



Wharton Park



Hardwick Park

Winter Outdoor Learning Challenge



Being outside in all weathers, exercising and having fun is great for your mental health, physical fitness and general well-being.

Take learning outside this winter on your daily exercise with our ten challenges to explore and do.

Don't forget to share how you are getting on via outdoorlearning@durham.gov.uk

"Nature gives to every time and season some beauties of its own." ~ Charles Dickens
"To appreciate the beauty of a snowflake it is necessary to stand out in the cold". ~ Aristotle



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Winter Challenge Pack

Frozen puddles are amazing, perfect for mini games such as pine cone hockey.

What games can you make?



Gather your materials: A small frozen pathway puddle, natural materials such as stones, pinecones and sticks, 2 or more players.



SAFETY INFORMATION: Never walk on a frozen river, pond or lake, adult supervision advised.



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Winter Challenge Pack

Explore your local area and examine the sleeping trees. Challenge yourself to identify them from their branches and buds.



Sycamore

Gather your materials:

Trees, the pictures here for ID, a tree id app or id cards, a magnifying glass



Hazel

Elder

Hawthorn

Oak

Beech



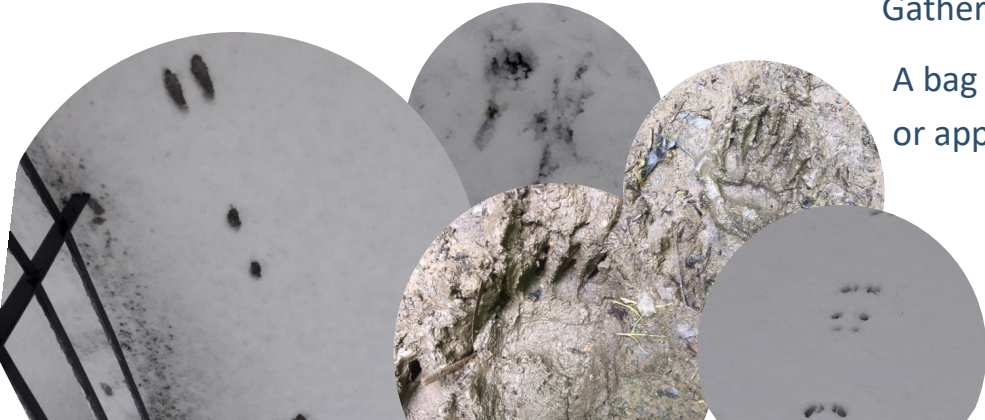
Winter Challenge Pack

Explore with a wintery scavenger hunt. Try one to see what you can find on a snowy, icy day and on rainy day. Can you spy any footprints?



Gather your materials:

A bag to collect your items, id cards, book or app and a magnifying glass.



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Winter Challenge Pack

Help our feathered friends by making snow cakes and bird feeders.



Gather your materials:

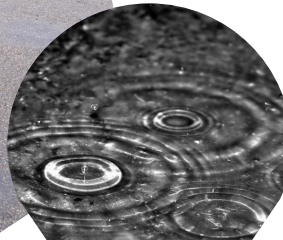
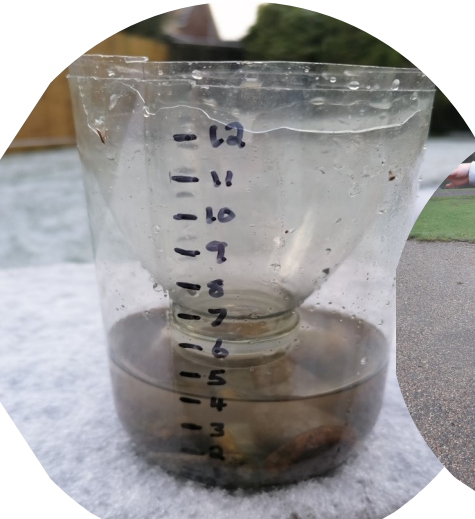
String, lard or peanut butter, bird seeds, dried fruit, cereal or popcorn and snow.





Winter Challenge

Splish splash science! Make your own rain gauge to monitor the winter rainfall like a meteorologist.



Gather your materials: A plastic bottle, scissors, a ruler, a permanent marker, paper for recording and rain!



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Winter Challenge Pack

Having a melting moment by trying this experiment to see what makes ice melt faster.



Gather your materials:

Snow or ice, salt, warm water, sand, sugar or any other substances to see what works.



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Winter Challenge Pack

Use nature within nature to create ice baubles.



Gather your materials:

Water, leaves, twigs berries ,
containers to freeze in, a freezer or a
hole in the snow.



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Winter Challenge

Artist Simon Beck loves to create designs in the snow, can you create your designs, or investigate the shape and symmetry in snowflakes using small sticks.



Gather your materials:
sticks and snow



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Winter Challenge Pack

Snow or ice makes a lovely artist's canvas to create a masterpiece.



Gather your materials:

food colouring, paint brush and pots,
snow or ice



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Winter Challenge Pack

Sometimes we have snow ideas. Create snowball lanterns and a maze for your family to enjoy or try a snow angel or snow sculptures like our snail



Gather your materials:

Snow, your feet and a torch





Winter Challenge Pack

The Parks and Countryside Service offers a broad programme of educational activities that inspire an understanding of the natural world and local heritage, encourage physical activity, stimulate the imagination and bring learning to life.

If you would like to find out more about the outreach opportunities that we could offer your school please do get in touch.

If you would like to get in touch please contact us via outdoorlearning@durham.gov.uk



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