

# Sustainable Home Learning and Play

These activities are designed for going to a safe outdoors space such as a garden or local park. If this is not possible every activity has an indoors adaptation below. For more ideas and video demonstrations join our Facebook group [www.facebook.com/groups/2947052738685771/](http://www.facebook.com/groups/2947052738685771/)

Early Years

Week 2  
Mindfulness



## Get it Sorted!

Collect a group of natural materials such as rocks or leaves outdoors or if you're indoors it could be toy cars, buttons – even the recycling! Just how can you sort it all out?

By colour? By size?

<https://www.ltl.org.uk/resources/get-it-sorted/>

## Touch a Texture

Indoors or out use an old egg box or similar and collect small samples of materials. Describe how each one feels. Try setting specific textures that your little ones must try to match and bring back to you as fast as they can!

<https://www.ltl.org.uk/resources/sensory-inspiration/>

## Cloud Gazing

Is it a bird?

Is it a plane?

No, it's a giant marshmallow monster eating a bowlful of squirty cream!

Lie down and look from a window or outdoors and enjoy cloud land.

<https://www.ltl.org.uk/resources/cloud-gazing/>

## Get Zen with Sand Play

If you have access to sand create a peaceful zen garden with pebbles, leaves, twigs and a fork for raking swirly patterns of course! No sand?

No problem. Try a tray of flour or rice.

<https://www.ltl.org.uk/resources/buddhism-outdoors/>

## A Green Crown

If you're near greenery, 'cleavers' AKA sticky willy or goose grass; makes a fab green crown. Crown yourself as nature protector. How about a cloak and staff too! Indoors try a reversed masking tape bandana for attach your 'jewels.'

<https://www.ltl.org.uk/resources/sticky-crown/>

For more resources visit [www.ltl.org.uk/free-resources](http://www.ltl.org.uk/free-resources)

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Lower  
Primary

Week 2  
Mindfulness



## Birdy Surveys

Birds are an easy group to watch whether you're indoors or out. Grab some binoculars or make your own just for show and survey what you can see, same time each day. Can you see any patterns emerging?

<https://www.ltl.org.uk/resources/birdy-surveys/>

## A Fistful of Sounds

Find a peaceful spot to sit and close your eyes. It can be outside or by an open window. Enjoy taking in the array of sounds around you and try to capture a collection of sounds in your hand. Even try drawing the sounds that you hear. <https://www.ltl.org.uk/resources/sensory-inspiration/>

## Star Gazing

Wait 'til darkness falls and head out into your garden or darken a room and watch from a window. Behold the cosmic dot to dot that is revealed. Try joining the dots to see pictures and tell stories just like the ancient Greeks did.

<https://www.ltl.org.uk/resources/star-gazing/>

## Mindful Mandalas

Collect some loose materials indoors or out – you could even use free-pouring sand, salt or flour and get creative with mindful, intricate circular patterns called mandalas from the Sanskrit for circle.

<https://www.ltl.org.uk/resources/buddhism-outdoors/>

## Hug a Tree

Maybe you can't hug a tree now, but this activity is all about being blindfolded to engage with other senses and build observational skills. If you're indoors you could always guess which teddy you hugged!

<https://www.ltl.org.uk/resources/hug-a-tree/>

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Upper  
Primary

Week 2  
Mindfulness



## Making Rainbows

Lots of homes are making rainbows for their windows bringing smiles all round but can you also make a *real* rainbow indoors or out with the tips in this link.

<https://www.ltl.org.uk/resources/making-rainbows/>

## A Mathematical Amble

On your next walk in the fresh air why not channel your curiosity into playful maths questions – just how many steps would you have to climb to reach the top of mount Everest...?! If you're inside there are still plenty of questions to ask!

<https://www.ltl.org.uk/resources/maths-for-walks/>

## An A-Z Amble

On another journey outdoors (or round your house) can you list a noun for each letter of the alphabet. Perhaps you could add adjectives to your nouns and use your word bank as the basis of a local walk-themed poem.

<https://www.ltl.org.uk/resources/outdoor-literacy-a-z-of-place/>

## Mindful Mazes

A labyrinth is a circular maze with a spiralling pathway to focus the mind. It could be made with string, pebbles, bottle caps or drawn with chalk on some tarmac. How will you make yours?

<https://www.ltl.org.uk/resources/buddhism-outdoors/>

## Forest Bathing

Forest bathing is an activity with no activities. It's not exercise nor walking nor investigating. It is simply spending time in and with nature, letting it invade our being using all our senses. Find a space and give it a go.

<https://www.ltl.org.uk/resources/forest-bathing/>

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