

10 SUMMER ACTIVITIES

when planning has
gone out the window!

Using materials
you will have
to hand and
that encourage
movement!



Simple.
Fun.
Active.
Messy play
magic!



Perfect for
childminders
and early
years settings!



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1. NATURE PAINTBRUSHES

Collect, create and paint with nature!

Children become nature detectives, collect treasures, make their own paintbrushes and create a giant collaborative masterpiece!



YOU WILL NEED

- Natural items: grass, leaves, flowers, feathers, pinecones, twigs
- Clothes pegs
- Elastic bands
- Paint and large paper or cardboard
- Containers for collecting



WHAT TO DO

- 1 Go on a nature walk to collect interesting items.
- 2 Use pegs and elastic bands to secure your natural materials together to make paintbrushes.
- 3 Dip your brushes in paint and explore what marks they make.
- 4 Work together to paint a giant summer picture!



Make your own nature paintbrush!



MOVEMENT OPPORTUNITIES

- Walk, explore and search for natural treasures.
- Squat, reach, stretch and balance.
- Carry and transport items back to the base.



CREATIVE LEARNING

- Experiment with different textures and materials.
- Explore colours and how they mix.
- Develop imagination through collaborative art.



EYFS LINKS

Understanding the World
Explore the natural world, plants and materials.

Physical Development
Use a range of tools and equipment safely and with increasing control.

Expressive Arts & Design
Explore different materials freely, to develop ideas about how to use them.



EXTENSION IDEAS

- Sort your natural items by type, size or colour.
- Make different brushes and see what marks they create.
- Create a class display with your finished artwork.



SUGGESTED LANGUAGE

- What can you see on our walk?
- How does this feel? Soft? Rough?
- What happens when you mix these colours?
- What is your brush making?



TIPS

- Encourage children to talk about the items they collect.
- Allow plenty of space for big movements and large artwork.
- This activity is great for all ages and supports group collaboration.



Simple. Engaging. EYFS Linked. Perfect for any summer day!



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2. TEDDY BEAR HOLIDAY ADVENTURE

Pack, play and go on an adventure!

Pack Teddy's suitcase, go on an exciting obstacle course adventure and send a postcard home from the best holiday ever!



YOU WILL NEED

- Teddy bear
- Small suitcase or bag
- Clothes, socks, hat, sunglasses, toy toothbrush, book etc.
- Chairs, cushions, boxes, blankets
- Buckets or tubs
- Paper, crayons/pencils, stickers



WHAT TO DO

- 1 Pack Teddy's suitcase with everything he might need for his holiday.
- 2 Set up an obstacle course for Teddy to go on his holiday adventure.
- 3 Children take turns helping Teddy complete the course.
- 4 At the end, Teddy relaxes and the children make him a postcard to send home.

JUMP THE RIVER



CRAWL THROUGH THE CAVE



BALANCE ACROSS THE BRIDGE



PICNIC AT THE FINISH



MOVEMENT & GROSS MOTOR

- Jump, crawl, balance and climb.
- Develop coordination, strength and confidence.
- Learn to follow instructions and take turns.



CRAFT: DESIGN A POSTCARD

- Decorate a postcard for Teddy to send to his friends.
- Encourage mark making, drawing and creativity.



EYFS LINKS

Communication & Language
Talk about holidays, places, and what Teddy might do.

Physical Development
Use large motor skills to complete the obstacle course.

Personal, Social & Emotional Development
Take turns, work together and show kindness to Teddy.

Expressive Arts & Design
Create and decorate a postcard.



EXTENSION IDEAS

- Add more obstacles for a longer course.
- Use different teddy bears.
- Create a holiday role play corner.



TIPS

- Make the course safe and check equipment.
- Adapt for different ages and abilities.
- Let children suggest where Teddy should go on holiday!



PRINTABLE INCLUDED

Teddy Passport & Postcard Template



Adventure, imagination and fun with everyone's favourite teddy!



