



A Joyful winter



The little winter
warmer guide to being outside
in the colder months.

winter



A time to slow your mind and move your body,
not a time to stay indoors. But why...



It boosts your mood!

Physiologically, we know serotonin levels in the brain are lowest in winter. Going outside is the easiest way to boost this feel good chemical and increase positive mood!

It boosts your Vitamin D!

Vitamin D promotes calcium absorption (which boosts bone health), reduces inflammation and promotes immune function.

It improves memory function

Studies show that spending just 10 minutes walking in nature each day improves memory recall by 20%.

It improves your immune system!

Interacting with nature can have similar effects as meditating.

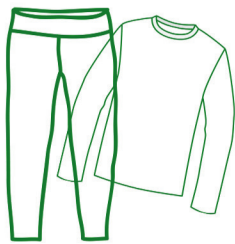
Forest bathing, or just playing in nature, decreases stress hormones and increases intracellular anti-disease proteins.





How to dress to keep warm

Layering for cold weather allows pockets of air between clothing to help trap heat and keep warm.



Base Layer

can be synthetic, natural fabric or a blend of both (not cotton)



Mid layer

The insulating layer! A fleece or wool sweater and/or overalls.



Outer Layer

Warm coat & lined waterproof trousers or snowsuit



Footwear

Thermal Socks & Waterproof snowboots or lined welly's/welly socks & welly's.



Accessories

Waterproof gloves (with fingers are best so they have full use of hands for playing) & hat (add a balaklava in very cold weather)



Activity Ideas for Outside



Digging

Digging holes for planting trees, a new pod or just because!



Sawing/Chopping/Splitting wood

Learn new technique's or design and make something special.



Diy Sled

Make a sled from flat wood, or woven in a raft style and pull each other around. Have races or just adventure!



Build a den

From old tyres, tarps or fallen branches build a den and make shelter... get in with a blanket.



Build an obstacle course

Make absolutely anything they want with the resources available to go under, over, round... and run it as fast as they can.



Cook

Light a fire, gather round and cook. Or get some soup on for a hearty lunch break during your session. Use Juice and chop fruit together to add in or make campfire bread for a lower budget option.

Activity Ideas if you need to head inside ❄️



Pine cone bird feeder

Simple recipe using lard or peanut butter and seeds to hang up outside.



Hanging nature decorations

Go out and gather treasures and a stick. Hang your treasures along your stick to hang up as a mobile.



Memory game

Gather things from nature. 1 minute to memorise as many as you can, then other person takes away one item and you have to guess which is missing.



Story stones

Collect stones to paint with pictures. Once dry you can arrange the stones to tell a story or take one stone out of a bag to make up a line of a story each.



Paint

Make your own brushes out of sticks and tied on leaves, twigs and feathers you have found, then use them to paint.

Moving Games for warming up



Squirrel & Mouse

One person (squirrel) guards a bucket of 'nuts' (can be soft balls or pinecones or similar) and throws them out. Everyone else (Mice) has to get the nuts back in the bucket faster than the squirrel keeps throwing them out!



Freeze Dance

If you have music play it, if not just make noise together. While the noise is happening, dance your socks off then, freeze... and repeat!



Woodland Games

Set up stations with moving activities (starjumps, skipping, long jump, etc) and move around from station to station.



Poo Tag

If you get tagged you have to sit and squat with your arm up (the flush), You can be untagged by flushing the poo (your arm)... Nothing like poo chat to motivate them to smile!



Tug of war

All you need is a rope and to put some welly in!



Campfire Bread

You will need:

1 tsp Dried Yeast
1 tsp Sugar
2 ½ cups Flour
¾ cup Warm Water
2 tbs Olive Oil
1 tsp Salt



The dough is a yeast based dough, so this recipe requires a little patience. You can make the dough first, and then start gathering wood for your campfire. By the time you have a fire with good embers to cook over, your dough will have risen.

To make the dough, combine flour, yeast, sugar, water, oil and salt. There's no need to knead it, just mix until combined. Leave to double in size whilst you light your fire.

Empty the dough from the bowl onto a floured board & knock the air out of it. Divide into balls (this mix makes about 8)
Gently roll balls into long sausage shapes & twist around the end of your sticks. Hold over the embers to cook on long sticks (at least 1m) and keep turning so they don't burn.

Winter Scavenger Hunt

A Pinecone

A singing bird



Animal tracks

4 different types of leaf

Winter berries



A puddle to jump in

An interesting looking stick

A tree with green leaves

A feather



Something smooth & something rough

A winter smell