

LITTLE GREEN CHAMPIONS



AUTUMN GET MOVING

AUTUMN IS GREAT SEASON FOR A WALK IN A PARK, WHY NOT MAKE IT A SENSORY WALK, COLOURS, SHAPES, TEXTURES, SOUNDS AND EVEN TASTES (TAKE A NO WASTE TASTING BOX*)

MISTY MORNINGS AND SPIDERS WEBS HUNG WITH DIAMONDS, CRUNCHY LEAVES, SHINY BERRIES, WET MOSS, DAMP WOODS FULL OF FUNGI, ACORNS, CONKERS AND CONES.

IN AUTUMN NATURE PROVIDES SO MANY WAYS TO STIMULATE OUR SENSES MAKING CONNECTIONS WITH NATURE.

LEAVES ARE FALLING TO THE GROUND, SWIRL AND SPIN ON THEIR WAY DOWN



USE YOUR IMAGINATION AND NATURAL SURROUNDINGS TO ENCOURAGE DIFFERENT MOVEMENTS. HOW DO YOU LIKE TO MOVE? SLOWLY OR VERY FAST? DO YOU LIKE TO SPIN? CAN YOU SHOW US ANY OF YOUR MOVES?

**ENCOURAGE THE CHILDREN TO TELL A STORY AT THE END OF THE TRIAL-
WHAT DID YOU DISCOVER? WHICH MOVEMENTS DID YOU USE?**

OTHER MOVEMENT ACTIVITIES:

- **LEAF KEBAB- COLLECT DIFFERENT LEAVES ON A STICK AND HELP IDENTIFY WHICH TREES THEY ARE FROM**
- **OBSERVATION WALK – CHOOSE A SHAPE, COLOUR, TEXTURE AND ENCOURAGE YOUR CHILD TO FIND IT**



TREE TAI CHI

- **CHOOSE YOUR FAVOURITE TREE AND GATHER SOME LEAVES**
- **GROW AS TALL AS YOU CAN, REACHING TO THE SKY, TAKING DEEP BREATHS IN AND OUT**
- **ROTATE THE ARMS AROUND LIKE AEROPLANE WINGS**
- **THROW THE LEAVES AWAY**
- **JUMP YOUR LEGS OUT AND SEE HOW FAR YOU CAN GET THEM BEFORE FALLING OVER**
- **INTRODUCE YOURSELF TO THE TREE**

REMEMBER TO:

- **CHECK THE WEATHER – BE PREPARED FOR ALL WEATHER, BRING SUITABLE CLOTHING, WATER, SUN CREAM, RAINCOAT ETC**
- **WEAR SUITABLE FOOTWEAR**
- **CLOSE GATES BEHIND YOU – DON'T LET ANIMALS OUT**
- **FOLLOW CURRENT COVID RESTRICTIONS**
- **BE AWARE OF OVERHANGING BRANCHES, STINGING NETTLES AND SPIKEY PLANTS**
- **NOTHING GOES IN MOUTH POLICY- BEFORE EATING CHILDREN MUST WASH THEIR HANDS DUE TO TOUCHING LOTS OF DIFFERENT MATERIAL**

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FUTURE PARKS
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