

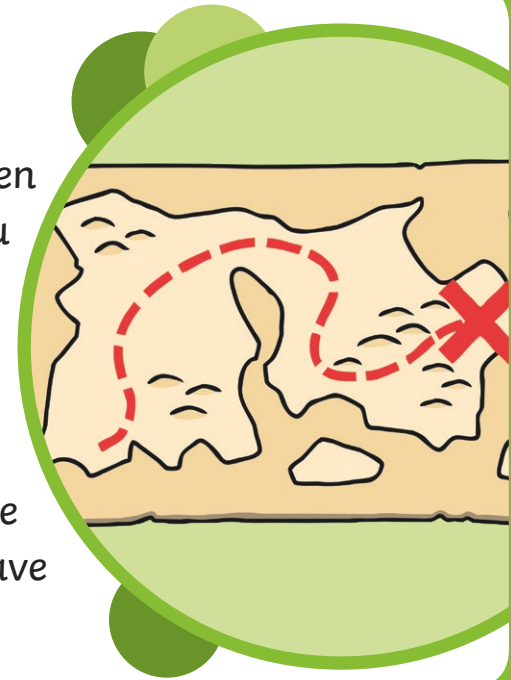
Fresh Air Ideas: Garden Challenges

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Treasure Map

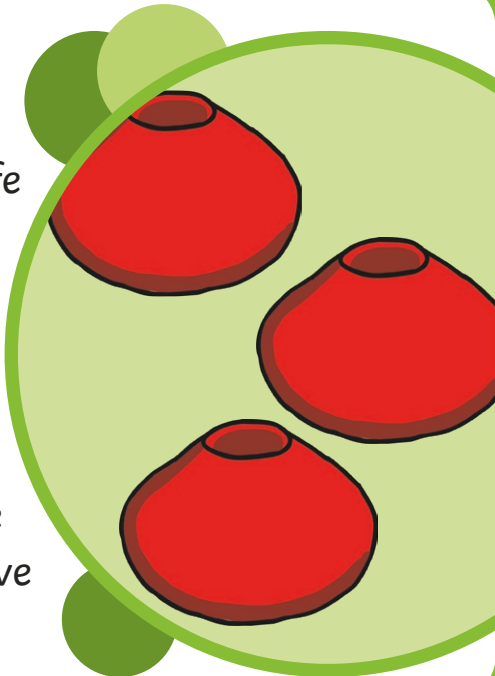
Make a map of your garden or outside space. Can you plot all the things you can see onto your map? Now hide some 'treasure'! Give your map to a family member to see if he or she can find what you have hidden.



Fresh Air Ideas: Garden Challenges

Obstacle Course

Using any small, safe items that you might have around you, can you create an obstacle course? When an adult has checked that it is safe, try out your course. Time yourself and try to improve your speed!



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Texture Trail

Find all the patterns and textures you can on this texture scavenger hunt. Take a crayon and piece of paper with you and make a rubbing of the interesting patterns you see. Can other family members guess what object the pattern is from?



Sense Sensation

Look around your outside space for things that are rough, smooth, squashy or crunchy. Without damaging any wildlife, create a feely bag for a family member by putting some of the items into a bag. Invite them to close their eyes and identify the objects they feel inside.



Mindful Moments

Lie on your back in a comfortable position. Look up at the sky and put your hands on your stomach. Breathe slowly and deeply, focusing on the rise and fall of your hands as you do this. Now, without moving, think about your senses. What can you hear? What can you feel? What can you see? What can you smell?



Move It!

Create an exercise routine for family members to copy. Use all the space available to you and include some really energetic movements!



Movement Makers

Think of lots of different ways in which you can move across your space. Try and vary the height at which you are moving. Can you run, walk, sidestep, skip or jump? Now try crawling, squatting or lunging. Can you even roll, slither or bunny hop?



Ready, Set, Go!

Create a racecourse in the space you have available. Can you challenge family members to races and see who is the winner?



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These challenge cards should be used in your own garden or outside space.

We hope you find the information on our website and resources useful. The activities set out in this resource are potentially hazardous. The activities are not suitable for all children and adult supervision may be required for some of the activities. It is your responsibility to assess whether the children in your care are able to safely carry out the activities and whether the children require adult supervision. You are responsible for carrying out proper risk assessments on the activities and for ensuring that activities can be carried out safely. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.

It is your responsibility to note that some ingredients and/or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.