditch the tech!

Spending time outside in winter also has numerous health benefits for children. Fresh air and natural light, even on cloudy days, help improve mood and energy levels, reducing the risk of seasonal blues.

Exposure to outdoor environments strengthens the immune system and allows children to burn off energy, leading to better sleep and improved focus when they return

Budget friendly

One of the best parts of winter outdoor play is that many activities are completely free!

Unlike indoor entertainment options that may require admission fees, nature provides endless opportunities for fun at no cost.





YOUR 'GO WILD' FEBRUARY HALF TERM CHALLENGE

To help keep your children entertained and busy this half term, we have created a series of activities to take part in and document over the course of the week.

We have included a variety of difficulties to keep all ages engaged.

We would love to see all your adventures so please share them with us on Facebook!



















Activities

- Winter wildlife tracking
- Tree bark rubbing
- Winter birdwatching
- Naturure treasure hunt
- Build a birdnesting box
- Create a frozen nature reserve or wetland
- Winter stargazing
- Geocaching





ENTER TO WIN OUR HAMPER

Thank you to our half term activity sponsor, **Yomo Finance** for providing us with a lovely prize for children to have a chance of winning!

We have a hamper full of 'wild' activities and snacks.

All you have to do to enter is share a photo or comment on our Facebook competition post letting us know what activity you're trying out and how you're getting on.

Find our page here.



TERMS AND CONDITIONS

Please note if you share a photo on our Facebook page we may use it for our website or promotional purposes.

This competition is open to all children in FS - year 6 in Rainham. We welcome entries from all local schools.

We cannot allow the children of the PSA chair and the family of YOMO Finance to enter. All other PSA members can enter their children in the competition. Full T&C's here.





Your Home (or property) may be repossessed if you do not keep up repayments on your mortgage or any other debts secured on it. There may be a fee for mortgage advice. The precise amount will depend upon your circumstances.

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Winter Wildlife Tracking

What can you spot?

Take a walk through a local park, forest, or nature reserve and look for animal tracks in the mud.

Teach children how to identify the prints of foxes, squirrels, birds, and deer.

The Woodland Trust website has some great information about how to track and find clues:

<u>www.woodlandtrust.org.uk/trees-woods-and-wildlife/identify-wildlife/</u>



Get more ID tips with our swatch books



SHOP

Poos and clues

What does fox poo look like? Are those badger paw prints? Learn how to track elusive woodland animals.





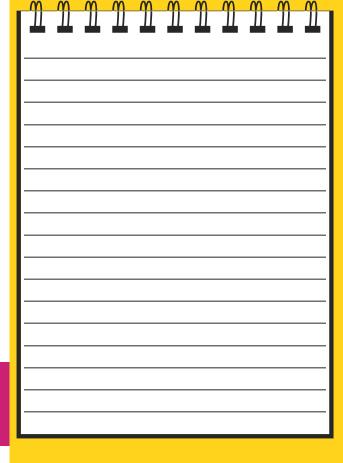
SHOP

Woodland birds

From the tiny goldcrest to the magnificent goshawk. Perfect for budding birders.









SHOP

Butterflies

The perfect pocket guide to butterfly ID when you're out and about.

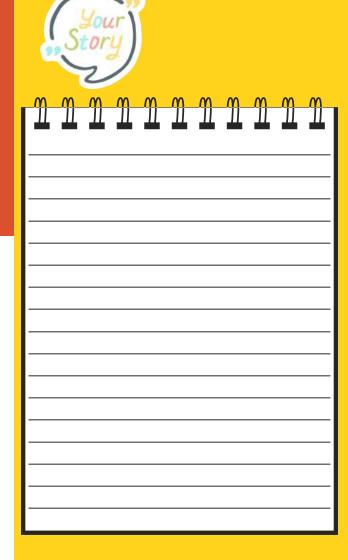
External link

Tree Bark Rubbing

Bring along some paper and crayons and encourage your children to make bark rubbings of various trees. It's a great way for them to explore different tree species and observe their textures and patterns. Discuss how trees survive winter.







Winter Bird Watching

Set up a simple bird-watching station with a bird feeder in your garden or at a local park.

Encourage children to spot different types of birds like robins, tits, and woodpeckers.

You can create a birdwatching checklist for them to tick off.

We have found a list of common birds in places such as your garden, woodlands and coastal.

<u>www.creatingtomorrowsforests.co.uk/blog/beginners-guide-to-winter-birdwatching</u>























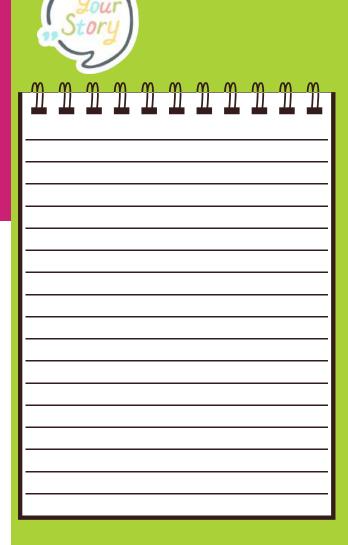
Nature Treasure Hunt

Organise a treasure hunt where children must find items in nature, such as pinecones, acorns, feathers, or specific leaves.

You could make a list of items to find or challenge them to find something that starts with each letter of the alphabet.







Build a Bird Nesting Box

Create a home

In February, many birds begin looking for places to nest.

