

Norfolk Autumn Outdoors Introduction

Welcome to the Norfolk Autumn Outdoors resource pack. Norfolk has a fantastic variety of natural places to discover, explore and have adventures. Lifelong learning comes from memorable experiences and Autumn is a perfect time to get outdoors, explore within your school grounds, and spend time together outdoors with friends and family.

These activities have been collated by the Outdoor Learning Team based at Whitlingham Adventure, with a range of different activity ideas and website links to guide you on your adventures.

Evidence shows that being in a natural environment has a positive effect upon wellbeing and we have grouped our activity ideas according to the '5 ways of Wellbeing' to help you choose a balanced journey.



Be active in the outdoors

Find a physical activity that you enjoy.



Take notice of nature

Take the time to look, listen and feel nature.



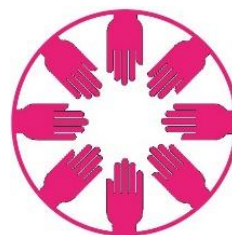
Keep learning

Learn about nature or try something new.



Give back (and care)

Do something nice for a friend or family member, do something to help others and the environment.



Connect with others

Connect in the outdoors; with your friends and family. Talk, explore and do things together.

Further resources for activity ideas from Norfolk County Council, links to local places to visit and national support and guidance are available separately on our webpages. Exploring outdoors in Norfolk is a magical experience. Remember to be safe and responsible by considering the following top tips:

Risk management & keeping safe outdoors: [OEAP National Guidance](#)

Ensure you have permission for access to the areas you are visiting. Make suitable plans regarding routes, weather, tides etc. Stick to publicly accessible areas and paddle or swim where lifeguards are in operation.

Social distancing: Social distancing guidance should be followed. Careful selection of activities and location will help in achieving this. The activities have been selected to offer good opportunities for learning outside, whilst maintaining social distancing. In terms of managing the spread of COVID-19, briefings for young people should replicate those given for indoor work including hand washing, not touching of face and managing coughing, sneezing etc. Take a bag to contain any tissues and wipes used during an activity and dispose of according to current guidance.

First-Aid: Take a suitable first aid kit and make sure it contains both gloves and face masks. Further government guidance is available [here](#).

Sunscreen & sun protection: Sun hats and sunscreen are still advisable even in the Spring months.

Foraging and picking: Only eat food that a responsible adult has positively identified, NEVER take chances, and choose sites carefully, away from possible contamination such as traffic fumes and animals. Do not pick wild flowers or dig up plants, just take a few berries so that you leave enough for the birds and animals. Beware of prickles and stings and seek expert advice if necessary.

Schools Groups: should follow normal Evolve notification and approval procedures and read the [current advice](#).

We would love to see and hear about your adventures,
so why not share them on our social media with any top tips for other families:



Wherever you explore and whatever you discover, enjoy the outdoors, safely and responsibly for a memorable experience with family and friends. Have fun being active outdoors and immerse yourself in nature, to support your health and wellbeing.

Have a fantastic Norfolk Autumn Outdoors!
The Outdoor Learning Team