



## 30 days of fun for the family

#SpringPathDays

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Explore our 30 ideas to keep your family entertained outdoors this spring. These activities are designed for children aged 5 to 10, but can be tailored for the whole family.

## #1 April fools fun

Get the month off to a fun start with a small harmless prank with nature.

Maybe you could fake a huge animal footprint to trick your family! A giant duck.. a tiger.. dinosaur..

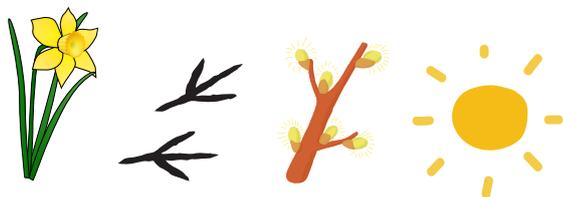
## #2 Spotting the signs of spring!

Head out for some family time!

After a busy time of school and work, take a breather and get some time outdoors together.

Take a camera to spot our signs of spring and see how many things you can tick off in [nature bingo!](#)

Or make your own list of things to spot – it could be feathers, colours, footprints... a petal.



## #3 Make a treasure trail

Mark out a trail in advance, you could use twigs, flour, chalk or small stones depending on where you are.

Maybe there could be chocolatey treat at the end!



## #4 Have a social Easter egg hunt

Once again this year, it's not the usual Easter lunch with lots of family round the table.

So, being outside is still the only way to meet up with another friend or family group. A great excuse to organise an outdoor Easter Egg Hunt if you can!

So if the weather suits, get your bunny ears on and scatter eggs outdoors and enjoy watching the hungry egg hunters!



## #5 Be wise outside

We're so lucky in Scotland to be able to access our countryside freely. So, when we do go out and about, we need to be wise - always taking care of ourselves, others and the environment. It's all laid out in the [Scottish Outdoor Access Code](#) if you want to find out more.

Or you can [try our quiz](#) to see if you are wise outside!

## #6 Take a picnic

We've all been in our homes so much (too much!) this year, due to a winter lockdown.

If the weather's right why not get ready for the first picnics of the year. Pack a rucksack with your favourite sandwiches and drinks and head off along a path for an alfresco lunch!

Remember to leave no trace – be very careful not to leave any rubbish or food scraps behind.

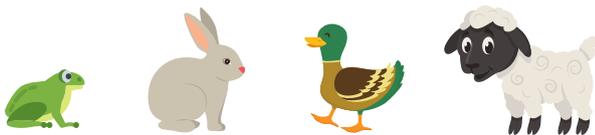
## #7 Find some spring life

Animals are springing to life at this time of year, with mating season and baby animals starting to be born.

Maybe you'll see March hares, frogs or toads, emerging butterflies, or ducklings later in spring, and seeing spring lambs is a sure sign that spring has arrived!

However, if you do live near fields where lambs, calves or foals are - then please keep your distance.

Don't take any dogs near these places, and disturb the animals as little as possible.



## #8 Photo hunt: textures

Help your children to start noticing textures and detail in nature. Take photos of the textures you see - like ones you see in greenery, on tree bark, the ground, on rocks, paths or earth. Once you get home, crop each photo to show only the texture. You can then add into a grid and add the photo to an album to share with friends or family.



## #9 Build a den

Building dens are brilliant for kids, in solving problems and working together creatively.

Woodlands are great for den building. Try finding large fallen branches and lean them up against a tree to make a teepee style den. You can weave smaller branches and moss in amongst the larger branches, to create more shelter. Then let little imaginations just have fun in their cosy hideout.

If you don't have space or big branches, try making a mini den, for 'fairies' or favourite teddies!

It's a good idea to take your den down before you go home - to leave the woods as you found them.



## #10 Hunt for bugs

There's lots of active insect life in spring. If you're in a park or on a footpath, turn over stones or branches to peek at the tiny creatures under there - how many can you see?

Once you've finished looking under a stone, turn it back over.



## #11 Find the way home

An interesting one for kids who like a challenge!

Go for a walk with your children, taking a different route from your usual walks. Point out lots of features on the way – such as trees, signposts, big puddles, rocks, terrain, views or bends in the path.

Then, turn to your children and ask them to get you all home.

They might be surprised to be in charge, but you can help them out by pointing out all the features you noticed on your outward journey to guide you back.

## #12 Photo walk: make a toy story

Get your children creative with favourite teddy or character on a walk.

Take a toy character on a walk and photograph them in different places like peeping through bushes, hiding up trees, pointing the way home, crossing bridges or sniffing flowers – see where your walk takes you!

