

Wanderlust Child Nature Study: Autumn

Inspiring the next generation of explorers,
adventurers and scientists.



AUTUMN

Autumn Bucket List

- Go apple picking
- Visit a corn maze
- Make an Autumn wreath
- Drink hot chocolate
- Bake apple pie
- Set up an autumn small world scene
- Display sunflowers in a vase
- Create a cosy den
- Drink warm apple juice
- Carve a pumpkin
- Go to a pumpkin patch
- Play hide and seek with glow sticks
- Jump in a pile of leaves
- Go on a walk in the rain
- Make leaf shaped biscuits
- Make a pine cone bird feeder
- Rake the leaves up
- Go on an autumn treasure hunt

RECIPES TO TRY

Apple Pie
 Pumpkin Soup
 Stews
 Corn on the cob cooked on the fire
 Mushroom Risotto
 Slow Cooker Beef Goulash
 Vegetable Tray Bake
 Hot Chocolate
 S'mores

Nature Shelf



Book Ideas

1 2 3 A walk in the countryside, Rosalind Beardshaw

Tree: Seasons come, seasons go.

Patricia Hegarty, Britta Teckentrup

A stroll through the seasons, Kay Barnham,
Maddie Frost

The Gruffalo, Julia Donaldson, Axel Scheffler

Nature's day, Kay Maguire, Danielle Kroll

Artist of the season

Andy Goldsworthy and his wonderful land art



AUTUMN

FACT SHEET

In the northern hemisphere Autumn usually begins on September 21st, 22nd or 23rd. In Autumn you will notice that the leaves on the trees start to change colour but only on some trees. There are two types of trees deciduous and evergreens. Deciduous tree leaves change colour but evergreens do not. The leaves change colour due to a lack of food. Leaves contain chlorophyll which make the leaves green. They also contain xanthophyll which make the leaves look yellow and carotene which make the leaves look orange. During the spring and summer the leaves look green because photosynthesis is occurring. Photosynthesis is the process on how the leaf gets food and water. The chlorophyll gets light from the sun and water from the ground, turns it into food and stores it in the leaf. During the fall the days get shorter and the chlorophyll cannot get enough light from the sun needed to make food. The leaf lives off the stored food and starts to lose chlorophyll and their green colour. When the chlorophyll leaves the leaf the yellow and orange colours start to show. When all the stored food is used up the leaf dies, turns brown and falls from the tree.





AUTUMN

FACT SHEET

For much of the UK wildlife Autumn is a time for slowing down and preparation for the long winter ahead.

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Migrate: Some animals, such as birds and butterflies, fly to a warmer place in the winter to live and find food. ...

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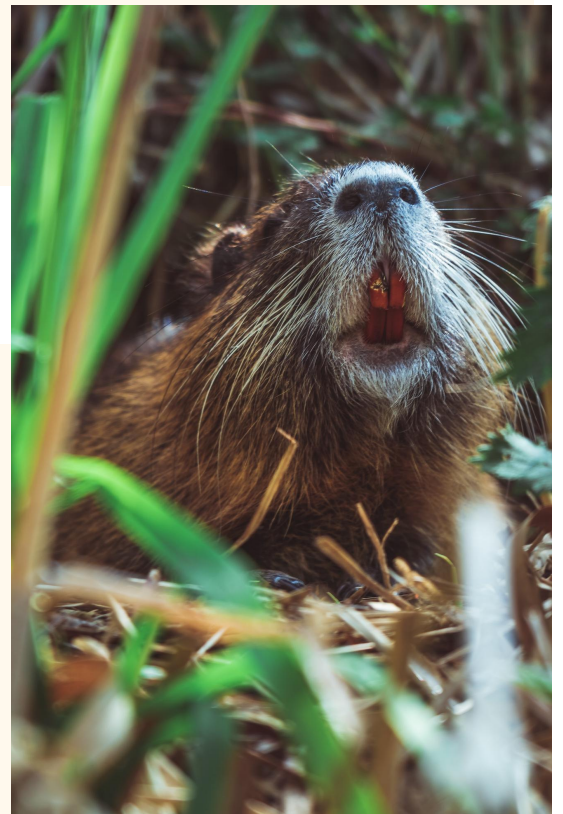
Grow a warmer coat: Animals such as rabbits grow thicker fur in the winter to keep warm. ...

Gather extra food. Squirrels: mice and beavers stock up on food during the fall.

Why not keep a look out for some rare wildlife this Autumn?

Beavers are amazing at building dams but sadly they became extinct in the UK in the 16th Century. The Wildlife Trust is trialling re-introducing these back into the UK wet lands. The beavers enjoy eating trees and aquatic plants and if you look closely in some parts of the UK you will see them out and about towards the end of the summer as they make their way to more woodland habitats. Devon is a great place to see them!

At the end of the Autumn large numbers of salmon fish can be seen navigating their way back down the rivers to the water they were born in. This is known in the UK as The Great Atlantic salmon run.





AUTUMN

CURIOSITY PICTURE

Use this picture as a starting point to find out what your children know already about Autumn? Here are some prompts to help with your sustained shared thinking together.

Show the children this picture and ask them what it shows?

What do they know already about this time of the year?

Why are the leaves not all green?

Do we get purple leaves?

I wonder why the leaves fall off the trees?

Will the trees grow more leaves?

What happens in Autumn?

Where do the animals go?





WEEK 1: OWLS

NATURE WALK



Go for an evening walk through the woods and listen for owls and bats. Owls are more easily spotted at dawn and dusk as their nocturnal animals. A moon lit night is always a wonderful time for owling. Before you head out on your walk why not listen to some owl calls on the internet so you know what to listen out for. It might be handy to take some binoculars with you as well.

SELF CARE



Write down 5 moments this week that you're grateful for.

RECIPES TO TRY



Owl Looking Pancakes

Why not decorate your pancakes to look like owls? Using slices of banana to create some eyes with a blueberry in the middle for the pupils. Then slice some strawberries in half to make the wings.

GARDEN JOBS



Plant spring flowering bulbs now in your flower garden. Daffodils and Crocus flowers look beautiful in early spring.

PROVISION



Hook: Set up a bird provocation with a collection of bird information books and stories, feathers, photos of owls and examples of birds nests. Record the children's questions and curiosities around owls and display these.

Provide a tray for children to make marks in with the feathers.

Set up a British woodland small world scene with pine cones, acorns, rocks, mosses, foxes, deer, squirrels, hedgehogs, badgers, mice and rabbits.

Send home bird spotter sheets so that children can join in with this when not in the setting and create home- setting links.

COLLECT



Feathers

BOOK IDEAS



Owl babies by Martin Waddell
RSPB Birds of Britain and Europe
National Trust: Out and About Bird Spotter - A children's guide to over 100 different birds
RSPB My First Book of Garden Birds
My First Book of Birds
The Big Book of Birds by Yuval Zommer





WEEK 1: OWLS

FACT SHEET

How many owls?

