Outdoor Educational Activities

WALPOLE PARK 2019

Primary Schools

Concept:

The activities have been developed to make use of all the Park’s facilities and environments, including the newly opened Manor. The workshops are stand-alone, and schools can pick up to 3 workshops (for a class of about 30) in a day. Schools can bring packed lunches to have in the Park. Workshops are open to SEN groups but maximum numbers per workshop may be reduced if necessary. One workshop has been designed specifically to cater for the needs of Early Years children, the remainder are for KS1/KS2 pupils.

Cost to schools:

These activities are highly subsidised. The cost to attend all workshops is £1.50 per child per workshop. There is a minimum charge of £40 per workshop. Workshops are all 1.5hrs long except where otherwise stated.

Workshops (up to 30 children maximum)

1. Following the Hungry Caterpillar Trail: multi focus workshop designed for Early Years
   This workshop is designed specifically for nursery and reception children, to engage with the topics of: natural habitats, growing food and eating healthily, and bugs and why we need them. Through the story of the Hungry Caterpillar, the children will gain an understanding of caterpillar preferred natural habitats (plants generally and brassicas especially), healthy eating (through the caterpillar’s diet, by going on a treasure hunt), how different fruit and vegetables grow (those featured in the story, using our kitchen garden and sowing seeds themselves). They will finish by being bug detectives, observing as many different types of bugs as possible under magnifiers. Each group will receive a CD of songs all about fruit and vegetables to singalong to back in the classroom. (Curriculum links: Science, PSHE, Literacy, Understanding the World)

2. Brilliant Bees: let’s create a buzz
   This workshop will explain the significance and fragility of bees in insect pollination, and why their populations have drastically decreased in recent years. Pupils will be introduced briefly to the diversity of bees, how to identify different species, and how their habitats differ (solitary v colony bees). The workshop will include construction of a simple bee hotels, and what practical steps children can take to help bees to survive locally (through planting/sowing wildflowers). Children will visit a an observation hive, and taste locally made honey, whilst learning about the health benefits of naturally sourced honey (and the risks of too much processed sugar) in their diet.
3. **Living Medicine: why your body needs plants**
   This workshop will introduce pupils to the health benefits of different plants and trees around the Park. With a focus on healthy bodies and minds, pupils will go on a journey of discovery, learning about how different parts and types of specific plants (including berries, leaves, tree sap, fruit, seeds, oils, stems/bark) have been used to treat ailments, prevent and cure diseases and help keep humans healthy, physically and mentally. Pupils will gain greater respect and appreciation for plants (and vegetables in particular), they will be able to sample natural food and drink they make themselves, some from plants they harvest with the workshop leader (from the kitchen garden and Park/ Lammas Nature Reserve). The group will get to take back a Healthy Eating Top Trumps card game to the classroom to continue their learning through play.  
   *(Curriculum links: Science, PSHE, Literacy)*

4. **Forest School: learn basic survival skills (2 hrs)**
   This workshop aims to introduce pupils to the way of life of our prehistoric ancestors, and to give them an experience of using some survival techniques that could still come in useful in today’s world. The class will work together in groups doing various activities which could include using basic navigation techniques, building a shelter, filtering water, making a fire, foraging for food and cook it, and create a natural musical instrument for their entertainment. The pupils will leave with a sense of achievement, with greater respect for the natural outdoor environment, and the need to preserve it through sound environmental practices. This workshop will take place in the Lammas Nature Reserve enclosure.  
   *(Curriculum links: Science, PSHE, History, Physical Education)*

5. **Interesting Insects: beautiful bugs and why we need them**
   This workshop turns pupils into entomologists, providing an introduction to the study of insects, the different types of insects found in the Park and their natural habitats. Pupils will learn about the importance of insects in pollination, the food chain and natural pest control. After a bug hunt, they will observe magnified insects to enable identification, and end the workshop by making a giant bug hotel.  
   *(Curriculum links: Science, PSHE, Literacy, Understanding the World)*