Once home you can print out the photos and staple together to make a book. Your child can then write an imaginative story of the toy's walk! Noting what they did, saw and how they felt.

Maybe the toy enjoys a rest on the sofa at the end of the day.



## #13 Walk with me – invite a friend

Invite a friend for a walk today and show them where you like to go and why.

**Join Us!**

## #14 Help neighbours

Let the kids take on some outdoors tasks for neighbours. Put the recycling bin out for elderly neighbours, or spruce up a garden with a spot of weeding for a busy new parent.

Other ideas include topping up bird feeders in neighbours' gardens, planting seeds or watering plants.

## #15 Photo hunt: colours

Look carefully at colours you notice in nature. Take photos and see if you can create a colour theme. You could look at the sky, flowers, leaves, rocks, lichen or water reflections - everything around you for inspiration.

Once you get home, you could crop the photos and add into a grid design to share with friends or family.

Maybe these colours can inspire your next art project.



## #16 Do a litter pick

Help to look after your favourite paths and places. If you've spotted some annoying litter – bag it up and take it home.

Don't forget to take a before and after shot!

## #17 Walking games: follow the arrows

Hide and seek is of course a classic game!

Add an extra dimension by collecting twigs, stones or cones to lay a trail to make more elaborate clues to your hiding places.



## #18 Bark rubbing

Grab some crayons and paper and head out to the woods to make some art.

Hold your paper over the bark and rub your crayon over the surface to reveal unique patterns. Compare textures and patterns you get from different tree species.

## #19 Walk to and from school

School's back after the Easter break and it's a great time to make a commitment to leave the car at home and walk to and from school everyday.

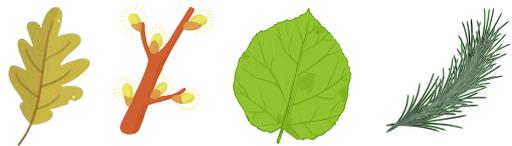


## #20 Tree ID

Find out more about the nature around you, whether that's in streets, gardens, parks or woods.

[Woodland Trust](#) has a free Tree ID app to help you identify the trees where you live.

Even if the leaves aren't all out yet, you can still use bark, twigs and buds to spot what species you've found.



## #21 Photo fun: shadow people

Have some fun with shadows when you are enjoying a walk in the sunshine.

How tall can you be and what animals can you make with your hands and body?

Capture the moment on video on the family doing their favourite shadow.



## #22 Paths to school

School step counter challenge.

Pick a different route to school and ask your children to guess how many steps they will take to reach the school gates. The winner gets to choose tomorrow's route to school.

## #23 Nature art class

Look at artists who use nature in their work. Andy Goldsworthy creates stunning art from nature such as ice, leaves, slate, branches and rocks.

Can you go out for a walk today and do your own sculpture using natural materials?



## #24 Left / right - you decide

Head for a park or woodland with lots of paths.

This is an opportunity for children to guide the walk and be in charge. At each junction of the path, hold a vote i.e. 'hands up' for left/ right/straight on. The largest number votes decides which direction is taken. Occasional adult influence is required to make sure that everyone gets back to your starting point!

## #25 Nature hunt: letter forms in nature

Can you look carefully to find natural letterform shapes as you look at what is around you while you walk along.

Or can you make letters or words from natural materials?



## #26 School route mash up

Make the commute to school a hoot with this easy mash up word game.

Pick something to do – it could be speaking in a different language or only using words beginning with a certain letter. Talk using your rules all the way to school.

If you're stuck for an idea, try your hand at the Yes/ No game. Don't say yes or no under questioning and don't repeat the same phrase twice.



## #27 Treasure map

You could draw a treasure map for your children to follow – noting on there lots of landmarks and points of interest to help them find their way. You could invite a friend along to join in with the fun.

Or your children could design a treasure hunt for their friends.



## #28 Bird ID

Birds are nesting at this time of year – so watch out for this behaviour. They might be collecting, sticks, twigs and moss for their nest.

The RSPB website has some great resources to help you identify bird species and lots of other fun activities for families to try.



## #29 Family skate, scoot or cycle to school

It's easy to tell the kids to get active, but as their main role model, leading the way – and an active lifestyle – is key.

Get your bike out and pedal with the kids to school.

Pick a nature-rich route where you can take in sounds like bird song.



## #30 Making memories day

Collect all the photos you took in the last 30 days and create a scrapbook or digital photo book with a photo app.

Challenge yourself to only use outdoor photos, and create a lasting memory of your nature-filled April.



Share what you've been up to for a chance to win one of 10 den building kits. One winner will also win £500 for their school to spend on outdoor equipment. [You can enter here.](#) Closing date 30 April 2021.