

Get Outside Today

Getting out in nature is so important for all of us. It boosts our mental wellbeing, promotes physical activity, enhances learning and creativity, and strengthens social skills. Caring for nature is a priority in Rainbow Guides and spending time outdoors helps us to appreciate why that is so important. In this mini guide you will find fun and practical ways to encourage girls to spend time outside in the great outdoors.



Go for a walk in the park

Listen to a bird singing

Spot some unusual clouds

Have a picnic

Smell freshly cut grass

We would like to take this opportunity to remind you to tell children and young people not to touch bees and wasps, and to be careful of brambles, stinging nettles and other potentially harmful things found outside

Cloud Spotting

This activity will need to be done on a dry day when the sky is blue, there is some sunshine and lots of clouds in the sky.



What you will need

A big blanket | A pencil and colouring crayons
A few sheets of paper | Sunglasses if it's a very sunny day

Head outside to a green space. This could be your garden, a park, a wood or any other green space. Get a a blanket that is big enough to lie down on and put it down on a grassy area away from trees.

Now lie down on your back and look up at the sky.
Don't forget to wear your sunglasses if it's too bright to look at the sky!

Think about these questions

What shapes can you see?
Do they look like animals or objects?
Are the clouds moving quickly or slowly?
Which way are the clouds moving?



When you've found a few shapes, try drawing them on your paper.
If you're feeling creative you can add extra detail to the outlines or colour them in.

FUN FACT Some caterpillars have 12 eyes!



Nature Spotting

Get your eyes ready and your explorer hat on, it's time to head outside and see what amazing animals you can spot!

Can you find all of these?



☐ **Blackbird**

Listen out for their beautiful singing! Blackbirds love hopping around on the grass looking for worms.



☐ **Squirrel**

Quick and cheeky! Squirrels can be spotted darting up trees or nibbling on acorns.



☐ **Robin**

Look for a little bird with an orange chest — robins are curious and often come quite close!



☐ **Duck**

Ducks love ponds and rivers. Watch them paddle across the water or waddle along the edge.



☐ **Swan**

These big white birds glide across the water like royalty. Be sure to watch from a distance!



☐ **Butterfly**

Fluttering through the air with beautiful wings — butterflies love sunny days and colourful flowers.

How many can you find on your walk today?

Tick each one off as you spot them! | Bring a pencil and some snacks.

Don't forget to look up, down, and all around!

Dot-to-Dot

Join up all the dots to reveal a creature who's very busy at this time of year. Don't forget to colour them in once you've finished.


Rainbows
Blagdon





Awaken Your Senses

Sensory play is vital for children's emotional growth, helping them identify which sensations soothe them best. Exploring sounds, smells, and textures together can greatly support their mental and spiritual wellbeing.

Begin by finding a peaceful green space, then have the child sit and close their eyes. Guide them through the box breathing technique - inhale, hold, and exhale for 4 seconds each, repeated a few times - in a quiet setting to help calm their mind.



Hear

Encourage the child to close their eyes and listen carefully. Ask them to identify all the sounds they hear, then write them down.

Touch

With their eyes closed, guide the child to explore textures around them — like grass, leaves, or stones — and describe how each one feels.



Smell

With their eyes still closed, invite the child to take a deep breath through their nose and focus on identifying any scents around them - like grass, herbs, or flowers.

See

Now ask the child to open their eyes and tell you what they can see. Are there any flowers or insects around them? What colours are the leaves on the trees?



Sometimes the day can be very busy so it's good to take a moment to be grateful for the amazing nature all around us.

FUN FACT a worm can eat its own weight in soil in one day!



Wordsearch

Find the 10 hidden words below

D	M	L	D	I	G	T	H	G	Z	I	E
E	C	H	A	P	P	U	Z	K	G	S	G
E	M	I	W	H	O	I	S	E	O	Q	N
R	A	A	N	W	O	R	F	S	H	U	B
D	H	R	A	Z	A	O	P	N	E	I	A
C	W	E	F	O	X	L	B	D	G	R	D
M	O	U	S	E	D	T	O	R	D	R	G
F	U	V	O	H	D	T	W	A	E	E	E
R	A	B	B	I	T	R	L	E	H	L	R
B	I	R	D	R	E	V	A	E	B	I	H