There are over 200 different types of owl around the world. There are 5 species of owl in the Britain; Barn owl, Tawny owl, Little owl, Short-eared owl and Long-eared owl. The numbers of these beautiful birds are decreasing with the Barn Owl in particular getting spotted less and less.

This is due to over farming and less rough grassland to hunt food in.



What do Owls like to eat?

Insects, voles, mice and rats. These are eaten whole and then the owl coughs up the bones and fur and eats it again.

When are we most likely to see an owl?

Owls are nocturnal (active at night) and we are most likely to spot them at dusk hunting for food or making their call. The owl is very quiet in flight compared to other birds of prey.

The owl's appearance

The colour of the owl's feathers helps it to stay camouflaged in the environment. The feathers are also very soft to make it so quiet when in flight.

Although owls have binocular vision, their large eyes are fixed in their sockets—as are those of most other birds—so they must turn their entire heads to change views. Luckily most owls can turn their heads 270 degrees!



Five little owls,
On a branch by the shore,
A squirrel scampered by,
And then there were four.



Four little owls,
Perched high up in a tree,
The wind shook one off,
And then there were three.



Three little owls,
With nothing fun to do,
One got very bored,
And then there were two.



Two little owls,
Just having some fun,
A bear came along,
And then there was one.



One little owl,
Winked at the setting sun,
Flew into the forest,
And then there were none.



WEEK 2: APPLES

NATURE WALK



Go on a walk around your local area and look out for apples growing on the trees. If possible can you take a visit to an orchard?

SELF CARE



Enjoy a candle lit bath.

RECIPES TO TRY



Enjoy warm apple juice as an autumn picnic drink.

GARDEN JOBS



Check your crops for harvesting

Pull any leaves off your pumpkins to help them be ready for the end of October

PROVISION



Hook: Set up an apple investigation station with a few varieties of apples to observe. Slice some apples into halves and quarters and provide magnifying glasses to help children look more closely at the seeds.

Encourage children to record their observations in their nature journal.

Why not have a go at printing with apples and explore what patterns you can make?

Set up a small world farm and discuss harvesting.

COLLECT



Different types of apples
How many different types
can you discover?

BOOK IDEAS



Apples, Apples Everywhere!: Learning About Apple Harvests
(Autumn)
by Robin Koontz

Orange Pear Apple Bear by
Eily Gravett

Hello, World! How Do Apples Grow? By Jill McDonald





WEEK 2: APPLES

FACT SHEET

Apples are fruits which are ripe and ready to be eaten in the autumn.

Apples grow on trees and start off from flowers.

Apple trees are covered in white blossom in spring.

Apple trees need to have their flowers pollinated if any fruits are going to develop. Bees and butterflies are the very important helpers here. As the bees and butterflies fly from plant to plant collecting nectar to eat, they also take pollen from one plant to another.

When pollen arrives from another plant it fertilises the egg cells in the receiving plant, and these egg cells grow into seeds. The seeds are protected inside a fruit, which grow and ripen in the autumn – and that's the apple!

There are over 7000 different types of apple around the world. In the UK we have around 2500!





WEEK 2: APPLES

Apple Visualization

Lay down on the grass under a tree and close your eyes or find a spot to gently focus your eyes on. You could always try this inside too.

Close your eyes and be very still as you feel the warmth of the late Autumn sun on your skin. The rays of sun are making your muscles relax and you notice how soft the grass feels under you. As the sun shines its rays onto your face it makes your eyes relaxed, your nose and cheeks relax and your mouth is still.

You can hear the sounds of the birds singing happily in the trees and the leaves are making a gentle rustle as they blow in the wind.

The apples are also growing on the tree and the sun is turning them a lovely green. You imagine biting into a delicious juicy apple and how good it tastes.

You feel so peaceful as you rest here. Tell your self 'I am relaxed'

Apple Song

Play a singing circle game to the tune of "Here We Go Round the Mulberry Bush."

Children skip in a circle, holding hands, while singing the first verse.

Verse 1: Here we go round the apple tree, The apple tree, the apple tree. Here we go round the apple tree, So early in the morning.

Verse 2: This is the way we plant the seeds.

Verse 3: This is the way the little seed sprouts.

Verse 4: This is the way it grows to a tree.

Verse 5: This is the way the flowers blossom.

Verse 6: This is the way the apples grow.

Verse 7: This is the way the apples are picked.



WEEK 3: MUSHROOMS

NATURE WALK



Take a walk into your local woodland area and look out for some mushrooms growing on the base of the trees. Mushrooms have all got different smells. Some are sweet, some smell rotten. Look for evidence of other creatures eating the mushrooms. Just remember not to touch them as they could be poisonous!

SELF CARE



Unplug from technology for 3 hours this week.

RECIPES TO TRY



Flatbread pizza topped with mushrooms

GARDEN JOBS



Spring cabbages and spinach can be sown now for pickings next spring.

PROVISION



Hook: Take a visit to a supermarket and look for mushrooms. What do the children know about these? Where do they grow?

Create observational drawings of mushrooms. Trying to capture the details on the mushrooms.

Create a mould garden by adding a piece of bread, a pine apple chunk and a tomato in a mason jar. Add a clingfilm lid and attach with a rubber band and then observe and document what changes happen.

Create a fairy garden in your outdoor area.

Create some observational mushrooms out of clay.

COLLECT



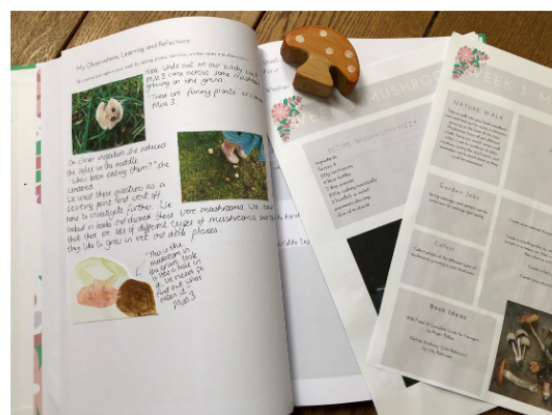
Collect photos of the different types of mushrooms growing in your local area.

BOOK IDEAS



Wild Food: A Complete Guide for Foragers
by Roger Phillips

Nature Anatomy (Julia Rothman)
by Julia Rothman





WEEK 3: MUSHROOMS

FACT SHEET

The fungus kingdom is large and diverse with around 1.5 million species. As well as some of the more characteristic woodland toadstools, it includes microorganisms such as yeasts and moulds. They come in all shapes and sizes from being tiny to almost the same size as your head.

Some mushrooms are edible and some are poisonous. Always check!.

·Penicillin is made from the blue mould, *Penicillium*. ...

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Fungus is also used to make cheese.

