

# Outdoor Ideas to try at home....

We know that Langley children love to be outside and really enjoy experiencing, playing and learning outdoors.  
So why not try a few of the following at home?

Try something new, explore, have fun...and make some memories!

1. Try **The National Trust's '50 things'** activity list. You can decide where to start, discuss which ones you want to do and count up how many you've already done!

| Category          | 1  | 2  | 3   | 4  | 5   | 6  | 7   | 8  | 9  | 10  |
|-------------------|--|--|---|--|---|--|---|--|--|---|
| <b>Adventurer</b> | Climb a tree <input type="checkbox"/>                          | Roll down a really big hill <input type="checkbox"/> | Camp out in the wild <input type="checkbox"/> | Build a den <input type="checkbox"/>           | Skim a stone <input type="checkbox"/>                         | Run around in the rain <input type="checkbox"/>        | Fly a kite <input type="checkbox"/>                                   | Catch a fish with a net <input type="checkbox"/> | Eat an apple straight from a tree <input type="checkbox"/> | Play conkers <input type="checkbox"/>                 |
| <b>Discoverer</b> | Go on a really long bike ride <input type="checkbox"/>         | Make a trail with sticks <input type="checkbox"/>    | Make a mud pie <input type="checkbox"/>       | Dam a stream <input type="checkbox"/>          | Play in the snow <input type="checkbox"/>                     | Make a daisy chain <input type="checkbox"/>            | Set up a snail race <input type="checkbox"/>                          | Create some wild art <input type="checkbox"/>    | Play pooh sticks <input type="checkbox"/>                  | Jump over waves <input type="checkbox"/>              |
| <b>Ranger</b>     | Pick blackberries growing in the wild <input type="checkbox"/> | Explore inside a tree <input type="checkbox"/>       | Visit a farm <input type="checkbox"/>         | Go on a walk barefoot <input type="checkbox"/> | Make a grass trumpet <input type="checkbox"/>                 | Hunt for fossils and bones <input type="checkbox"/>    | Go stargazing <input type="checkbox"/>                                | Climb a huge hill <input type="checkbox"/>       | Explore a cave <input type="checkbox"/>                    | Hold a scary beast <input type="checkbox"/>           |
| <b>Tracker</b>    | Hunt for bugs <input type="checkbox"/>                         | Find some frog spawn <input type="checkbox"/>        | Catch a falling leaf <input type="checkbox"/> | Track wild animals <input type="checkbox"/>    | Discover what's in a pond <input type="checkbox"/>            | Make a home for a wild animal <input type="checkbox"/> | Check out the crazy creatures in a rock pool <input type="checkbox"/> | Bring up a butterfly <input type="checkbox"/>    | Catch a crab <input type="checkbox"/>                      | Go on a nature walk at night <input type="checkbox"/> |
| <b>Explorer</b>   | Plant it, grow it, eat it <input type="checkbox"/>             | Go swimming in the sea <input type="checkbox"/>      | Build a raft <input type="checkbox"/>         | Go bird watching <input type="checkbox"/>      | Find your way with a map and compass <input type="checkbox"/> | Try rock climbing <input type="checkbox"/>             | Cook on a campfire <input type="checkbox"/>                           | Learn to ride a horse <input type="checkbox"/>   | Find a geocache <input type="checkbox"/>                   | Canoe down a river <input type="checkbox"/>           |

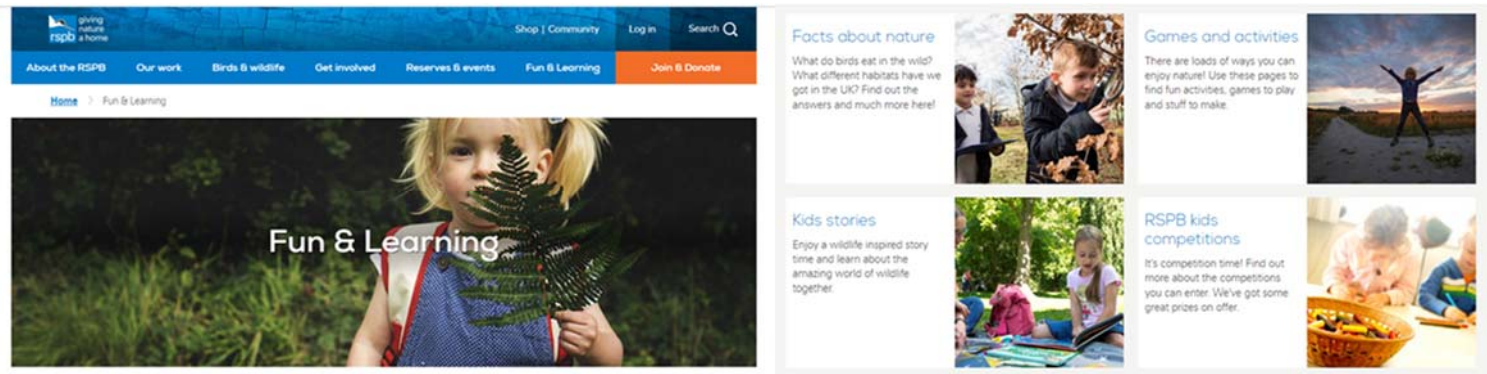
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There are lots of outdoor and nature based games and activities to do individually or as a family on the following sites. Have a look, try something new...and enjoy being outdoors!