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TEDDY PASSPORT

My Teddy's Holiday Adventure!

Help Teddy get ready for his holiday adventure!
Fill in Teddy's passport so he's ready to travel.



**Teddy's Name:**

**Going To:**

**Date of Adventure:**

**Travelling With:**

**Special Holiday Item:**

Draw or
stick a picture
of your teddy
here!

Teddy's Holiday Checklist

- | | | | | | | | | |
|--|------------|--------------------------|---|---------------|--------------------------|---|--------------|--------------------------|
|  | Clothes | ☐ |  | Sunglasses | ☐ |  | Hat | ☐ |
|  | Toothbrush | ☐ |  | Snacks | ☐ |  | Towel | ☐ |
|  | Book | ☐ |  | Favourite Toy | ☐ |  | Water Bottle | ☐ |



All ready for a fun adventure!



POSTCARD HOME

WISH YOU WERE HERE!



Help Teddy write a postcard to his friends at home.
Draw a picture of Teddy's holiday and write a message!



Draw a picture of Teddy on his holiday adventure!

Dear Friends,

To:

Lots of love,
Teddy



Every adventure is better with memories!





3. RAINBOW WATER RELAY

Pour, splash and create a rainbow!

Work together to transport coloured water and create a beautiful rainbow masterpiece!



YOU WILL NEED

- Various containers (cups, bowls, tubs)
- Sponges
- Pipettes, turkey basters or syringes
- Food colouring or washable paint
- Water
- Tray or table
- Paper for painting
- Paintbrushes



WHAT TO DO

- 1 Set up a row of containers filled with coloured water.
- 2 Children use sponges, pipettes or basters to collect water from one container...
- 3 ...and carefully transport it to the matching coloured container.
- 4 Continue until all the colours have been moved.
- 5 Use the coloured water to paint a rainbow masterpiece!



Teamwork makes the rainbow!



MOVEMENT & GROSS MOTOR

- Walk, run and move carefully while carrying water.
- Develop balance, control and coordination.
- Strengthen hand and arm muscles through pouring, squeezing and squeezing.
- Encourages focus and concentration.



CREATIVE FUN

- Mix colours and explore shades.
- Use the coloured water to create rainbow art.
- Develop imagination and self-expression.



EYFS LINKS

Physical Development
Use tools and equipment safely and with increasing control.

Mathematics
Sort, match and order colours.

Understanding the World
Explore changes when colours mix with water.



EXTENSION IDEAS

- Challenge children to move water in a new way (e.g. with a spoon).
- Mix two colours and see what happens!
- Create patterns or pictures using the coloured water.



TIPS

- Place everything on a tray to reduce mess.
- Encourage careful hands and taking turns.
- Praise teamwork and effort!



PRINTABLE INCLUDED

Colour Matching Cards to help children match and transport the water correctly!



Learn, move, create and make beautiful rainbow memories!



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RAINBOW

COLOUR MATCHING CARDS



Match the colours and transport the water!



Cut out these cards and use them to match the coloured water in your activity.



RED



ORANGE



YELLOW



GREEN



BLUE



PURPLE



HOW TO USE

- 1 Fill containers with coloured water.



- 2 Place the matching card next to each container.



- 3 Use sponges, pipettes or basters to transport the water to the matching colour.



- 4 Work together to complete the rainbow!



CHALLENGE IDEAS

- ★ Mix two colours and see what new colour you create! (e.g. red + yellow = orange)
- ★ Can you make a rainbow painting using the colours?
- ★ Can you put the colours in order?
● ● ● ● ● ●
- ★ Try using different tools to move the water.



Teamwork, colour and creativity!
You can do it!



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4. BUG DETECTIVE ADVENTURE



Explore, discover and build!

Go on a bug hunt, see what you can find and then build a cosy bug hotel for your new mini friends!



