

## Back to School

Here are some ideas of how you can use the beautiful outdoors in a fun and safe way. Please ensure you have read the [Introduction to Norfolk Autumn Outdoors](#) for some important safety tips to help you along your way.

We have made this guide interactive so please click on the blue underlined section to follow the website links.



### Give back (and care)

- Ways to support students back to school. For: [parents](#), [young people](#), [Teachers](#) and [Special Education Needs & Disabilities](#)
- Take care getting to and from school, including:
  - [Road safety](#) and [Teaching road safety](#)
  - [Cycling](#) and [Cycling support funding](#)
- Can you make a commitment to [reduce waste](#)?
- [Eden project have some great ideas](#)
- What did you [miss in your school grounds](#)?



### Take notice of nature

- Use the Norfolk Autumn Outdoors '[Changing Seasons](#)' activity sheet to observe Autumnal changes in the school grounds
- Look out for: [fruits and seeds](#), [Daddy-long legs \(Crane fly\)](#) and [ladybirds](#) looking to hibernate
- Enjoy windy days. Use the [Beaufort Scale](#) to help you measure the [wind](#)
- Study the [stars](#). Four ways to [bring night sky into your classroom](#)



### Connect with others

- Use the walk or drive to school to wake up with thinking and speaking games like [the picnic game](#) and [Fortunately/Unfortunately](#)
- Being in nature can make you [happier](#).
- Keep your area and school tidy by [litter picking together](#) on the way to and from school
- Everyone will have had different experiences since you last saw them, ask about them as part of reconnecting.



### Be active in the outdoors

- Make an [Autumn ID dial](#)
- [Make an Anemometer](#) to watch the wind speed
- Go on an [Autumn Treasures Hunt](#)
- See about [creating a map](#) and setting up an [orienteeing course](#) or [photo orienteeing](#) at your school
- Organise outdoor games like – football, cricket, golf, hide and seek, [forty-forty](#), manhunt, [keeper of the keys](#) or [other games](#)
- Can you locate all of the Autumn items from the [spotter sheets](#) (what items from other seasons can still be found?)
- Some simple [Outdoor Nature lessons](#)



### Keep learning

- Learn about [Science Citizen](#) and [projects](#)
- The Norfolk Coast is full of [history](#) and [fossils](#)
- What can we learn from [soil](#)?
- Discover how to navigate [without a map](#)
- Look out for [tracks](#) and other [evidence of animals](#) in your school grounds
- Learn how does [exercise affect your body](#)
- Learn why some leaves [change colour and drop](#)

For further resources visit;

- [Government guidance](#) for re-opening in COVID19
- [BBC article](#) on school returning first-day nerves
- Woodland Trust - [First Signs of Autumn](#)
- Free [teaching resources](#)
- Encourage wildlife using ideas from [The Wilderness Foundation](#)