

Symmetry in Nature



Getting outdoors has been found to be beneficial for our physical health, mental well-being and it is completely free. It's also a great place to learn!

If you are wondering how to cover the curriculum whilst home-schooling or working in your school grounds with key worker children, here are some outdoor learning ideas that can help. Some can be done in your garden or from a window, others as part of your permitted daily outdoor exercise, following the latest government advice on social distancing and self isolation. We hope these activities will also encourage you to connect with the natural world, notice the wonderful wildlife all around you and have fun.

Maths ~ Symmetry in Nature

Did you know that there are lots of Elm trees in Brighton & Hove but they are very rare in other parts of the country?

You can easily recognise an Elm tree as the leaves are NOT symmetrical – one side is longer than the other.

Can you use this fact to identify Elm trees near your house?

What other symmetrical objects can you find in your garden or park?

Can you use leaves and twigs to make some symmetrical butterfly pictures?



Science ~ Wiggly Worm Composting

Worms play a vital role in our ecosystem, helping dead leaves decompose and turn into soil. You can make your own wormery and watch them in action.

Fill a large jar or plastic bottle with layers of soil, sand and leaves. Add some worms, secure with a lid (it must have air holes in) and keep somewhere dark.

Can you see the worms mixing up the layers and helping to decompose the leaves?

Don't forget to release the worms when their job is done.



Download Wormery Activity Sheet
sussexwildlifetrust.org.uk/activity-sheets

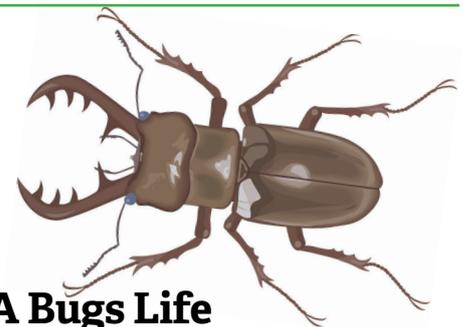
Geography ~ Hag Stones

The flint on Brighton beach was formed under the sea from dissolved sea sponges over 80 million years ago.

Attrition and abrasion are forms of erosion that break up and smooth the pebbles.

A hag stone is a stone with a hole in – made from sand or smaller stones repeatedly grinding at the surface (eroding) until a hole is formed.

Can you find any hag stones? They are believed to have magical properties, allowing you to see into another world. What can you see through your hag stone?



Literacy ~ A Bug's Life

Find a bug in your garden or park and watch it closely for several minutes, imagining you are that bug.

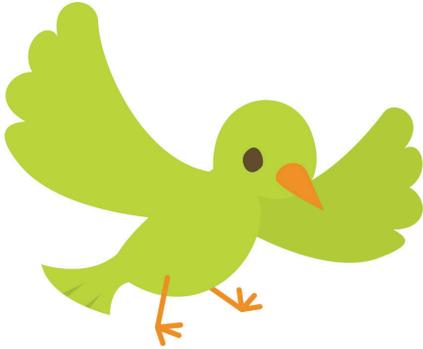
Where are you going?
What are you trying to do?
What are you thinking?

Can you write a description of your journey from the bug's point of view?

Music ~ Lark Ascending

If you go onto The Downs you may see Skylarks soaring high into the sky then dropping quickly to their nests on the ground.

This inspired Ralph Vaughan Williams to write the music 'The Lark Ascending'. Can you listen to it? What image does it create in your mind?



ICT ~ Tree ID

Download the free Woodland Trust Tree ID app. Try to identify some of the trees that you find on your daily walk.

Have a look here for inspiration



www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/

DT ~ Butterfly Feeding Station

Butterflies are attracted to the colour and sweet tasting nectar of flowers. Create a place for them to feed and where you can watch them up close.



sussexwildlifetrust.org.uk/activity-sheets



History ~ Stone Age Tools

Flint has been used since the Stone Age to make fire and tools eg scrapers, arrow heads and blades.

Can you find some flint in the park or on the beach? Can you smell burning after rubbing two pieces of flint together?

Art ~ Hapa Zome

Make a beautiful butterfly using traditional Japanese Leaf Art. This film will give you some inspiration.



sussexwildlifetrust.org.uk/hapazome

Just for fun ~ Bird Race

Join in the Back Garden Bird Race and see how many different species you can spot.



sussexwildlifetrust.org.uk/backgardenbirdrace

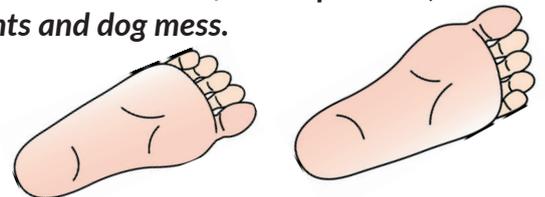
PE ~ Bare Foot Walk

Did you know butterflies taste with their feet? How sensitive are your feet?

Try walking or running barefoot. What different textures can you experience? The early morning dew and squelchy mud are particularly interesting!

Can you run faster with trainers on or barefoot?

You will need to watch out for sharp stones, prickly plants and dog mess.



For more ideas of things you can do at home



sussexwildlifetrust.org.uk/gowildathome

Show us what you have been doing, upload your photos here



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