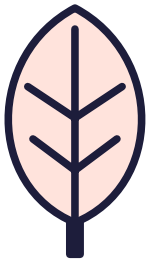
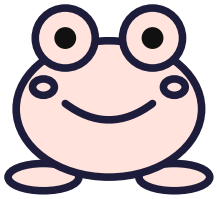
Outdoor Easier ★



Find three different leaves.

Outdoor Easier ★



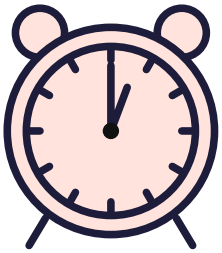
Jump like a frog five times.

Outdoor Easier ★



Stand still and listen. What can you hear?

Outdoor Harder ★★



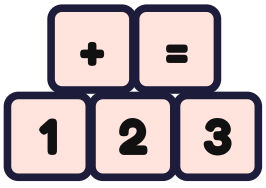
Make an obstacle course for a friend.

Outdoor Harder ★★



Find a minibeast and draw it.

Outdoor Harder ★★



Chalk a hopscotch to 10 and play it.

For grown-ups Outdoor · easier

"Jump like a frog five times."

Ask:

- Can you jump further?
- How many jumps to the fence?
- Can you land softly?

Look for:

big movements, counting

For grown-ups Outdoor · easier

"Find three different leaves."

Ask:

- How are they different?
- Which is the biggest?
- Where did you find them?

Look for:

observing, comparing

For grown-ups Outdoor · harder

"Make an obstacle course for a friend."

Ask:

- What goes first?
- Is it safe? How do you know?
- Can you make it harder?

Look for:

planning, giving instructions, safety

For grown-ups Outdoor · easier

"Stand still and listen. What can you hear?"

Ask:

- Is it near or far?
- Is it loud or quiet?
- What made that sound?

Look for:

listening, describing sounds

For grown-ups Outdoor · harder

"Chalk a hopscotch to 10 and play it."

Ask:

- Which number comes next?
- Can you hop on one leg?
- Can you go backwards?

Look for:

number order, balance

For grown-ups Outdoor · harder

"Find a minibeast and draw it."

Ask:

- How many legs does it have?
- Where does it live?
- How can we be gentle with it?

Look for:

respect for living things, detail