2. **RSPB**- have a look at the games, activities, facts, stories and ideas on this site... <https://www.rspb.org.uk/fun-and-learning/>



3. **Nature Detectives**- there are countless things to do here. Chose from art and crafts, factsheets, games, helping wildlife activities, outdoor play ideas, puzzles, recipes and spotter sheets. Download and print off here... <https://www.woodlandtrust.org.uk/naturedetectives/activities/>

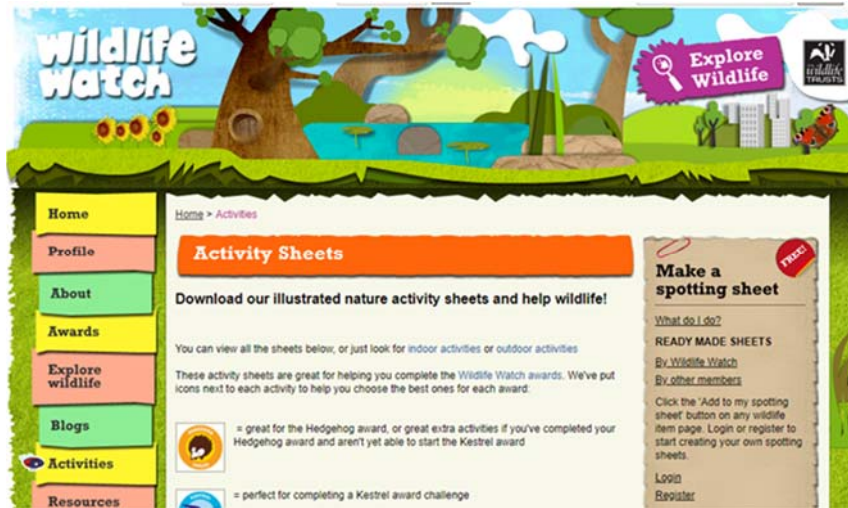


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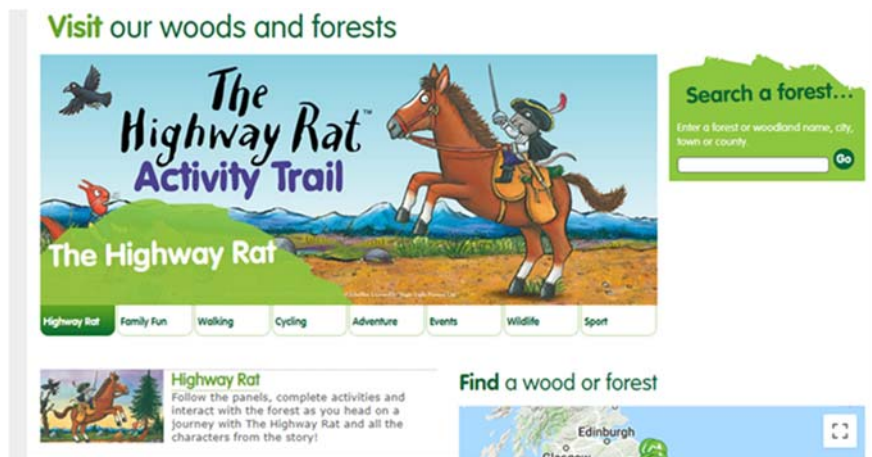
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4. **Wildlife watch** <https://www.wildlifewatch.org.uk/activity-sheets> -again, lots of activities and things to try here. Look under the 'activities' and 'resources' tabs.



5. **Forestry Commission** – <https://www.forestry.gov.uk/visit> Have a look at the 'family fun' section...or visit one of the Forestry Commission's story trails. This year they are based on 'The Highway Rat', an excellent story by Julia Donaldson.



Our forests and woodlands are open all year round. Come rain or shine you can have a great day out with the family.

Our larger forests have adventure play areas, natural play, safe off-road family cycling and lots of space to create dens, not to mention homemade cakes for after the adventure.

### Highway Rat Activity Trails

Join the Highway Rat on his forest adventure. Complete fun activities and spot characters from the story! [Find your nearest trail.](#)



#### Go for a family walk

Bored of the buggy? Unleash the little ones on one of our easy access trails, specifically surfaced to help them tackle the forest.



#### Safe off-road cycling

Many of our sites have cycling trails designed for families, so the kids can have fun exploring the forest from their saddle.



#### Go Ape Tree Top Junior

Canopy exploring, trail blazing and obstacles for junior explorers! Find courses at Alice Holt, Cannock, Bedpebury, Moors Valley, Theford, Delamere, Forest of Dean and Wyre Forest.



#### Giant Gruffalo sculptures

Come and visit one of our 15 giant wooden Gruffalo sculptures, hidden in select forests