

Play & Learn Outdoors



Issue 1.2

June 2018

Fun Ideas to Expand a Safe Learning Environment for Your School

**Help with Funding
and Fundraising**

*Outdoor
Learning
Activities*

**An Introduction
to Shade Man**

**How Nature can
Help with
Mindfulness**



Welcome to the summer issue of Play & Learn Outdoors. Your source of thinking and ideas about outdoor learning. Inside you will find a feature on sun safe learning with our very own superhero Shade Man. Plus ideas for springtime outdoor learning activities, the fun of an outdoor treasure hunt and guidance on funding and fundraising.

AN OUTDOOR TREASURE HUNT

Creating Conversation Through Discoveries



The outdoors is abundant in learning opportunities. Some of these opportunities are so common that they pass us by. However, for children, **the outdoors is one of the greatest sources of learning**, both about the world around them and for developing their senses, awareness, speech and social skills.

Consider any outdoor space, this could be a park, wood, beach or an outdoor space in your setting. There are lots of resources in those areas that children can interact with and learn from. Sticks, grass, pine cones, leaves, etc. are just some of the items they might find.

These can be used to **help develop children's awareness of their surroundings and for experiencing different textures**. For instance, a stick can be rough while a leaf might be smooth. There are also different types of sticks and leaves that can have different textures.

Making It A Treasure Hunt

You can encourage **multi-level learning** through treasure hunts. Teams of children with an adult can be given a list of objects to find in an outdoor setting and the children must work together to find the items.

The children could also be asked to

describe each item they find and talk about how each item is different from other objects they've found.

You can **plan several treasure hunts a year**, asking the children about the differences they find between a spring and summer hunt, or a summer and autumn hunt.

Adding Other Activities To The Sessions

To enhance these sessions, you can mix other lessons into the activity. A reading of Stickman might be a great way to connect a story session to the outdoor activity.. Alternatively, you can teach

about frog and butterfly lifecycles or encourage a growing session.

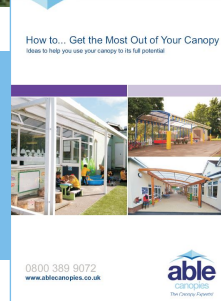
These only **enhance the outdoor experience** of children and encourage them to be more aware of their surroundings.

And if you ask children to collect some items from outside, why not put them to good use? The children could use them to produce artwork. This art can be displayed on a wall in your setting, so the children can feel proud of their accomplishments.



For more outdoor play and learning ideas, download your free copy of our How to... Get the Most Out of Your Canopy Guide

Download Now: www.ablecanopies.co.uk/guides



OUTDOOR LEARNING ACTIVITIES FOR THE SUMMERTIME

Enjoy the first of the summer breeze with these engaging summer activities

The summer is finally making an appearance which is great news as its the most enjoyable time of the year for outdoor learning. Not only are outdoor areas starting to become more colourful, the warmer weather makes it easier to plan learning activities for outside.

There's so many ways to create engaging, fun and educational experiences this summer however, here's a few of our favourite ideas for you to consider.

A Fairy Garden

Children love fairies, trolls and many other mythical creatures and there's recently been a surge in popularity in creating their gardens. **This can be enjoyed in any outside setting**, with numerous materials found around the home like toilet rolls, cardboard boxes and other items.

Not only is this a fun activity, it also teaches children craft skills, motor skills and design elements.

You can add science experiments by taking photos of the garden before and after wet or windy weather and talk to the children about how such events change the garden.

Prints In Clay

Nature is wonderful and there are great ways you can incorporate it into art. One that will **last a lifetime** is clay prints of nature. Leaf impressions are a fantastic activity, and these can be painted later so children can customise them.

You might also want to get the children to make models of nature, like trees, garden scenes, etc. You can incorporate many lessons from these activities such as learning

about materials (clay changing from flexible to setting hard) and how all trees have different leaves.

Bird Feeding

Watching birds feed from a bird feeder is very

satisfying. Not only can you teach children about birds, giving them lessons about their unique features, you can also identify different bird species and teach about the importance of conservation.

You can make it more interesting by experimenting with foods. Do the birds prefer fruit, vegetables, mealworms or seed? Do they prefer to eat from a bird table in the shade or sunny spot?