A fungus grows by breaking down organic matter. In a lawn, that organic material could be buried timber, a stump, or tree or shrub roots that remain underground after plants have been removed. The increased rainfall in Autumn can cause more mushroom growth.





WEEK 3: MUSHROOMS

RECIPE- MUSHROOM PIZZA

Ingredients

Serves: 4

00g mushrooms

4 flour tortillas

2 tbsp passata

200g cooking mozzarella

2 handfuls or rocket

parmesan shavings

olive oil to drizzle



Method

1. Preheat the oven to 200°C/fan180°C/gas 6. Heat a glug of olive oil in a pan over a medium heat. Season the mushrooms, sliced, then fry until golden. Set aside.

2. Put the tortillas on 2 baking sheets. Spread each tortilla with 2 tbsp passata, then top with the mozzarella, cubed, and scatter over the mushrooms. Cook for 12 minutes or until the base is crisp and the cheese bubbles. Top rocket, parmesan shavings and a drizzle of olive oil, then serve.



WEEK 3: MUSHROOMS

CREATE A FAIRY GARDEN

What do you need?

1. Something to build your garden in. This could be a pot, raised bed, wheel barrow or even on a small scale in a mason jar.

2. A home

3. Glass beads

4. Mirrors for water

5. Pebbles

6. Stones

7. Grass and mosses

8. Plants that children can grow

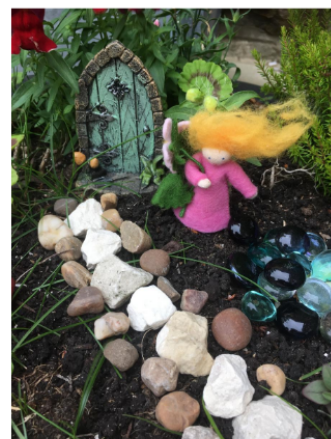
9. Toadstools

10. Fairy door

11. Lolly pop sticks for fencing and bridges

12. Accessories like benches, mini tool sets, tea sets...

3. Sign posts



1. Consider what you could use to make the foundations of your fairy garden, This could be a wheel barrow, pot, bird bath, base of a tree, raised bed or even a jam jar or tea cup.

2. Provide a provocation to introduce it to the children. Perhaps a fair door could arrive on the wall of your setting with a letter to say the fairies are looking for a new home. YOU NEED A SPARK.

3. Encourage, model and provide resources so that children can write to the fairies and receive letters back. You might want a post box, small notepads.

4. Ask children what the fairies might need for their new home? What do we know about them? Make a list.

5. Ask the children to design a new home and fairy garden. What could they use for their home? An upturned small pot decorated, a pre made house, a bird house?

6. Visit gardens, allotments, woodland and garden centres for inspiration.

7. Don't rush the process and make sure all the children are fully involved and leading this.

8. Begin resourcing the things that are needed to create this. Recycled and painted bird boxes, scented flowers and herbs, water features, vegetable patch.

9. Once this is set up the fairies can move in. Again this lets the children write to them to let them know. You might decide to plan a fairy tea party, make new home cards.

10. Once children have had the chance for free play in the garden with the fairies you can then continue the interest by sending challenges. Or problems for children to solve. Perhaps a fairy has heard that Cracker the Dragon is coming or that there is going to be a big storm. What can the children do to help.



WEEK 4: LEAVES

NATURE WALK



Take a walk around your local area and tell the children that they will be leaf peepers! Looking for signs of the leaves changing colour and documenting this in their journals.

SELF CARE



Bake something as a gift for someone else.

RECIPES TO TRY



Why not make a mixed leaf salad picked from your garden or local market stall?

GARDEN JOBS



Net ponds up now to stop Autumn leaves falling in.

Start collecting up any fallen leaves. Don't forget to jump in these too!

PROVISION



Hook: Go on a crunchy leaf walk and spend time pausing to notice the leaves.

Add silk leaves and artificial foliage to your block play.

Provide garden equipment outside to help children sweep up and collect the fallen leaves in your grounds.

Make some prints with your leaves in paint and talk about the textures and parts of the leaf.

See if you can find any leaves that float in puddles.

Add real leaves to your small world scenes.

Create Autumn leaf lanterns to light a dull day.

Add leaves and autumn treasures to your playdough and clay.

COLLECT



Develop a collection of different coloured leaves and types. Make your own leaf spotter chart to help others.

