

Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM


THIS WEEK: Outdoor activities, name that leaf and wildlife cams

The Great Outdoors




TRACK wild animals by the footprints they leave behind!


There are so many benefits to being outdoors, far too many for us to list, but put simply...it is **AMAZING** for you! Even if you don't feel like mixing with people yet or going for a long walk, there are plenty of awesome things to do, especially in a forest or woodland. Try out these ideas:




BUILD a den out of logs, sticks, and leaves.




LISTEN What can you hear? Birds, rabbits, squirrels?



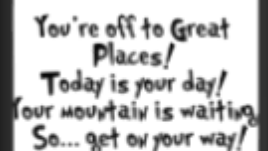
CLIMB a tree and watch the world from above!



USE a compass and/or a map to find your way around.



LOOK up into the trees, watch the sunlight glinting through leaves



You're off to Great Places!
Today is your day!
Your mountain is waiting
So... get on your way!

— Dr. Seuss

BOREDOM BUSTERS!

KEEP ACTIVE

Try out some more forest school activities:

<http://www.wildforestschool.org.uk/>



ON THE WEB

Ever seen a mighty badger or a spookily beautiful bat? Watch live on these webcams:

<https://www.wildlifetrusts.org/webcams>



TO PASS THE TIME:

Make a spider's web out of sticks and wool. Use 3 sticks, tie in a star formation and then weave the wool between the sticks – the brighter the wool the better!



Cosy Corner

Leaf Detectives: Name that leaf!



a



b



c

What's the word?

Use the first letter of each animal to spell a word



Your Say



We would love to hear from you about what you are doing. Get in touch at:

SENandInclusion@Peterborough.gov.uk

*Please Note: We cannot publish any photos that contain images of people.

Take some time to enjoy the great...