Conclusion

The warmer weather enables plenty of learning

opportunities for your educational settings. What you choose will depend on your resources and goals but whatever your choice, we're sure it will be fun and educational.

The above activities can be taken outside under a school canopy to avoid mess in the classroom and to keep sheltered from all weathers.

What summer fun learning activities have you got planned? What tips do you have for learning outside in the sun?



SHADE MAN

An introduction to one of the most important campaigns of the year

Hello, I am Shade Man and I am here to help you with sun safety. The good guys at Able Canopies have given me this space to tell you about this year's Sun Safety campaign and to highlight some of the reasons to get involved.

This year's campaign is full of ideas and practical help to you to make being safe in the sun a fun and engaging topic for your pupils.

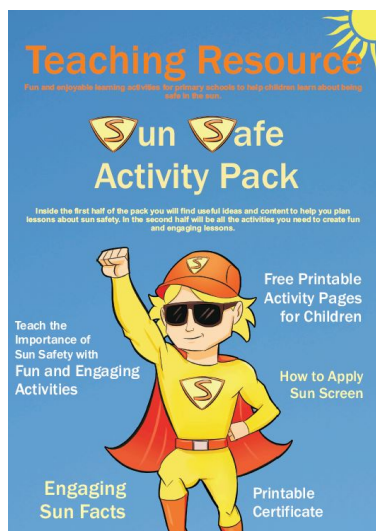
get over the message of why being safe in the sun is so important but will also provide lively activities for your class to take part in. And it is all presented by yours truly, your sun safety super hero, so you know it is going to be fun!

It is an easy download – **no need to leave your details**, just click and save.

As adults we all know that staying safe in the sun is important. The rise in skin cancer cases is well documented and anything that we can do encourage good habits in relation to wearing hats, applying sun screen and seeking shade, will have positive benefits in the long term.

Sun protection is a serious business but we can still have fun why we are looking after ourselves. The key message is that being outdoors for learning, eating or just having fun is still the best thing to do in the summer.

Thanks for your time and help with this year's campaign. Stay in touch with me and all the activities via
Twitter: @ableshademan




Our **FREE Sun Safety pack**, which you can download here:
www.ablecanopies.co.uk/shademan
is full of activities that will not only

Sunscreen will not provide the sun protection stated on the bottle unless we apply it properly.



Superhero Bio:



Full Name: Able Shade Man
Superhero Name: Shade Man
From: Planet Noxu
Age: 807 years
Height: 5' 9"
Eye Colour: Unknown...
Favourite Drink: Water
Favourite Food: Oranges
Best Friend: Shade Woman
One Thing He Will Not Leave Home Without: Sun hat
Superhero Power: Building canopies to make shade in school playgrounds
Mission: To teach children how to stay safe in the sun
Afraid of: Playgrounds without shade
Twitter Handle: @ableshademan
Email: ableshademan@ablecanopies.co.uk

WHY STAYING SAFE IN THE SUN MATTERS

There are over 15,000 new cases of melanoma skin cancer in the UK every year and they are expected to rise 7% by 2035. (Source: Cancer Research figures 2013- 2015.) Most cases are treatable and recovery rates are high, with 90% of those diagnosed surviving. Even so there are still around 2500 deaths each year.

And the amazing fact is, according to Cancer Research UK, 86% of cases are preventable. That means that where the sun is concerned we can control our own health. To do that we need to make smart choices to ensure we stay safe.



FOLLOW ME ON TWITTER

Follow me on Twitter to receive regular sun tips and facts in your news feed. You can also see what I get up to whilst as I visit different locations around the UK whilst keeping safe in the sun.

Don't forget to send me photos of your pupils'

completed packs just like these ones from these superstars Caitlin and Daisy below. You can email them to me or tag me on Twitter :

Email: ablesHADeman@ablecanopies.co.uk

Follow me on Twitter: [@ablesHADeman](https://twitter.com/ablesHADeman)



We need to take extra care to protect children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.



HOW NATURE CAN HELP WITH MINDFULNESS IN YOUR EARLY YEARS SETTING



Mindfulness is not just a trend, it's a useful practice that's as good for children as it is for adults.