BOOK IDEAS



Sweep by Louise Greig

Tree: Seasons Come, Seasons Go by Patricia Hegarty

Leaf Man by Lois Ehler

Going on a Leaf Hunt by Steve Metzger

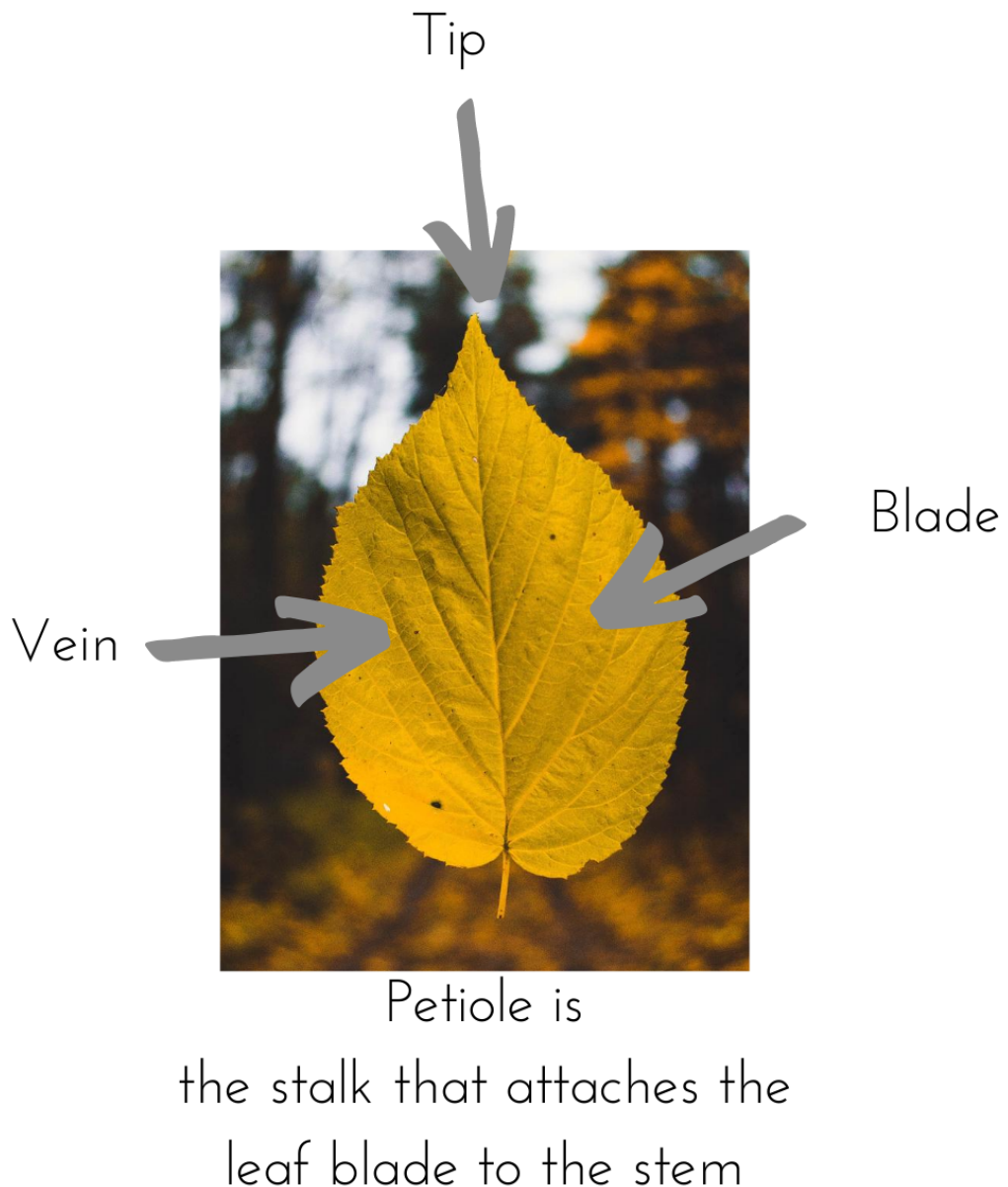
Red Leaf, Yellow Leaf by Lois Ehlert





WEEK 4: LEAVES

FACT SHEET



A leaf is a flat, thin plant organ that uses the sun to make its own food. In general leaves are green and use the chemical called chlorophyll to trap energy from the sun. This process is known as Photosynthesis. The energy is used to combine water from the soil and carbon dioxide gas from the air to make sugar. Oxygen is released during this process a process called Respiration. The leaf acts almost like a solar panel for attracting energy from the sun. Leaves are prominent in the human diet as leaf vegetables like lettuce. Most leaves are flat to increase absorption from the sun although this is not always the case. The main flat area is called the blade.



WEEK 4: LEAVES

LEAF LANTERN

Materials:

A selection of different coloured and types of leaves (smaller ones work best)

PVA Glue

Glue Spreader

Greaseproof paper

LED Candle

Stapler



Method

1. Collect a variety of small leaves and dry these out between layers of newspaper for 2- 3 days. Don't leave them wet in a bag or they might go mouldy!
2. Cut off a long slice of grease proof paper and use the PVA glue to stick your leaves onto it.
3. Once your leaves are dry and stuck on staple your grease proof paper in a together (like a crown).
4. Place an LED candle in the middle and display on a sideboard or table. Giving a beautiful Autumn glow to your learning environment.



WEEK 4: LEAVES

AUTUMN LEAVES TO THE TUNE
OF LONDON BRIDGE

Autumn leaves are falling down, Falling down,
falling down, Autumn leaves are falling down.
On the ground.

Find a broom and start to sweep, Start to
sweep, start to sweep, Find a broom and start to
sweep, start to sweep.

Make them in a great big heap, A great big
heap, a great big heap, make them in a great
big heap, on the ground.

But here comes the wind to blow them round,
Blow them round, blow them round, Here comes
the wind to blow them round, on the ground.
(repeat as many times as you like!)





WEEK 5: STICKS

NATURE WALK



Get outside and see how many different sticks you can collect. You could even have a game of Pooh Sticks.

SELF CARE



Find a place of water to admire. Write down all the things that make it wonderful and calming.

RECIPES TO TRY



Work as a team to collect sticks to make a camp fire. then enjoy some smores or marshmallows together with a mug of hot chocolate.

GARDEN JOBS



Plant bulbs. Anything from snowdrops to hyacinths and garlic can be planted during October..

COLLECT



Develop a collection of different coloured leaves and types. Make your own leaf spotter chart to help others.

PROVISION



Hook: Build a den using collected sticks.

Paint your sticks white and wait for them to dry. Then add some coloured spots on these and display in a vase.

Bundle your sticks into piles of 10 and practice counting in groups of 10.

See what shapes you can create with your sticks on the ground.

Create a stick centre in your provision with wooden pegs, sticks, lolly pop sticks, craft sticks and dolly pegs. T

Wrap some bands around your sticks and attach the things you collect to it.

Make a magical wand with your stick

Add some sticks to your woodland kitchen area and see how the children use their imagination.

BOOK IDEAS



Stick Man by Julia Donaldson

Stanley's Stick by Neal Layton

The Stick Book: Loads of things you can make or do with a stick (Going Wild) by Fiona Danks

Not A Stick by Antoinette Portis





WEEK 5: STICKS

Little children love to explore leaves, stick, petals, shells and even slugs and snails... much to our delight! These natural fascinations invite us to discreetly support and teach mathematical ideas and concepts through our careful interactions. The photo above shows a child exploring a bag of shells she had collected on a recent visit to the sea side. She spent large amounts of focussed time counting the shells, lining them up and exploring the patterns, ordering them by size and even adding them to the balance scales to compare weight. On discovery of the picnic blanket outside and with the support of the practitioner she made a link between the 100 squares she had seen inside and creating her own. She later on to use a blank number line and used her knowledge of counting in 5's and 10's to assign a shell to each number. The observations and learning going on here were a practitioners dream and no pre planned activity would have sustained such a high level of involvement and wellbeing. This fantastic exploration of natural Maths could only happen in a setting that;

1. Values the importance of child initiated learning.
2. Planned the day to allow for large amounts of uninterrupted child led learning.
3. Practitioners have a strong subject knowledge of how to support learning and move it onto the next step.
4. Resourced and organised the outdoor provision with open ended natural resources.

Resources that are necessary to ensure high quality maths learning;

- Blank wooden number lines
- Wooden number lines with numbers on
- Bamboo sorting trays
- Blank grids (picnic blankets, google images of grids, garden trellis)
- Weighing scales
- Balance scales
- Wooden numerals
- Natural objects; stones, shells, pine cones, leaves, acorns...
- Number books
- Mark making tools and paper freely accessible to invite children to record their thinking down.

These resources were all organised and labelled in an outdoor shed that could be opened and made accessible to all children as part of their continuous outdoor provision.





WEEK 4: LEAVES

Have a go at making some natural paint brushes.

Collect some sticks and then tape some different materials to the end of your stick and have a go at painting.

We love grasses, feathers, moss, flower petals... what will you try?





WEEK 6: SPIDERS

NATURE WALK



Head into the outdoors early in the morning and look out for spider webs. Use a digital camera to take photos of these.

SELF CARE



Decorate your home with Autumn foliage and bridge the connection between outdoors and inside.

