

Part 4 - Going Outside

Tips for Going Outside

1. Set expectations before you go - explain the activities and times.
2. Ensure children are wearing appropriate clothing and footwear for the weather conditions.
3. If you meet a dog off the lead, ask children to fold their arms and not to touch the dog.
4. When introducing a new activity ask children and adults to create one large circle to ensure everyone can see and is concentrating.
5. Keep it simple and have a clear plan of the session.

What to Take With You

Take a rucksack for necessities containing:

- a first aid kit
- water
- mobile phone
- emergency contact details
- 2 whistles (a gentle one to call the group back together, like a owl hoot or Ocarina, and a sharp sounding emergency one)
- sun cream
- camera
- a spare hat and pair of gloves.

Activities

See list of outdoor activities in [Part 2](#).

See list of online resources in [Part 3](#), particularly No. 11-17.

See activity sheets in [Part 5](#), particularly Activity Sheet 48, DeeSong memories of the River Dee booklet.

More Information

"Health and Safety on Educational Excursions: A Good Practice Guide" - Scottish Executive - www.scotland.gov.uk/publications

Scottish Outdoor Access Code - www.outdooraccess-scotland.com

"Outdoor Issues and Matters" - www.creativestarlearning.co.uk/advice

Outdoor Learning Pack for Primary School Teachers - Woodland Trust and FCS - www.woodlandtrust.org.uk/learn/