YOU WILL NEED

- Magnifying glasses (if you have them)
- Bug spotter sheet (see printable)
- Pencils or crayons
- Clipboards (or hard books)
- Sticks, leaves, pinecones, bark, hollow stems
- An old box or wooden crate
- Rocks or bricks



WHAT TO DO

- 1 Go on a bug hunt together. Look carefully in the grass, under leaves, on trees and around the garden.
- 2 Tick or draw the bugs you find on your spotter sheet.
- 3 Talk about what your bugs look like and how they move.
- 4 Build a bug hotel using natural materials in a box or crate.
- 5 Find a safe place to put your bug hotel and check on it regularly!

LOOK



FIND



BUILD



MOVEMENT & GROSS MOTOR

- Walk, crouch, climb and balance while searching for bugs.
- Explore different spaces and terrain.
- Develop coordination and control.



CREATIVE FUN

- Draw the bugs you find.
- Decorate your bug hotel sign.
- Use natural materials to create your masterpiece!



EYFS LINKS

Understanding the World
Explore the natural world and living things.

Communication & Language
Talk about what you see, ask questions and share ideas.

Physical Development
Move in a variety of ways and develop control.



EXTENSION IDEAS

- Make a bug diary – draw what changes you see.
- Add a welcome sign for your bug hotel.
- Research one of your favourite bugs together.



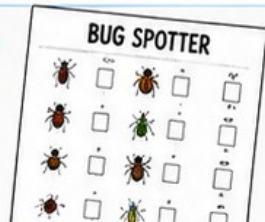
TIPS

- Remind children to be gentle and careful.
- Return any bugs to where you found them.
- Check your bug hotel regularly and add new materials.



PRINTABLE INCLUDED

Bug Spotter Sheet to record your nature discoveries!



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Explore today, protect tomorrow!





BUG SPOTTER SHEET



How many bugs can you find?



Go on a bug hunt! Tick the bugs you find.
What colours are they? Where did you find them?



Ladybird

☐

Butterfly

☐

Bee

☐

Ant

☐

Spider

☐

Caterpillar

☐

Grasshopper

☐

Worm

☐

Snail

☐

Beetle

☐

Where did you find your bugs?



In the grass _____



On a flower _____



On a tree _____



Under a rock _____



In the soil _____



Other: _____

My favourite bug was...



Draw your favourite bug here!



Other bugs I saw:



Great exploring! You're a brilliant bug detective!



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5. NATURE ART CREATIONS

Collect, create and express!



Use natural treasures to make beautiful art and let your creativity shine!



YOU WILL NEED

- Leaves, flowers, grass, twigs, seeds, pinecones, bark
- Paper or cardboard
- Glue
- Scissors (child-safe)
- Crayons, markers or paint (optional)
- A tray or basket to collect items



WHAT TO DO

- Go outside and collect a variety of natural items.
- Look closely at the shapes, colours and textures.
- Plan your artwork on paper.
- Glue your natural items to create a picture or design.
- Add drawings or colour to make your art come alive!



MOVEMENT & GROSS MOTOR

- Go on a nature walk to collect materials.
- Bend, reach, pick up and sort natural items.
- Use both hands to glue and arrange pieces.



CREATIVE FUN

- Experiment with different materials.
- Create pictures, patterns or 3D designs.
- Let your imagination run wild!



EYFS LINKS

Expressive Arts and Design
Explore and use a variety of materials to create artwork.

Understanding the World
Explore the natural world and talk about the materials we find.

Communication & Language
Describe what you have found and your creations.



EXTENSION IDEAS

- Make a nature collage.
- Create a nature mandala.
- Make greeting cards or bookmarks.
- Display your art and share your ideas!



TIPS

- Respect nature – only take what you need.
- Look for fallen items – leave living plants.
- Try different combinations and have fun!



DISPLAY & SHARE

Show your creations to your family and friends. Celebrate your amazing nature art!