RECIPES TO TRY



Create some spider decorated biscuits!
Decorate a digestive cookie as a spider by sticking on chocolate buttons for the body and creating legs by piping on melted chocolate.

GARDEN JOBS



Harvest beans, pumpkins, squash and peas before the first frost.

Although it's tempting to rake up all the garden leaves try and leave some. The leaves will naturally decompose and form a natural mulch and help fertilize the soil.

COLLECT



Make different collections of 8 by going on a walk and providing each child with a treasure box/bag to find 8 of the same item..

PROVISION



Hook: Provide a range of loose parts and photos of spiders to allow children the opportunity to create their own representations of them.

In your malleable area make some black coloured playdough with your children and include books or photos of spiders, pipe cleaners, googly eyes, string, wooden numerals and numicon plates to allow children to explore the number 8.

Add some piping to your outside area or water play along with some toy spiders so children can sing and re-tell Incy Wincy Spider.

Provide black sugar paper and white crayons along with photos of webs to inspire children to create their own web representations.

Collect some branches from outside, drape some pretend cobwebs and fairy lights and add some pretend spiders for an area of curiosity.

BOOK IDEAS



Spiders by Rebecca Gilpin
Walter's Wonderful Web by Tim Hopgood
The Very Busy Spider by Eric Carle
Spinderella by Julia Donaldson and Sebastien Braun





WEEK 6: SPIDERS



There are over 650 types of spider in the UK.

Spiders all have 8 legs and many of them have 8 eyes too.

Spiders make webs by spinning the silk they make from the glands in their stomachs. This is very sticky, stretchy and strong and for about a day and can be used to catch insects to eat. Although some spiders pounce on their prey to catch it.

During September/ October is spider mating season so you might notice more spiders around (or in your bath!) as they look for a partner.



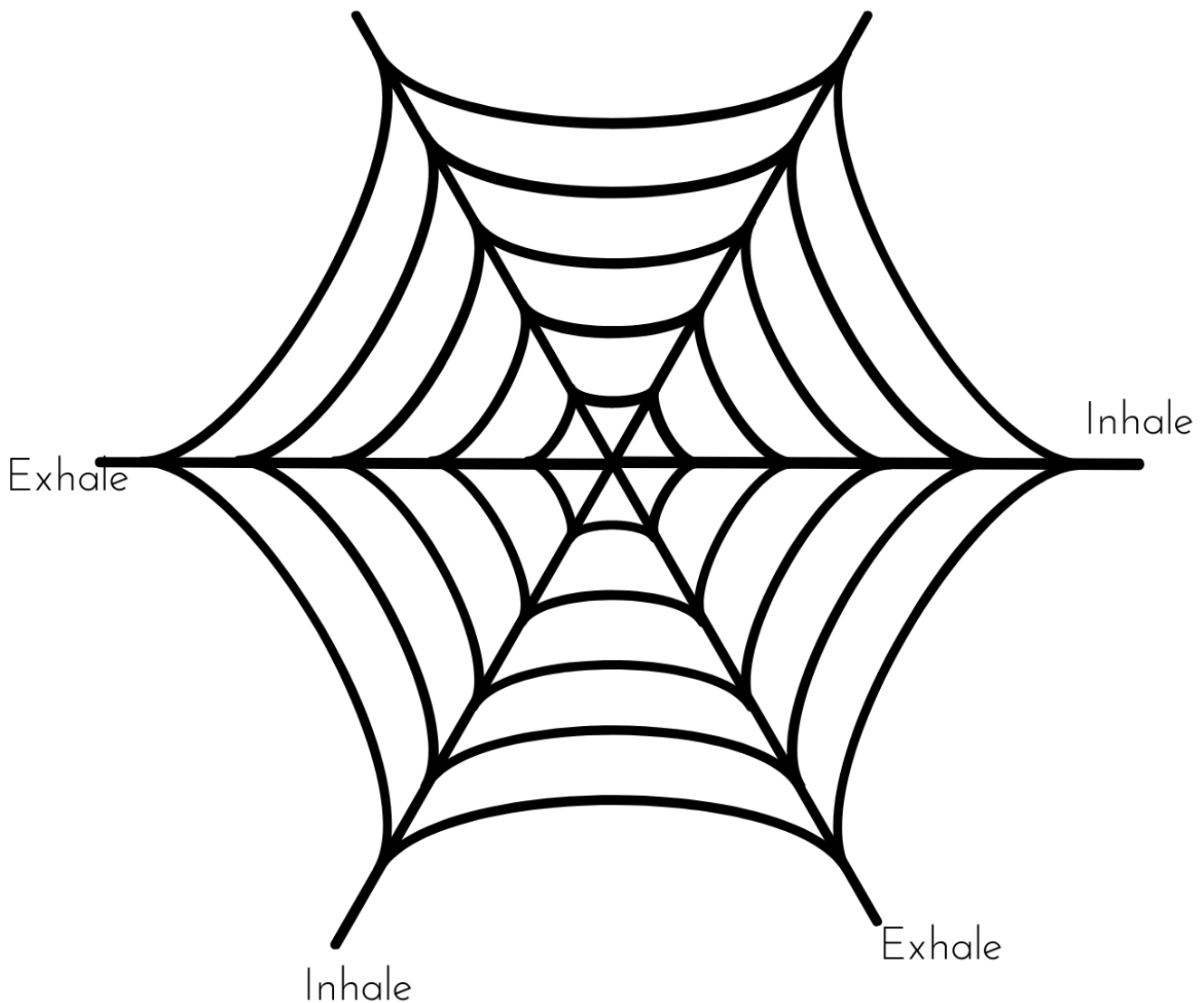
WEEK 6: SPIDERS

To slow breathing down provide the children with a copy of this web. As they breath in trace with their finger along the edge of the web to exhale. Repeat.



Inhale

Exhale





WEEK 7: PUMPKINS

NATURE WALK



Go out for a nature walk at different times of the day. How about late afternoon and notice the changes in the day and the way going outside brings more energy.

SELF CARE



Decorate your home with Autumn foliage and bridge the connection between outdoors and inside.

RECIPES TO TRY



Make pumpkin and apple muffins.
See recipe on later sheet.

GARDEN JOBS



Harvest beans, pumpkins, squash and peas before the first frost.

Although it's tempting to rake up all the garden leaves try and leave some. The leaves will naturally decompose and form a natural mulch and help fertilize the soil.

COLLECT



Beechnuts, Leaves, Twigs,
Blackberries, Sunflowers,
Crab Apples, Rosehips, Ferns,
Conkers, Pine Cones, Herbs

PROVISION



Hook: Mark make what you're thankful for on a large pumpkin

Offer different types of decorations to use with your pumpkin; paint, feathers, jewels

Visit a pumpkin patch and choose your own pumpkin for the setting.

Provide a range of different sized squash and pumpkins, wooden numbers, numicon plates, weighing scales and paper for children to record their own explorations on.