6. **Tremendous Trees: let’s learn to look up**
   This workshop introduces children to London’s most common trees, and the Park’s more unusual trees, from a natural classroom with logs as benches. The workshop will begin with an introduction to the anatomy of trees, and why they are so important for pollution reduction, the air we breathe, and as habitats and food sources for wildlife. The group will go on a ‘tree trail’, learning to identify a number of trees, and their uses in medicine, cooking, and jewellery making (eg. amber). The workshop will finish with an arts and craft activity using tree based natural resources (leaves, bark, branches-tree cookies/ elder beads).
7. Growing fruit and vegetables for physical and mental health: let’s get gardening! (2hrs)
This workshop provides an introduction to growing and planting for primary age children. It focuses on the key elements plants need to thrive, and why we grow plants to eat. It introduces the cycle of life, explaining how composting un-eaten parts returns nutrients to the soil. The workshop will take place mainly in the Kitchen Garden, where pupils will go on a treasure hunt for fruit, veg, and herbs, learning why different plants are so good for our bodies AND our minds, and why we should be eating more of them than anything else to maintain a healthy body. The workshop will include some gardening (sowing, planting, weeding, watering, harvesting or pruning), may include use of microscopes, and will finish with a small healthy snack (harvested from the garden if possible!) and a Fruit/Vegetable Top Trumps playing card game.
(Curriculum links: Science, PSHE, Maths, Literacy Understanding the World)

8. Mini ecosystems in three habitats: our fragile world (2hrs)
This workshop is about demonstrating how a tiny change in a habitat ecosystem can have a major consequence in due course (known as the ‘butterfly effect’). Children will be taken to explore three separate habitats in the Park and Lammas Nature Reserve: woodland, pond/wetland and wildflower meadow. They will learn about and observe the inter relationships between trees, plants, fungi and creatures within these habitats (insects, reptiles, fish, amphibians, birds/bats, mammals). Through real examples in the Park, the workshop will explain the importance of photosynthesis, natural woodland decomposition, pollination by air/insects, reducing pesticide and pollution in waterways. The workshop will end with an energetic and competitive game to see how much information they can recall.
(Curriculum links: Science, PSHE, Understanding the World)

9. Let’s get physical: using park furniture (and our senses!) for fun and games
This workshop is about getting active by using the natural features of the park as far as possible! In many ways, this is a return to the playtime of a previous generation. The workshop will start with a very brief introduction about why we need to keep active, and how we can do that, and some sensible ‘rules’ about play. The group will then enjoy timed assault courses over logs, balancing games on tight ropes, a ‘trust me’ trail whilst blindfolded and swinging from and climbing trees. Team games will also be included to ensure there is individual, small group and whole group activities and the workshop will end with 15 mins free play in the refurbished Park playground, followed by a snack of fruit and a drink of water.
(Curriculum links: PSHE, Physical Education)

10. Resilience: mindfulness and coping strategies for children in today’s world
This workshop will help children engage with nature and the natural world of the Park, through well-established mindfulness techniques. The aim of the workshop is to calm minds, relax bodies, be present and enjoy the moment and surrounding natural environment. Using the different areas in the Park, children will be guided through more energetic activities (games, assault courses and races), followed by more reflective activities (focused breathing: 4-6-8/ balloon tummy/ high 5, using senses to calm the mind: tree hugging, listening to sounds, feeling wind/sun, smells of nature, playing mindful games: frozen statues, and doing mindful art: hand outlines (whilst counting) and mandalas. Pupils will leave with a selection of breathing techniques and coping mechanisms that they can use during periods of stress and anxiety in their lives.

11. Naturally crafty: using natural resources to make art
   This workshop will be led by a local artist and will focus on allowing each child to produce one or two pieces of art using natural resources, inspired by the Park setting. Activities will take place in the Park near the beautiful, newly refurbished, Pitzhanger Manor House (weather permitting). Each activity will include a brief explanation of the origin of the history of the Manor and the natural resources, and how they have been traditionally used. Examples of activities on offer will include: charcoal drawing, mosaic making, stone painting, clay modelling, musical instrument making and watercolour painting. Schools will be able to select 3 activities.
   (Curriculum links: Science, History, Art and Design Technology)

12. The House that John Built – BW
   Meet Sir John Soane, the architect who designed and built Pitzhanger Manor and build your own dream home. Using storytelling, role-play and hands on activities children will explore materials, forces and shapes, compare old and new buildings and use their imagination to make a brand new house.
   (Curriculum links: Science, Literacy, History)

13. Radical Colour & Light – BW (KS2 only)
   Sir John Soane was an innovative, regency architect who used light and colour to create mood and atmosphere. Take part in some exciting experiments and find out the properties of light and how light travels through and reflects off different materials. (Curriculum links: Science, History)