Nature is full of inspiration – create, imagine and enjoy!



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NATURE ART CREATIONS



Collect, create and express!

Use natural treasures to make beautiful art
and let your creativity *shine*!

MY NATURE COLLECTION

Draw or stick the natural items
you collected.

MY ART PLAN

What will you create?
Draw your idea here.

IDEAS & INSPIRATION

PICTURES



PATTERNS



3D DESIGNS



MY MASTERPIECE



Create your nature art here!
Glue your items or draw your final design.

I CAN DESCRIBE MY ART!



I used... ..

I made... ..

My favourite part is... ..

REMEMBER TO:

- ★ Be kind to nature and living things.
- ★ Take only what you need.
- ★ Look for fallen items.
- ★ Respect our environment.
- ★ Have fun and be creative!

I FEEL...

Colour how you feel after creating!



HAPPY



EXCITED



CALM



PROUD



Nature is full of inspiration – create, imagine and enjoy!



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7. NATURE RUBBING ART



Create beautiful patterns using nature!



Use leaves, bark and other natural treasures to make amazing rubbings!



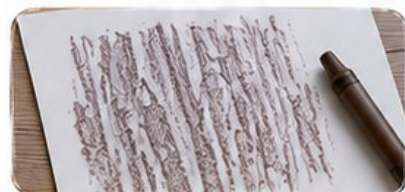
YOU WILL NEED

- Leaves, bark, sticks, pine cones, flowers or other natural items
- White paper
- Crayons or coloured pencils
- Clipboards (optional)



WHAT TO DO

- 1 Go outside and collect natural items.
- 2 Place an item under your paper.
- 3 Hold it in place and gently rub over the top with a crayon.
- 4 Watch the texture and patterns appear!
- 5 Try different items and colours.
- 6 Create your own nature masterpiece!



TALK & LEARN

- What did you choose to rub?
- What patterns can you see?
- Which colours do you like best?
- Can you describe the textures?



MOVE & EXPLORE

- Go on a nature hunt!
- Explore different surfaces.
- Use large arm movements when rubbing.
- Try rubbing on the ground with chalk too!



EYFS LINKS

Understanding the World
Explore, observe and find out about the natural world.

Expressive Arts & Design
Explore and use a variety of materials and textures.

Physical Development
Use tools and equipment safely and with control.

EXTENSION IDEAS

- Make a nature rubbing collage.
- Create a nature rubbing book.
- Try using charcoal on darker paper.



TIPS

- Use the side of the crayon for best results.
- Hold the paper still while you rub.
- Be gentle and take your time.
- Enjoy the patterns and textures!



Nature leaves wonderful marks – explore, create and enjoy!



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5. GIANT SHADOW ART



Use the sun to create amazing art!

Explore shadows, shapes and size as you make giant outdoor art!



YOU WILL NEED

- Chalk or large chalk pastels
- Large toys, containers or natural objects
- Paper (optional – for tracing)
- A sunny day!



WHAT TO DO

- 1 Go outside on a sunny day.
- 2 Place an object on the ground and look at its shadow.
- 3 Use chalk to draw around the shadow.
- 4 Move the object and watch how the shadow changes.
- 5 Try different objects and create lots of shadow outlines!
- 6 Add patterns and colours to turn your shadows into amazing pictures.



TALK & LEARN

- What shape is the shadow?
- How is the shadow different from the object?
- What happens to the shadow when you move it?
- Can you make a shadow bigger or smaller?



MOVE & EXPLORE

- Try making your own shadows with your body!
- Jump, stretch and dance – what shapes can you make?
- Work with a friend to create a giant shadow picture together!



EYFS LINKS

Understanding the World
Explore the natural world and how things work.

Expressive Arts & Design
Explore and use a variety of materials and techniques.

Mathematics
Compare size, shape and position.

EXTENSION IDEAS

- Trace shadows on paper and colour them in.
- Create a shadow story using your outlines.
- Make a gallery of your favourite shadow art.