Encourage children to build and decorate a bird nesting box that can be installed in your garden.

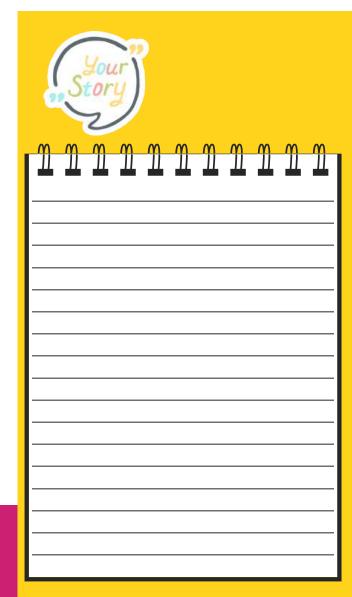
This activity teaches them about local wildlife and the importance of providing habitats for birds.



For more information on how to build a bird box take a look at the RSPB website.

www.rspb.org.uk/helpingnature/what-you-cando/activities/build-a-birdbox

make a birdbox paid for event at Riverside Country Park.



MAKE A BIRDBOX

FEB

Build and decorate your own birdbox, creating a home for our feathered friends.

10 am - 12 noon, 1 pm - 3 pm

Suitable for ages 4+, £4 per person

Create a Frozen Nature Art

Collect items from nature, such as twigs, leaves, pinecones, and berries, and freeze them in ice cubes or a large block of ice. Children can explore how the frozen items look, feel, and change over time. This can be a fun way to observe the effects of cold weather.







Visit a Nature Reserve

Local gems

Even in February, local nature reserves or wetlands offer a great opportunity to observe winter wildlife like waterfowl and migratory birds.

Children can explore the different ecosystems, spot animals, and learn about how plants and animals adapt in winter.



A large area from Gravesend to Medway, within the Kent Downs, is being considered by Natural England for King's Series National Nature Reserve (NNR) status.

This expansive region boasts a rich tapestry of natural habitats, diverse flora and fauna, and stunning landscapes comprising ancient woodland, chalk grassland, and wood pasture.

If the candidate area qualifies, it could be formally declared a National Nature Reserve by Natural England in 2025, marking a major step forward in conservation efforts both within the Kent Downs and across Kent.





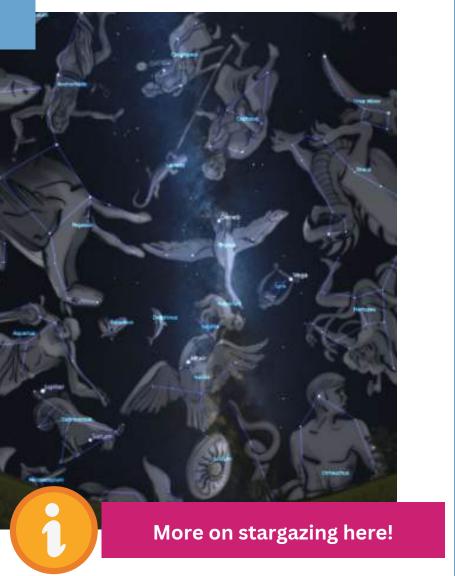
There are lots of places to visit, have a quick Google and plan your visit!

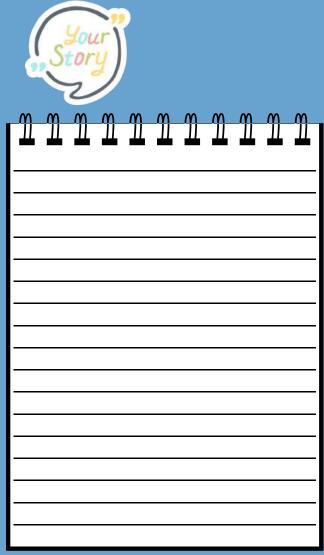
Winter Stargazing

Winter skies often provide clearer views of the stars. After dark, take children outside for a stargazing session. You can teach them about constellations, the moon phases, and how the winter sky differs from summer skies.

You might even spot a meteor shower! These activities will help children connect with the natural world while embracing the unique aspects of the winter season in the UK.







Geocaching

Family activity

Please do not send your children out to do this alone. We are recommending this as a family activity with adults supervising.

Geocaching is an outdoor activity where participants use GPS to find hidden containers, called geocaches. It's similar to a real-world treasure hunt.

How it works

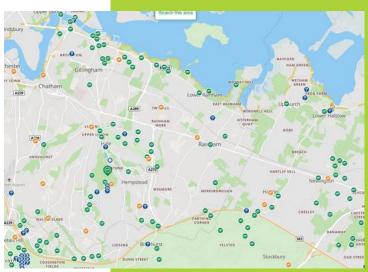
- 1. Use a GPS-enabled device or a free geocaching app to navigate to a geocache's coordinates
- 2. Find the geocache, which is usually a small, waterproof box
- Log your visit in the geocache's logbook

Where to learn more

- Visit Geocaching.com for more information
- Check out the <u>Geocaching Association of</u> <u>Great Britain (GAGB)</u> for help getting started
- Read the <u>GO Outdoors Blog</u> for tips on geocaching in the UK







SHARE YOUR ADVENTURES WITH US!

We hope you have an amazing February half term, whatever the weather throws at us!

Please share your wild adventures with us on our PSA Facebook page!

If you don't already follow us, find our page here!



www.facebook.com/Parkwoodpsa





Check out our PSA Annual Sponsors:















