

OVERVIEW: No residential trip to look forward to TRY THIS! You are going to build a den or pitch a tent then enjoy a variety of activities just as if you were on a residential. This can be indoors or outside, by yourself or family members.

ITINERARY - Timings are flexible

| DATE / TIME (approx.) | ACTIVITY | DETAIL |
|----------------------------|--|---|
| DAY 1 9am – 10am | Pack your bag Make yourself a packed lunch. Try to include at least 1 piece of fruit, a drink and a treat | What will you need? Think about equipment, snacks, drink, something to write with, extra clothing Wash your hands |
| 10 am | Build your den or pitch your tent | Make sure it is secure and won't fall down |
| 11.30 | Make a chart to record which birds you can see out of the window or from your garden den and how many times you see them | Do you know or can you find out the names of the different birds and make a bar graph of your results |
| 12.00 | Lunch Keep looking out for birds | Wash your hands and eat the packed lunch you made earlier OR Make yourself lunch. Try to include at least 1 piece of fruit, a drink and a treat |
| 12.45 | Inside activity Outside activity Make a picture on paper or the ground with the objects you have collected | Go for your allowed exercise- a walk/scooter or bike ride and collect a variety of objects that can be used to make a picture eg twigs, leaves, small stones. REMEMBER to take a bag to put everything in Collect the items from your garden Think of an object that you would find outside (tree, bird, butterfly) and MAKE IT |

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| 3pm | Create a game Giant O and X grid Game of your choice | Make a giant O and X grid, find some objects for the counters and challenge someone to play Make up your own game and challenge someone |
| Dinner | Help out | You would have jobs that you are responsible for if you were on a residential. What will you do – set the table, help prepare the food, clear the table, help wash up? |
| Evening | Star gazing | Make your own binoculars or telescope. What can you see? Do the stars make any shapes? Is the moon visible and what shape is it? |

| DAY 2 | EVENT | DETAIL |
|------------|--|---|
| 9am – 10am | Wakey wakey time for brekkie Time to remember what you did yesterday – add to your scrapbook / memories from yesterday. | Make cereal and toast for camp. Time for washing up – fill the bowl and wash up outdoors whilst you listen to birds and sounds Maybe use pictures to show what you did, how you felt, stick things in that remind you of the day. |
| 10 am | Family fun – Map reading Family challenge – Obstacle course | Draw a rough map of your garden or house maybe work in 2's. Gathering objects from the garden eg pebble, twig, feather etc. Hide the objects either in the house or garden – REMEMBER to plot on your map an X where you have left something. Swap maps with another person or pair in your family and have a go at map reading – can you find all the objects? Either using objects from your garden / house create an obstacle course for you to do individually or maybe adults race the kids? Maybe use slabs to jump over, pegs to collect into a tub, crawl under a bed sheet, stack some tins from the cupboards etc |
| 11.30 | Make a nature bingo card or use the one below | Look around the garden and make a bingo card with things you can see around you eg white feather, snail, pebble, leaf, twig etc. Make a list but don't tell the others. |
| 12.00 | Lunch Mud pie and garden soup | Wash your hands. Can you make a healthy butty and have a picnic. Your buttie should include food which is green and red in colour Using old pots and pans create your own mud pie and garden soup served with leaf salad ***Remember don't eat this lunch!*** |

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|---------|--|--|
| 12.45 | <p>Outside activity</p> <p>Scavenger hunt (see ideas sheet)</p> <p>Paint animal stone</p> | <p>Go for your allowed exercise- whilst on your walk tick off as many of the list as you can.</p> <p>Find a pebble / small stone. Using paint or felts paint an animal's face or maybe a face to show how you are feeling?</p> |
| 3pm | Outdoor bingo | Using the nature bingo card you made earlier – swap with another family member, see who can find all the items first. |
| Dinner | Help out | You would have jobs that you are responsible for if you were on a residential. What will you do – set the table, help prepare the food, clear the table, help wash up? |
| Evening | <p>Camp song</p> <p>Before lights out go on a texture walk.</p> | <p>Using a tune you all know, make up a song about what you have done today, something you may have learnt, how you have felt throughout the day.</p> <p>As the sun goes down walk around the garden on a texture trail. Can you find any items with different feels and touches, make a list as a family then off you go eg prickly, smooth, hairy, rough, bumpy etc</p> |

NATURE SCAVENGER HUNT

Collect the following objects

| | | | | |
|---|---|---|--|--|
|  Twig <input type="checkbox"/> |  Green leaf <input type="checkbox"/> |  Feather <input type="checkbox"/> |  Stone <input type="checkbox"/> |  White flower <input type="checkbox"/> |
|  Grass <input type="checkbox"/> |  Coloured flower <input type="checkbox"/> |  Weed <input type="checkbox"/> |  Red leaf <input type="checkbox"/> |  Smooth stone <input type="checkbox"/> |

Tick the box when you see the objects below

| | | | | |
|---|---|--|---|---|
|  Worm <input type="checkbox"/> |  Bird <input type="checkbox"/> |  Spider <input type="checkbox"/> |  Squirrel <input type="checkbox"/> |  Dog <input type="checkbox"/> |
|  Bicycle <input type="checkbox"/> |  Bird's nest <input type="checkbox"/> |  Snail <input type="checkbox"/> |  Butterfly <input type="checkbox"/> |  Cloud <input type="checkbox"/> |

| DAY 3 | ACTIVITY | DETAILS |
|----------------|--|---|
| 9am | Get up and prepare breakfast | Eat your breakfast and make sure everything is tidy |
| 9.30am | Prepare lunch by yourself or by helping | |
| 10.00am | <p>Make a bug hotel – outside</p> <p>Make a bug hanging mobile or bug collage</p> <p>Make a miniature garden in a box or on a tray</p> | <p>Collect a variety of objects eg sticks, straw, tube shaped objects, bricks, look in the recycling.</p> <p>What bugs are there in your garden? Can they crawl, fly, swim or walk?</p> <p>Decide where you can put it in the garden</p> <p>Collect objects that you can find around the house. Remember to look in the recycling</p> |
| 12.00 | Lunch | <p>Wash your hands.</p> <p>Whilst eating lunch add to your bird survey.</p> |
| 12.45pm | <p>Daily exercise</p> <p>Tree identification</p> | Go for a walk – how many trees can you identify. If you do not know them bring back a leaf and find out the name of the tree. |
| 2.30pm | Treat time | Make yourself and your family a drink plus any treat you can find |
| 3.00pm | Treasure Hunt | Write a treasure hunt making up the different clues. Decide on your starting point where you place the first clue then the next clue. You decide how many clues you want to write and can you put a 'prize' at the last clue |
| Dinner | Help out | You would have jobs that you are responsible for if you were on a residential. What will you do – set the table, help prepare the food, clear the table, help wash up? |
| Evening | <p>Diary time</p> <p>Make a mosaic</p> <p>Presentation evening</p> | <p>Add to your scrapbook or journal.</p> <p>Make a mosaic using stones or pieces of different coloured paper eg old magazines</p> <p>Each member of the family must create an award and present to a family member explaining the reasons why they won, for example leader award, most determined, funniest member etc</p> |

| DAY 4 | ACTIVITY | DETAILS |
|----------------|--|--|
| 9am | Get up | Eat your breakfast and make sure everything is tidy |
| 9.30am | Prepare lunch by yourself or by helping | Can you make something for the whole family – fruit kebabs, filled pittas, sandwiches |
| 10.00am | Physical challenge – design an athletics circuit for yourself or challenge someone in your house | Can you think of different ways to jump (high or long), run (on the spot), throw (target throwing). Make a score sheet. |
| 12.00 | Lunch | Wash your hands. Whilst eating lunch add to your bird survey. |
| 12.45pm | Make one of the following inside or outside – rainbow, smiley face or think of your own design that shows togetherness (unity) and the community | Using items you can find design a picture around your idea of choice. This can hang up, be flat on the ground, postcard/card to send to someone, banner or any other ideas you have |
| 2.30pm | Treat time | Make yourself and your family a drink plus any treat you can find |
| 3.00pm | Create song, rap, poem, piece of music about your 'residential' or lockdown experience and perform to people of your choice | Experiment with different ideas. Can you make any musical instruments maybe more than 1 to use? Make a list of all the words that come to mind when you first think of your recent experiences and use them to create poem, song |
| Dinner | Help out | You would have jobs that you are responsible for if you were on a residential. What will you do – set the table, help prepare the food, clear the table, help wash up? |
| | Pack up your tent or den | Tidy up and leave everything as you found it. You may want to keep your den that is up to you. |