BOOK IDEAS



Pumpkin Soup by Helen Cooper
Pattan's Pumpkin: An Indian Flood Story by Chitra Soundar
Five Little Pumpkins by Ben Mantle
Peppa Pig: Peppa's Pumpkin Party





WEEK 7: PUMPKINS



Pumpkin is a fruit, not a vegetable.

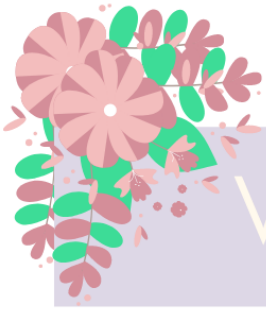
Most pumpkins are orange.

They grow on all continents except on Antarctica.

Almost all parts of a pumpkin are edible.

Pumpkins were once used to cure snake bites and remove freckles.

The largest pumpkin ever recorded weighed in at 2,624.6 pounds on October 9, 2016, in Germany.



WEEK 7: PUMPKINS

Create an autumn entrance to your school, setting or home with the things you've collected and harvested. Showing everyone how much you embrace the season and for things to be curious about.





WEEK 7: PUMPKINS

Ingredients

2 cup flour whole wheat
3/4 cup sugar
1 teaspoon baking soda
1 teaspoon baking powder
2 large egg
15 ounce pumpkin flesh
1/2 cup olive oil
cup
quartered or chopped apple
16 standard cupcake liners

Instructions

Preheat oven to 350 degrees
Chop apples (will need 1 cup)
Mix flour, sugar, baking soda and baking powder in large mixing bowl. Set aside.
Beat eggs in separate bowl.
Mix in pumpkin flesh and oil.
Fold wet ingredients into dry ingredients until just combined. Do not overmix. Fold in
chopped apple.
Line muffin pan with baking cups.
Fill each muffin cup 3/4 full and bake 25-30 minutes, or until toothpick inserted in
muffin comes out clean.





WEEK 8: HEDGEHOGS

NATURE WALK



Check the weather charts with the children and talk about the temperature outside and what clothes are needed.

SELF CARE



Enjoy a warm drink outside or on your door step.

RECIPES TO TRY



Bake a hearty vegetable stew with the children and serve with home baked bread.

GARDEN JOBS



Prune climbing plants like roses.

This is the perfect time to plant new hedges or move trees and shrubs.

PROVISION



Hooks: Take a look at some photos of hedgehogs and talk about how you could make your own? Perhaps offer clay and twigs and see how the children use it.

Make a hedgehog home outside with fallen dried leaves and a wooden shelter.

Explore the texture of different materials and what happens in the paint when you print. Can you find anything that will make the spines of the hedgehog?

Make your own cosy den inside with books about autumn, hibernation. Why not add a tablet to the area and set it to playing some woodland animal sounds.

COLLECT



How many different shades of brown can you find outside? Twigs, leaves, bark? Compare the shades with a colour sample chart.

BOOK IDEAS



The Very Helpful Hedgehog
by Rosie Wellesley
It was a Cold Dark Night:
by Tim Hopgood and Collins Big Cat





WEEK 8: HEDGEHOGS



Hedgehogs in the UK are depleting rapidly in numbers and have for the first time fallen below 1 million.

In the wild hedgehogs typically live for 2-5 years

An Adult hedgehog has around 7000 spines which help it stay safe. Dogs, foxes and some owls are a danger to hedgehogs. When a hedgehog is scared or in danger it will curl up into a ball to protect itself.

Hedgehogs are nocturnal and come out at night.

Hedgehogs like to eat slugs, snails, caterpillars, beetles and earthworms.



WEEK 8: HEDGEHOGS

Autumn Stories

Listen to the stories children make up while you're outside or when they're working in provision and record these down in your nature journal. Record down exactly how the children tell the story and use their words. You could read these out and re-tell these to the group and make up your own seasonal story collection. Why not ask the children to create illustrations for the story too!





WEEK 9: FIRE

NATURE WALK

Go for a walk in the mist and take some torches with you. Talk about the headlights on the car and how we can stay safe when travelling around or darker foggy days.

SELF CARE

Take photos of the season while on an Autumn walk.

RECIPES TO TRY

A lovely treat at this time of the year and to have on bonfire night is a Parkin cake. This is a sticky ginger cake and it's delicious. See the fact sheet on how to make it.

GARDEN JOBS

Plant some Autumn garlic

Harvest parsnips before the first frost.

COLLECT

Collect photos of foggy weather

PROVISION

Hooks: Set up a small world house scene with a bonfire. Add in a fire engine and small world characters.

Watch a video about the fires in the Amazon rainforest and talk about what is causing these.

Make a papier mache volcano and create a red potion using food colouring, bio- carbonate of soda and vinegar to re-create the eruption.

Share the fire safety rules welephant
Create your own representations of bonfire night in paint.

Project a roaring fire on your wall.

Cook bread dough on the end of a twig on a campfire.

Offer a collection of orange and red loose parts, a black sheet and twigs to create their own loose part bonfire outside.

BOOK IDEAS

Bonfire Night (Holidays and Festivals) by Nancy Dickmann





WEEK 9: FIRE



Fireworks packaged in brown paper are made for professional displays – avoid buying.

Always have an adult supervise fireworks activities, especially with sparklers.

Back up to a safe distance immediately after lighting fireworks.

Never point or throw fireworks at another person.

Keep a bucket of water or a garden hose handy in case of fire and to douse used fireworks before discarding in trash.

Never allow young children to play or ignite fireworks.

Never carry fireworks in a pocket or shoot them off in metal or glass containers.

Never try to re-light or pickup fireworks that have not ignited fully.

Never place a part of your body directly over a firework device when lighting.

Make sure fireworks are legal in your area before buying or using them.



FIRE SONGS

Copy pumpkins.zip

"I'm a Big Red Fire Truck"(Sung to the tune of "I'm a Little Teapot")

I'm a big red fire truck long and stout,
When I am needed, I roar and shout.
People love to see me rush about,
Just turn me on and head me out



Five Little Firefighters

Five little firefighters standing in a row
One, two, three, four, five they go
Up in the engine with a shout,
Quicker than a wink, the fire is out.

Four little firefighters standing in a row
One, two, three, four, mmm they go,
Up in the engine with a shout,
Quicker than a wink, the fire is out.

On the last verse finish with
Quicker than a wink, the fire is out.



YORKSHIRE PARKIN

Prep: 20 mins
Cook: 90 mins
Makes 6 pieces

Ingredients

8 ounces/220 g butter (soft)
1/2 cup/110 g dark brown sugar (soft)
1/4 cup/55 g black treacle (or molasses)
1 cup/200 g golden syrup (or corn syrup)
1/2 cup/110 g medium oatmeal
1 cup/200 g self-raising flour
1 teaspoon baking powder
4 teaspoon ground ginger
2 teaspoon nutmeg
1 teaspoon mixed spice
2 large eggs (beaten)
2 tablespoons milk (if needed)

Gather the ingredients and heat the oven to 275 F/140 C/Gas 1.