TIPS

- Best time is when the sun is bright.
- Try in the morning or late afternoon for longer shadows.
- Encourage children to be creative and experiment!



Shadows are magic – create, explore and enjoy!



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5. GIANT SHADOW ART

Shadow Challenge Cards

Go outside on a sunny day and use the sun to create giant shadows! Choose a card, find the object and draw its shadow with chalk.

TIP

Try different objects, move them around and see how the shadow changes!



CHALLENGE:



Draw the shadow of a teddy bear.

CHALLENGE:



Draw the shadow of a chair.

CHALLENGE:



Draw the shadow of a ball.

CHALLENGE:



Draw the shadow of a toy truck.

CHALLENGE:



Draw the shadow of a plant.

CHALLENGE:



Draw the shadow of a watering can.

CHALLENGE:



Draw the shadow of a scooter.

CHALLENGE:



Draw the shadow of a dinosaur.

CHALLENGE:



Draw the shadow of a hoop.

CHALLENGE:



Draw the shadow of a bucket.

CHALLENGE:



Draw the shadow of a big leaf.

CHALLENGE:



Draw the shadow of your body!



Be creative, have fun and see how big your shadows can be!



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8. NATURE SOUND EXPLORERS



Listen, explore and make some music!

Use natural items to create sounds and enjoy a nature music adventure!



YOU WILL NEED

- Leaves
- Sticks
- Pine cones
- Seeds or pods
- Rocks
- Flowers
- Tin cans or containers
- Water (optional)



WHAT TO DO

- 1 Go outside and collect different natural items.
- 2 Explore the items and think about how they could make a sound.
- 3 Tap, shake, scrape or rustle the items.
- 4 Try different ways to change the sounds.
- 5 Make your own nature band!
- 6 Have a go at creating a song together.



TALK & LEARN

- Which item made the loudest sound?
- Which item made a soft sound?
- How did you make different sounds?
- Can you copy the sounds of rain, wind or birds?



MOVE & EXPLORE

- March to the beat of your music.
- Dance like the wind or the rain.
- Play quietly like a whisper.
- Play loudly like a thunderstorm!



EYFS LINKS

Understanding the World
Explore the natural world and make observations.

Expressive Arts & Design
Explore sounds and music using natural materials.

Communication & Language
Listen, talk about sounds and share ideas.

Physical Development
Use hands and body to create and control sounds.



EXTENSION IDEAS

- Record your nature band with a tablet or phone.
- Create a nature sound story.
- Make instruments using bigger sticks or hollow containers.



TIPS

- Be gentle with nature and take only what you need.
- Listen carefully to the different sounds.
- Encourage children to experiment and be creative!



I CAN DESCRIBE THE SOUNDS I MADE!



The loudest sound was



The softest sound was



My favourite sound was

I FEEL...

Colour how you feel after making music!



HAPPY



EXCITED



CALM



PROUD



Nature has so many sounds – go explore, listen and create!



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NATURE COLLECTION CHECKLIST



Let's go on a nature hunt!



Can you find all of these natural treasures?
Tick each one as you collect it in your basket or bag.
What else can you find?



Leaf

☐

Flower

☐

Grass

☐

Stick

☐

Pinecone

☐

Feather

☐

Stone

☐

Bark

☐

Seed

☐

Twig

☐

What else
did you find?



Great job, nature explorer!
You've found some amazing treasures!



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6. SUMMER NATURE CROWNS

Collect, create and parade!

Collect natural treasures, make your own crown and parade around pretending to be woodland kings, queens and fairies!



YOU WILL NEED:

- Paper crown template (see below)
- Natural treasures (leaves, flowers, grass, twigs, pinecones etc.)
- Child-safe glue or glue sticks
- Scissors
- Crayons or markers (optional)



HOW TO DO IT:

1



NATURE HUNT

Explore outside and collect leaves, flowers, twigs, grass and other natural treasures.

