



# Physical Activities



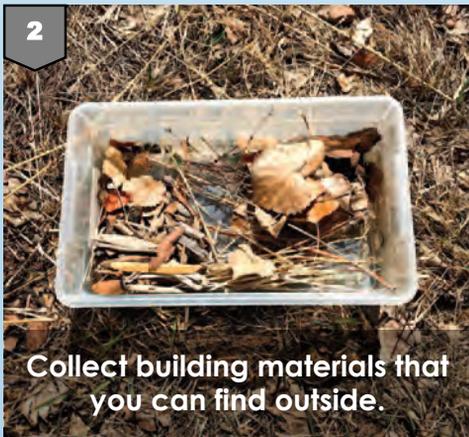
# GET OUTSIDE 101

HELEN SCHULER  
NATURE CENTRE  
Discover it here!

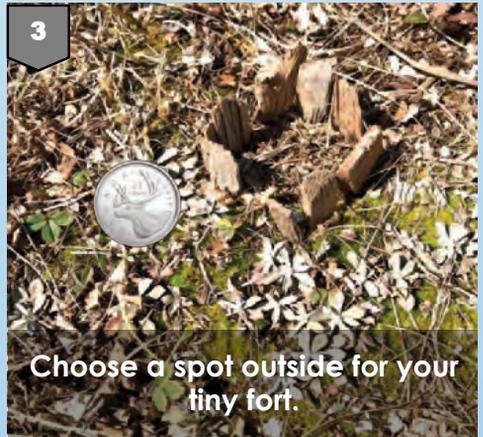
## Build a Tiny Fort



1 Decide what tiny animal to build a fort for. Choose something about the size of an ant.



2 Collect building materials that you can find outside.



3 Choose a spot outside for your tiny fort.



4 Use the materials you collected to build a tiny fort for your animal!

# GET OUTSIDE 101

HELEN SCHULER  
NATURE CENTRE  
*Discover it here!*

## Coin Toss Walk



Get a coin and put it in your pocket.



Head outside to a place you like to walk.



Every time you get to an intersection toss your coin and catch it. If you get heads you go left, if you get tails you go right.



See if you discover somewhere new!

# GET OUTSIDE 101

HELEN SCHULER  
NATURE CENTRE  
Discover it here!

## DIY Scavenger Hunt

1



Find a pencil and a piece of paper.

2



Feather  
Ladybug  
Bird Nest  
Tree Leaf  
Flower  
Ant

Use your paper to make a list or draw pictures of common natural objects.

3



Take your list outside and see if you can find each of the items on it!

4



Ask someone else to make their own scavenger hunt and then give it to you to try.

# GET OUTSIDE 101

HELEN SCHULER  
NATURE CENTRE  
*Discover it here!*

## Memory



Set the objects in a group together, so you can easily see each one.



Challenge someone else to look closely at your objects, so they can remember each one.



Cover your objects up or have the person close their eyes.



See how many they can remember!

# GET OUTSIDE 101

HELEN SCHULER  
NATURE CENTRE  
*Discover it here!*

## Nature Hide & Seek

1



Choose a rock, stick or other small object to hide outside.

2



OPTION:  
CUSTOMIZE

Show your group the object you are going to hide.

3



Get everyone to close their eyes and count to 20 while you hide the object.

4



When they are done counting see if they can find the object you hid!