

Pick one activity per week and share a photo of your child's learning on the Evidence Me app.



Natural Bubble Wands

Find some Y sticks or bendy sticks. Attach some string across the top or tie into a circle. Dip into the bubble mixture. Then blow, twirl, run and see the bubbles appear.

nifsa
Northern Ireland Forest School Association



Ice Bowling

What you need:
balloons
freezer
food colouring (optional)

Fill the balloon (from a tap) with water.
Add food colouring or paint, tie the balloon and freeze over night.
Fill some plastic bottles with water to create home made skittles.

Spring foraging recipes

Wild garlic pesto

1 large bunch of wild garlic leaves
Rapeseed oil
50g pinenuts or tcv
50g Parmesan cheese (or veggie equivalent)
Lemon juice
Salt and pepper



Rinse and dry wild garlic and chop roughly. Add garlic, nuts, cheese and oil to a food processor and blitz until almost smooth. Add lemon juice, salt and pepper to taste. Transfer pesto to clean jars. It will keep in the fridge for two weeks.

Dandelion Honey

150g dandelion petals (washed)
1 litre water
1 lemon
1kg caster sugar



Pick of the petals from the flowers and add to the water. Bring to the boil and let simmer for a short time. Leave, covered, overnight to stew. Pass the liquid through a muslin to remove the flowers and add the sugar and sliced lemon. Bring to the boil and reduce by two thirds. It should now have a honey consistency. Transfer to jars.

Hedgerow salad

Young dandelion leaves, hawthorn leaves and beech leaves can all be added to a salad. Pick the smallest you can find and wash well before adding to the salad.

Gorse Cordial

4 large handfuls of Gorse flowers
600ml cold water
250g caster sugar
Zest of 1 orange
Juice of 1 lemon



Add sugar to water and boil rapidly for 10 minutes. Add the juice of the lemon and zest of the orange and mix well. Add all the Gorse flowers and leave for 24 hours. Strain and bottle. Will keep for 4 weeks in the fridge.

Nettle champ

Several handfuls of nettle tops
6 medium to large potatoes
200 ml of milk
150 g of butter
1 large spring onion
Salt and pepper to taste



Peel and chop the potatoes and boil with the spring onion. Place the nettle tops in the milk and boil until wilted. Once cooked drain the potatoes and mash well. Add all the nettles and mix and then add the milk a little at a time until it is a light and fluffy texture. You may not need all the milk.



Dandelion Honey

Remember to only pick what you need as the animals like to eat these too.

Kitchen Lid Treasure Box



Collect lots of different sized lids.
Wash them well.

Use them for:

- Sorting
- Counting
- Pattern Making
- Number Matching
- Art

Tanya Ridley

PAINT CAR ROLLING...



IF YOU HAVEN'T GOT A SLIDE, YOU CAN MAKE A RAMP USING A PIECE OF WOOD OR CARDBOARD.

LAY SOME PAPER DOWN YOUR SLIDE OR RAMP.

DIP YOUR CAR TYRES IN PAINT.

ROLL!

Kelly Zreika



Bug House



 Northern Ireland Forest School Association

 Build a Bug House 

You don't need a lot of materials for this one.

- * A pair of scissors, newspaper and plant pot or a plastic/milk bottle with the top cut off.
- * Cut the newspaper in half and roll the strips tightly.
- * Place them into the plastic pot.
- * Pop it somewhere in the garden.
- * Have a look in a week or so and see what bugs have moved in.

**WHAT'S IN THE BAG
PHONICS GAME**

**THE ADULT SAYS IN
MY BAG YOU WILL
FIND...**

**THE ADULT THEN
SOUNDS OUT ONE OF
THE ITEMS**

I.E A S-P-OO-N



**THE CHILDREN THEN
LISTENS AND BLENDS IT
AND TELLS YOU WHAT IT
IS. IT'S A SPOON**

**REPEAT FOR
NEXT OBJECT**

**YOU NEED A BAG AND OBJECTS
FROM AROUND THE HOUSE**