2



MAKE YOUR CROWN

Glue your treasures onto your paper crown. Add as many as you like!

3

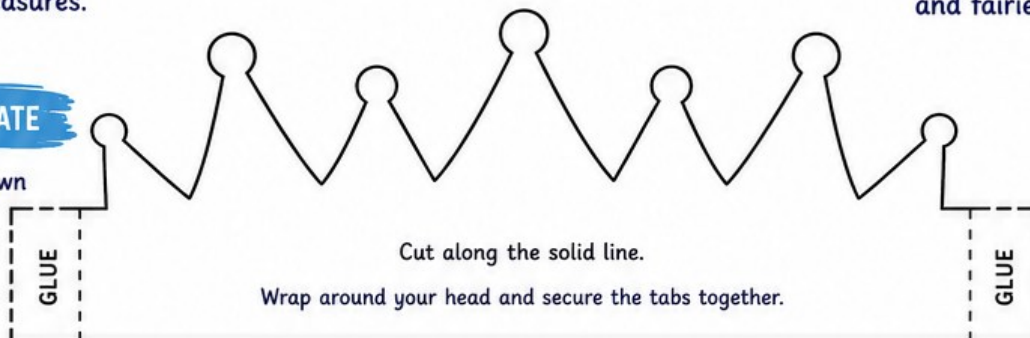


PARADE AND PLAY

Put on your crown and parade around! Pretend to be woodland kings, queens and fairies.

CROWN TEMPLATE

Decorate your crown first if you like, then cut it out.



Cut along the solid line.

Wrap around your head and secure the tabs together.

THIS ACTIVITY HELPS CHILDREN TO:



Explore and connect with nature



Develop fine motor skills and creativity



Build confidence through imaginative play and movement



Encourage self-expression and storytelling



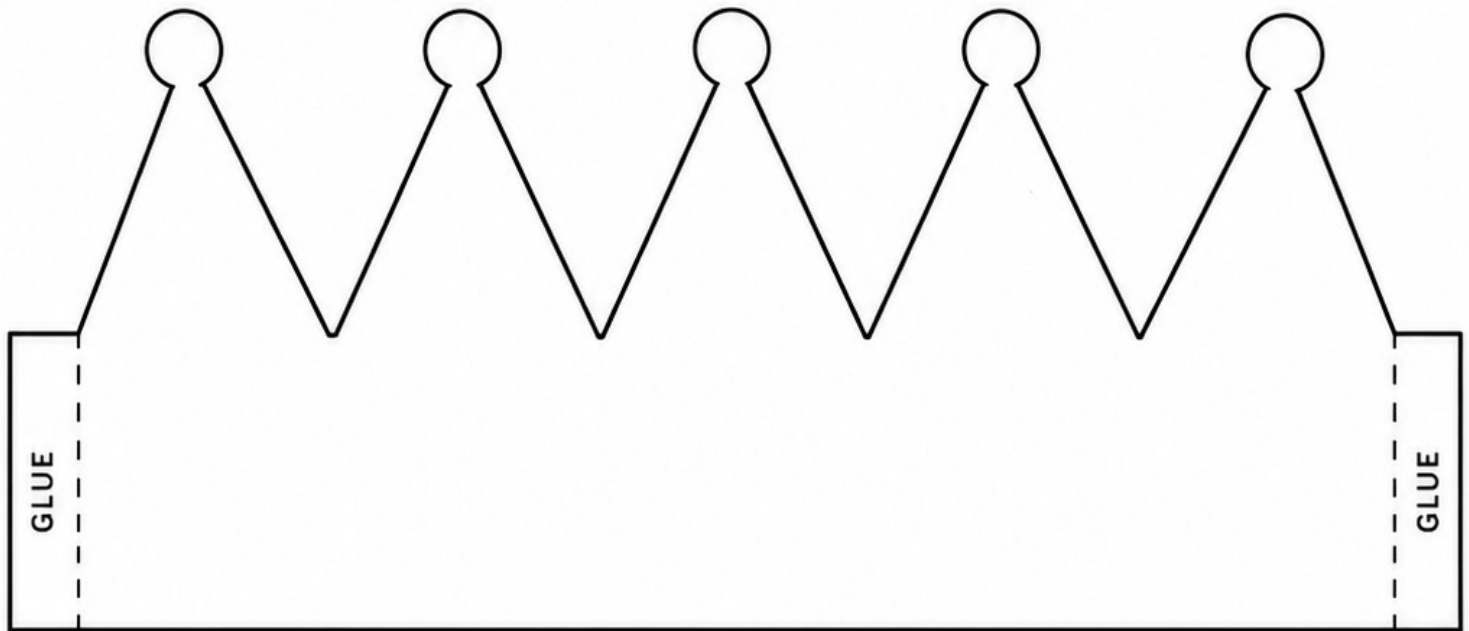
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SUMMER NATURE CROWN