Grease an 8 x 8-inch square cake tin.

In a large, heavy-based saucepan, melt together the butter, sugar, treacle, and golden syrup over a gentle heat. Do not allow the mixture to boil, you simply need to melt these together. In a large, spacious baking bowl, stir together all the dry ingredients.

Gradually add the melted butter mixture, stirring to coat all the dry ingredients and mix thoroughly.

Gradually beat in the eggs, a few tablespoons at a time.

Finally, add a tablespoon of milk at a time, if the mixture feels dry.

You are looking for a soft cake batter.

Stir well and pour the mixture into the prepared tin and cook for 1 1/2 hours, until firm, set, and a dark golden brown.

Remove the parkin from the oven and leave to cool in the tin. Once cool, store the parkin in an airtight tin for a minimum of 3 days, if you can resist eating it. Serve and enjoy!



WEEK 10: BADGERS

NATURE WALK



Go for a quiet nature walk after it's rained. Look out for the rain washed leaves, listen to the sound of a full stream and stop and smell the earth

SELF CARE



Borrow a book from a friend or relative to read.

RECIPES TO TRY



A pine cone bird feeder

GARDEN JOBS



Raise pots off the ground by creating feet with bricks underneath.

Make a bird feeder

PROVISION



Hooks: Create a story telling nook and leave a basket of Percy the Park Keeper books along with woodland creatures for your children to discover. If the children respond well to these stories perhaps set up a provocation for the children to solve. Percy the Park Keepers Hut has been damaged in a storm. What can he do and where can he live?

Have collections of photos available in your setting looking at the different patterns on animals fur (stripes and dots) and observe if children create their own representations of these in paint or mark making.

Show the children a video of how the badgers dig and burrow tunnels underground while working as a team. Consider if your continuous provision offer every day opportunities for developing gross muscle strength through digging. Do you have pipes and tubing that children can make their own tunnels with if they choose.

COLLECT



Pine cones

BOOK IDEAS



Percy and the Badger by Nick Butterworth

The Hug by Eoin McLaughlin





WEEK 10: BADGERS

Badgers are mammals which means they are warm blooded. They have black and white striped faces which makes them easily recognisable and a long snout to help them smell their food as they have poor eye-sight. A badgers sense of smell is over 700 times stronger than ours! They use their long front claws to dig for earth worms, tree roots, bulbs and smaller mammals to eat. They are also very strong and can use the muscles around their jaw to move large rocks.

They can be found all over the UK in grasslands, woodland areas and even gardens. Badgers live in large family groups in a burrow system known as a 'sett'. An occupied sett can be recognised by the tidy burrow entrances, marked with piles of used bedding which is made out of hay and leaves. The badgers will then go outside to poo. They are very social creatures and like to share out the cleaning jobs.





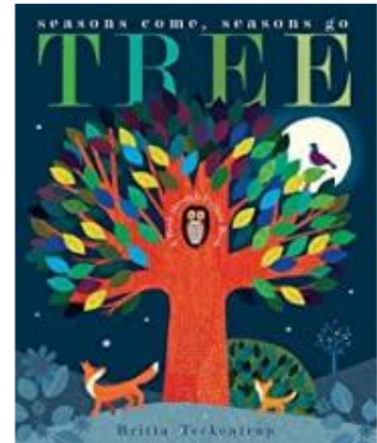
WEEK 10: NATURE SHELF



How do you create and celebrate the moments of joy that come throughout the year? I like to create a nature shelf in the entrance to our setting that can be used as a way of creating a wonderful sense of arrival for young children and their families. It encourages discussion and a love for what is seen and experienced in the world around us. With a hope of making children and their families more present and strengthening the connections between home and setting. By encouraging children to add their natural treasures to this working display or observations. Here is a winter themed Nature shelf that I set up at the beginning of December last year. It simply had an artificial tree, Pussy Willow in a tall vase, pine cones and Holly collected by the children, twinkly lights to bring the enchantment and then the wonderful book *Pick and Pine Tree* by Patricia Toht. This book is a delightful read about a family choosing and decorating their own Christmas tree- offering many discussion points between setting and home. I like to collect snippets of observations and questions children ask too and just hand write these onto card and add them to the shelf. If placing your nature shelf in your provision you might want to include sketch books or paints to encourage children to create their own representations of the natural artefacts.



- Over the winter period you might want to include other seasonal items like;
- LED Candles in candle holders
- Small world figures like peg people (like these wonderful custom made Peg families [Click Here](#) and use code HYGGE10 for 10% off!) and small world animals and birds.
- White fabric and wintery decorations
- Snowy artificial trees
- Pine cones
- Wooden stars
- Baubles in a jar
- Mirrors
- Sheepskin rug
- Dried orange slices
- Cinnamon Sticks
- Twigs in a jar
- A collection of explorer patches you've earned
- Nature sheet about winter trees
- Information sheets on making a bird feeder for parents to take home





WEEK 10: BIRD FEEDER

You will need

- Seeds
- String
- Lard
- Raisins
- Cheese
- Pine Cones

Steps 1:

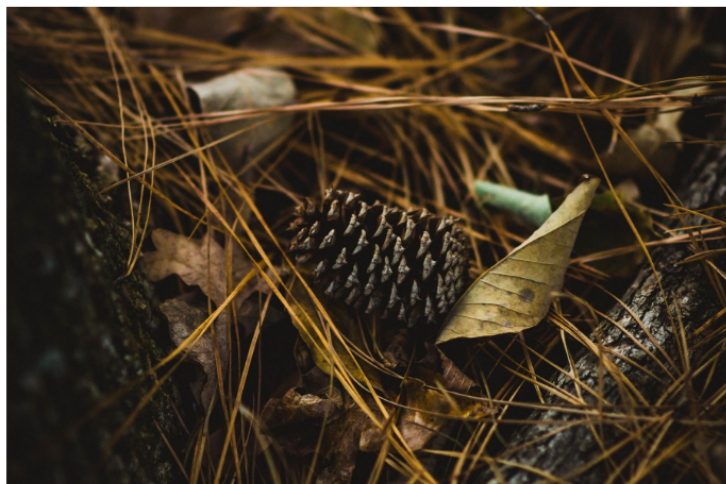
Combine the seeds, lard, cheese, raisins in a large mixing bowl.

Step 2:

Attach a length of string to your pine cone by tying it on.

Step 3:

Cover your pine cone in the mix and leave to set in the fridge over night. Then hang it in your garden for the birds.





WEEK 11: STARS

NATURE WALK



Head out for a walk and take a magnifying glass with you. Look out for decaying tree trunks, mosses, feathers and leaf veins.