A growing amount of scientific research has found that **attention can increase with the right mindfulness**. In addition, good routines can help reduce stress and regulate emotions in children.

Research has also shown that mindfulness can help with social skills, emotions can be better controlled, and children who practice regular mindfulness show more compassion and empathy.

Children who have problems with anxiety, aggression and ADHD can



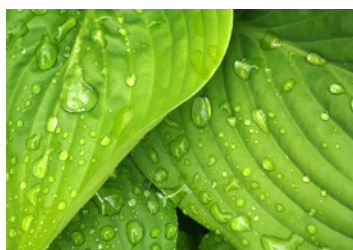
also benefit from mindful sessions.

Nature Can Help With Mindfulness Sessions

Nature is one of the

best stimulants and support for mindful sessions. The environment outside is full of things which are typically calming. For example, trees, wind, clouds and plants can all be used in mindfulness exercises.

For instance, pine cones



can be used in counting games outside. Alternatively, you can ask children to sit and listen carefully to outside noises. They might be able to hear the sound of birds, rustling leaves in the trees, or other natural sounds. These can be used in discussions.

Another activity might be to look at clouds in the sky and ask the children to describe images they can see.

At the same time, it's **important to explore the feelings of the children**. How do these activities make them feel, how do they affect them? Get the children to realise that taking time to assess

their emotions, and how they can interact with their surroundings can help them.

Even Rainy Days Can Be Mindful Days

It isn't just on sunny days that the outside can be mindful. Under a canopy cover, outside mindfulness can be really useful. The children can listen to the rain, see how plants move in the wet weather or just watch their surroundings.

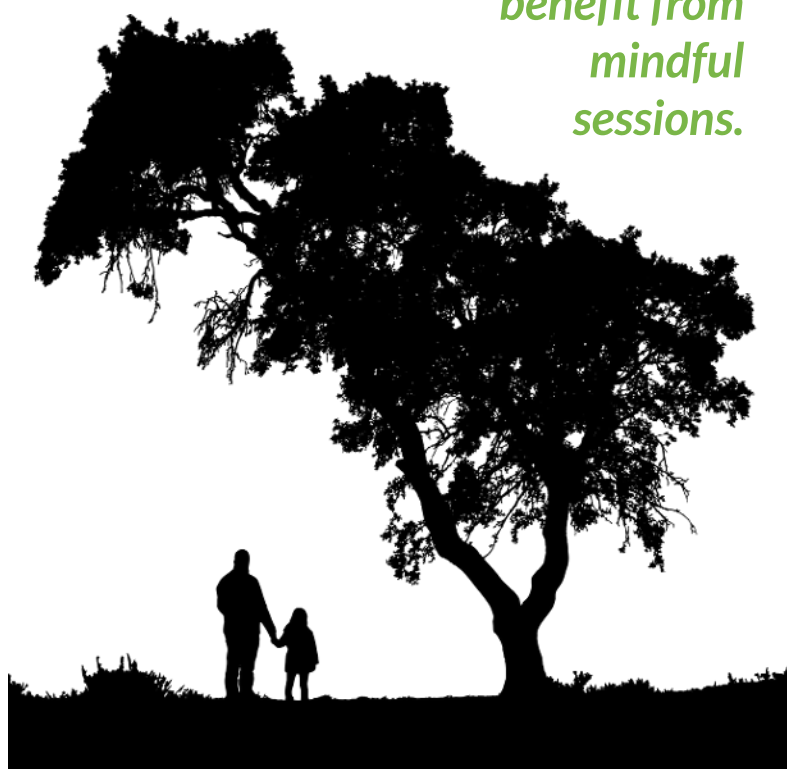
Again, the feelings and the emotions should be discussed at this time.

Rain is also a great way to

explore nature. How do birds, insects and other animals act in the rain? What might these animals be feeling because of the rain? This can sometimes connect the children with nature in more than one way.

Taking lessons outside under a canopy, is a great way to put the above ideas into practice.

Children who have problems with anxiety, aggression and ADHD can also benefit from mindful sessions.