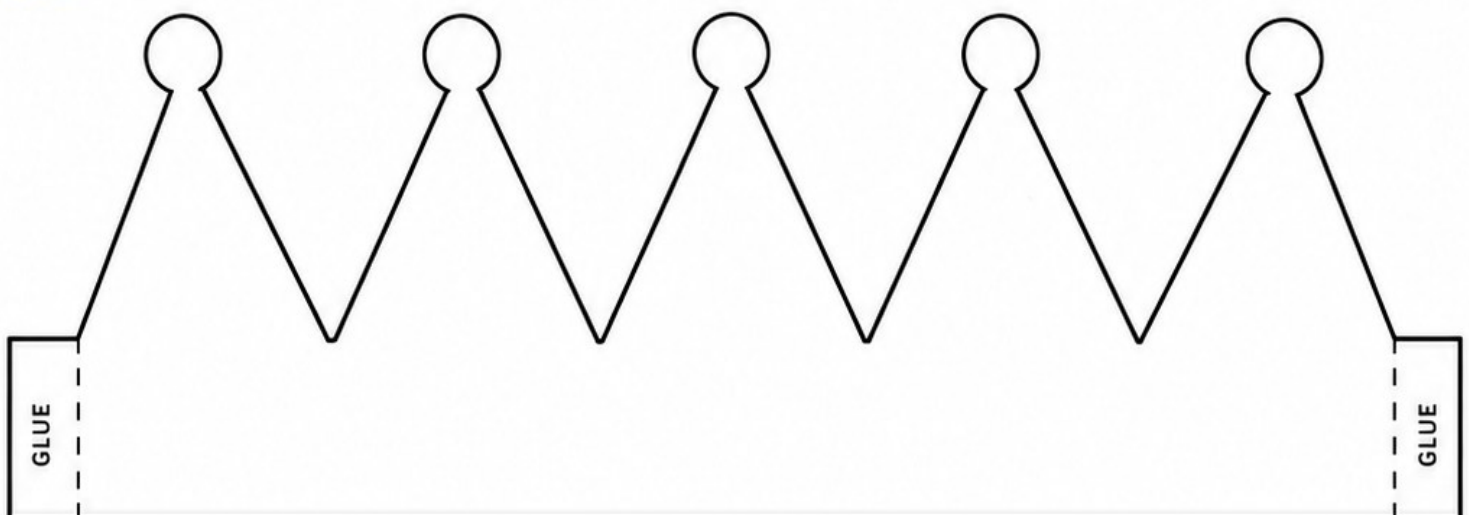


Decorate your crown with natural treasures!



INSTRUCTIONS:

- 1 Decorate your crown using glue and your natural treasures.
- 2 Colour your crown if you like.
- 3 Cut along the outer solid line.
- 4 Wrap the crown around your head.
- 5 Secure the tabs together with glue or tape.



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