BADGER

RABBIT

DEER

HEDGEHOG

BIRD

OWL

FOX

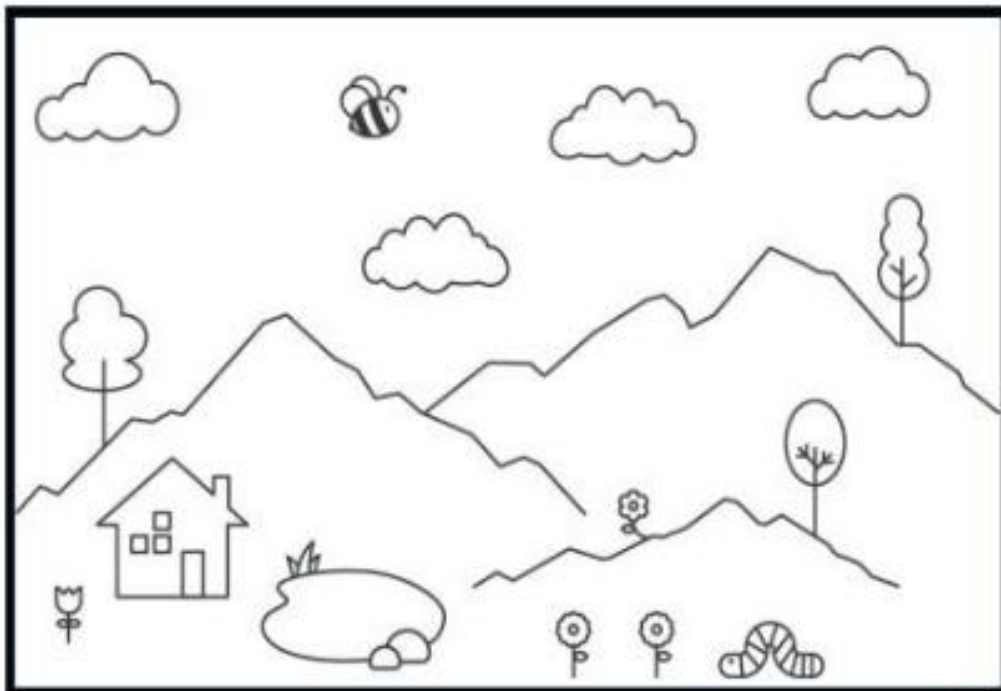
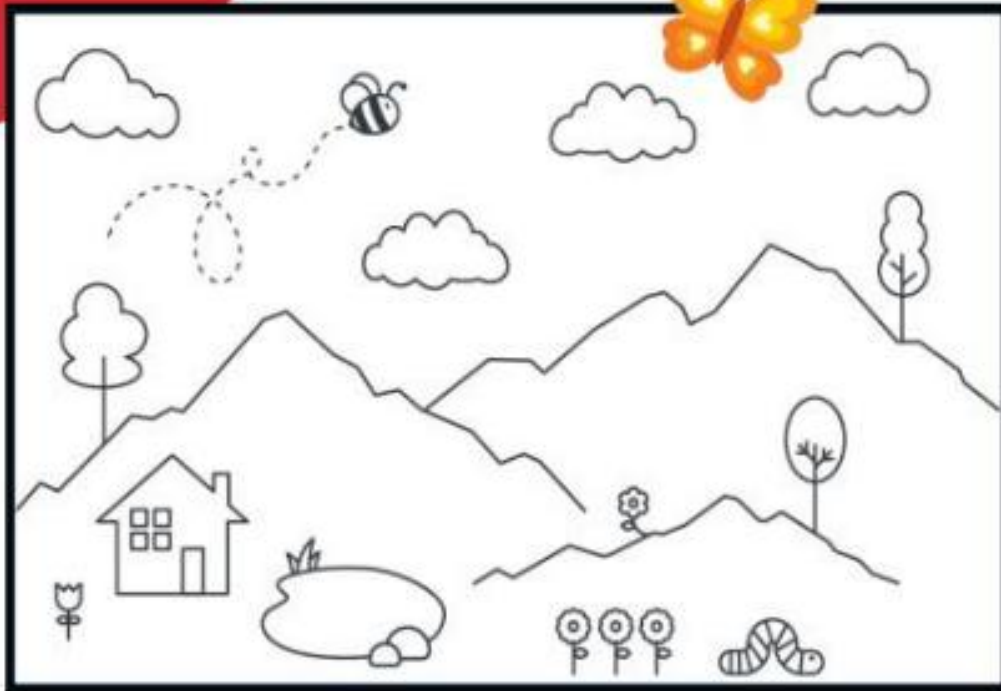
MOUSE

SQUIRREL

BEAVER

Spot The Difference

Can you spot the 5 differences in the two pictures below?



Create A Flower Vase

Get creative and bring your flowers to life with a colourful card vase
- it's a fun and imaginative way to turn nature into art!

What you will need

Piece of cardboard (a cereal box will work perfectly)
Marker pen | Pencil or sharp object

1

Draw a vase

On your piece of cardboard draw the outline of a jug or vase.

2

Poke holes

Ask an adult to poke some holes with a pencil or sharp object above the vase with one cm or more between holes.

3

Pick some flowers

Go on a walk and as you see daisies and buttercups pick them, making sure you keep the stem as long as possible!

4

Thread the flowers through

Carefully poke the stems through the holes in the cardboard.

5

Observe

Admire your beautiful vase of flowers!



Make sure you ask an adult before you pick flowers in your garden or someone else's garden.

Quiz

How many can you get right?



1. What do plants need to grow?

- ☐ A. Sunshine, water, and soil
- ☐ B. TV and snacks
- ☐ C. Toys and games

2. Which of these is a good reason to spend time outside in nature?

- ☐ A. It helps you feel happier and healthier
- ☐ B. You get to do more homework
- ☐ C. You can watch more TV

3. What is a bug hotel used for?

- ☐ A. A place where bugs check in to watch movies
- ☐ B. A shelter to help insects live and stay safe
- ☐ C. A place to store gardening tools

4. Which of these activities can you enjoy in green spaces?

- ☐ A. Watching the birds
- ☐ B. Feeding the ducks a healthy treat
- ☐ C. All of the above

5. Why are trees important in parks and forests?

- ☐ A. They play music
- ☐ B. They glow in the dark
- ☐ C. They clean the air and provide homes for animals