SELF CARE



Send a hand written letter to someone.

RECIPES TO TRY



Chocolate Orange Hot Chocolate
In a saucepan on low heat, soak orange peels and orange slice in milk for about 3-5 min. Add cocoa powder and sugar and mix until combined. Discard orange slice and peels. Pour into a mug and garnish with marshmallows or whipped cream and orange slices.

GARDEN JOBS



Plant a Japanese maple in a pot and place in a sheltered spot in semi-shade. Enjoy the beautiful coloured leaves and their shape.

PROVISION



Hooks: Go out into the dark for a starry night walk and talk about what you can see.

Collect some willow and create a willow star decoration.

Hold your own starry night event

Add a star projector into your provision

Add star fairy lights into mason jars and display around the room.

Provide Van Gough Starry Night artwork as a stimulus and make sure you have a range of loose parts available to the children to respond to this imaginatively. Coloured glass gems, buttons, black fabric, tinsel, coloured beads, wooden star shapes.

If the children are showing an interest in space respond by creating a space themed tuff tray. A foil base with battery operated tea lights dotted around, egg boxes, silver and white beads and astronaut small world people.

Create a large white sheet for children to create a giant night sky mural with paint.

COLLECT



Collect smells! On your nature walk take time to rub leaves between your fingers and smell the earthy smell, smell the greenness of a conifer

BOOK IDEAS



How to catch a star by Oliver Jeffers

Star in the jar by Sam Hay

The Solar System (Usborne Beginners) by Emily Bone





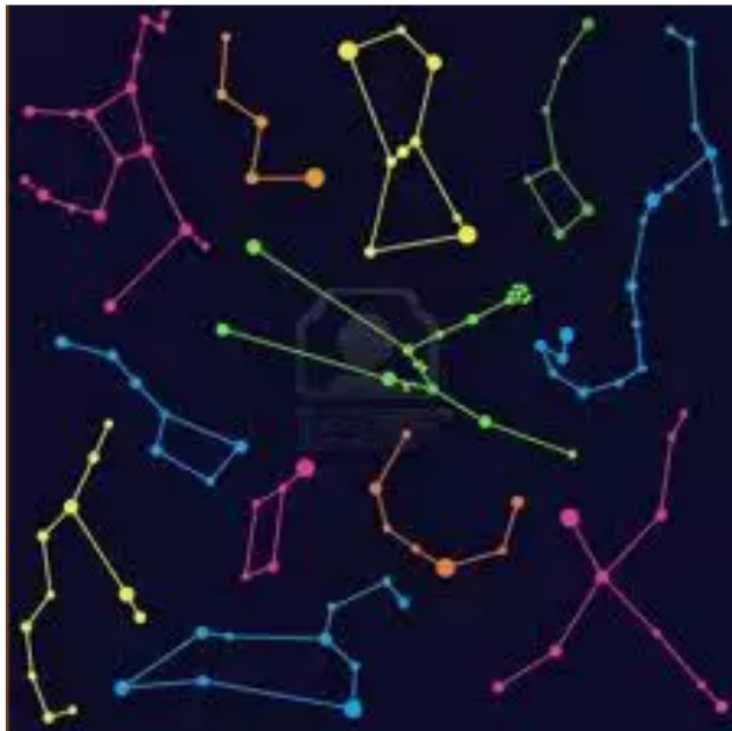
STARS FACT FILE

For thousands of years, humans have watched the stars and wondered about them. Ancient people told stories about the stars.

Stars are giant balls of gas. Clouds of dust and gas swirl through the universe. Sometimes this dust and gas begins to collect in one area. As more dust and gas collect, the mass becomes heavy. It starts to swirl and becomes hot. When it gets really hot, it begins a process known as nuclear fusion. If this mass gets really big and hot, it becomes a star. The nearest star to Earth is the Sun, which is classified as a G2 yellow dwarf star.

People have used the North Star for centuries to guide them. Other stars move, but the North Star stays fixed in the sky.

Some stars go out with a brilliant explosion, called a supernova. Sometimes a supernova leaves a small, dense center behind called a black hole.





STAR BREATHING

Follow the points of the star with your finger to inhale and exhale. This slows down breathing and helps with self regulation.

Inhale

Exhale

Inhale

Exhale

Inhale





NOVEMBER

November comes
And November goes,
With the last red berries
And the first white snows.
With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.
The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring.”
- Elizabeth Coatsworth



Collect the last coloured leaves and have a go at pressing these. Let them dry, place them between sheets of plastic wrap and put in a heavy book for a couple of weeks.



WEEK 12: DARKNESS

NATURE WALK



Go for a walk through your local woodland. Look up at the leafless canopy and clouds as they pass over.

SELF CARE



Borrow a book from a friend or relative to read.

RECIPES TO TRY



Have a late Autumn picnic by cooking some baked potatoes and wrapping them in foil to take with you on a nature walk. You could add tuna, cheese, roasted vegetables

GARDEN JOBS



Make a sketch of your garden and where you've planted your spring bulbs. Spend time reflecting on what's gone well this year.

PROVISION



Hooks: Add a star projector into your provision.
Set up a provocation with contrasting black and white resources on to explore.

Add star fairy lights into mason jars and display around the room.

Look at the different sources of light all around us how many can we spot? If the interest progresses create a simple circuit with a bulb in it and talk about electricity.

Talk about how being in the dark and how it makes you feel. Sharing the story of Can't you sleep little bear and The owl who was afraid of the dark. Share your stories using a torch and just keep fairy lights on in the background.

Go out into the dark and let your eyes adjust to the light. Talk about how the other senses are heightened. Why not create a blindfolded sensory trail.

Explore light and shadow with an overhead projector and create your own shadow puppets or chandelier.

COLLECT



Black and white objects around you.

BOOK IDEAS



I'm not going out there by Paul Bright

Can't you sleep little bear? by

Martin Waddel

The owl who was afraid of the dark by Jill

Tomlinson





PROVISION: LIGHT

Light play provides some excellent opportunities in your setting for children show some natural curiosity around science, engineering and wonder. Here are some resources you might like to audit your lighting play for...

- Light box
- Over head projector
- Torches (range of coloured lights)
- Shadow Puppets

Variety of loose parts to add to your light box;

- Shiny and reflective resources
- Coloured glass gems
- Twigs of varying lengths
- Mirrors
- Foliage
- Small world characters and buildings
- Plastic ice cubes
- Coloured counters
- Sweet wrappers/ cellophane
- Coloured cocktail stirrers
- Coloured plastic shot glasses
- Variety of buttons
- Paper doilies

Creative opportunities on the light box;

- Water beads
- Paint
- Black sand
- Eco glitter
- Clay



The Sunflower School Retweeted



An Everyday Classroom @_MelissaMcNeil_ · 26 Oct 2018

How can we use shadows to capture the feeling of a starry night sky?

@sunfloweroville #starrynight