MONEY DOESN'T GROW ON TREES

That's why our new look Funding & Fundraising Guides are so useful

A new canopy will enhance school life and increase the opportunities for outdoor learning, play and fun. It will also provide safe sun protection and practical all year-round shelter where you need it.

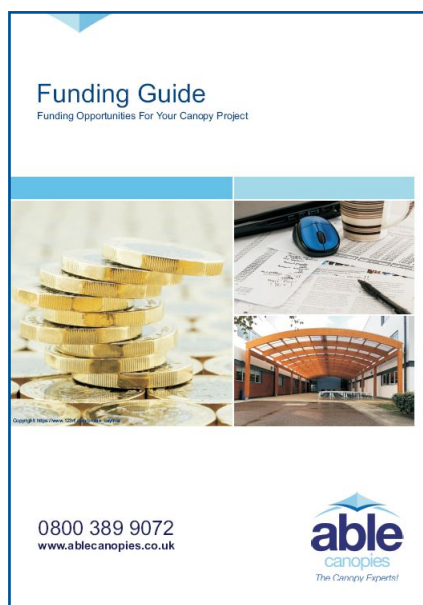
To help you make that happen we have updated our handy Funding Guide. This free to download information will tell you about some of the best sources of funding available to your school. For example:

THE FOYLE FOUNDATION

The Foyle Foundation is an independent grant making trust that distributes grants to UK charities. They will support projects which facilitate the acquisition of knowledge and learning and which have a long-term strategic impact.

Find out more here:

www.ablecanopies.co.uk/funding-advice.html

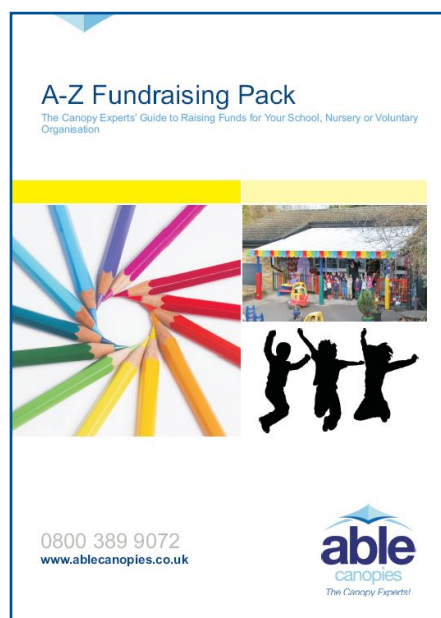


We also have tips and help for your own fundraising activities. We cover everything from the most involved events and fairs through to simple raffles and sales. Whatever your approach to fundraising activities it is always good to have a few new ideas and the all-important project check list. Download your free Fundraising Guide here:
www.ablecanopies.co.uk/guides

**Are you looking
for legal tips
when it comes to
fundraising along
with health and
safety and
insurance advice?**

**Download your
free pack now:**

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↑ FREE DOWNLOAD ↑

Making Fundraising Happen

How about one of these practical ideas:

- Put on a music concert that features the school's own talent or local bands & musicians and sell tickets
- Create and sell a recipe book using ideas from parents and staff
- Organise a craft fair featuring goods & products made in school that can be sold to the public
- Run a book sale – ask for donations of books that can be sold as 'beloved books'

The Canopy Experts



Canopies &
Covered
Walkways

Cycle &
Waiting
Shelters

Shade Sails
& Tensile
Structures

Awnings &
Playground
Accessories

Able Canopies are the canopy experts. We provide safe and stylish weather protection that transforms outside spaces.

- Every year we complete hundreds of successful school canopy installations across the UK
- These canopies provide schools with effective shelter & areas for outdoor learning and dining
- We also work with universities and the retail, leisure & hospitality sectors to effectively transform outside space
- Our team of canopy experts work with customers, architects & contractors to ensure on time, on budget, project completion
- To ensure consistent high quality we control the design, manufacture & installation process of our canopies

"Guy's were very considerate and very tidy. Cleared up well. Would fully recommend and use again."

Engayne Primary School
Upminster, Essex
(pictured above)

If you would like a canopy, shade sail or awning quotation, contact us today:

Call: 0800 389 9072 | **Email:** sales@ablecanopies.co.uk