

Ice Sculptures

Check the weather forecast and choose the coldest night of the week in order to make an overnight ice sculpture.

Find a container and fill it with leaves, sticks, berries and other things you can find outside. You could also add some string into the water so that you can hang it from a tree once it has frozen. Then fill it with water and decide where you think the best place to leave it outside overnight will be if you want to make sure it freezes. Is it in the middle of your garden? Next to your front door? In the garage? Perhaps you could fill up a few containers and see where in your garden works best!

In the morning check all your containers to see if any have frozen. You could then find the best place in your garden to melt them the fastest. Where was it and why?



Winter Season Spotter

Go on a Winter walk - how many of these things can you find?

- Ice
- Icy Spider Web
- Rough Bark
- Evergreen Tree
- Berries
- A stick longer than your arm
- Catkin
- Birds Nest
- Moss
- Lichen covered twig
- Your breath
- A smooth pebble
- A leaf bigger than your hand

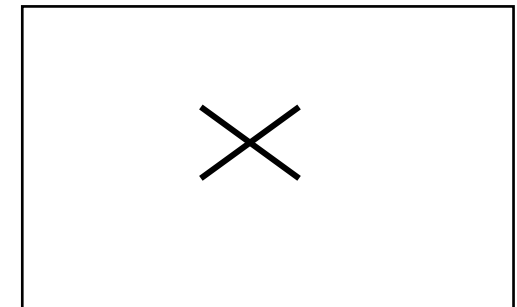
Can you see any signs of Spring on your walk? Look for buds on trees, or flowers emerging from the ground.

Perhaps you can create your own winter scavenger hunt list complete with pictures to take with you on your journey; then you can tick your findings along the way!

Mindfulness Minutes - Make a sound map

The idea of this activity is to sit somewhere and be absolutely still and silent, noticing the sounds around you and where the sound is coming from.

Get a piece of paper and make an X in the centre. The X is you! Anytime you hear a sound, make a symbol on the paper in the place you hear it, to represent the sound.



Make sure you wrap up warm before you go outside, and if it is too cold to sit still and listen try walking softly around as you create your map.

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