

Eat a picnic outside

Why stay at home for lunch when you can eat in the wild? Pack a picnic next time you go on an adventure and enjoy tucking into your sandwiches surrounded by nature.



PE

Make sure that you exercise every day to stay fit and healthy. You can run, cycle, jog, play football, play cricket, make star jumps, push ups and jumps.



Cooking

Why don't you follow this simple recipe and bake some shortbreads?



- 125g/4oz butter
- 55g/2oz caster sugar, plus extra to finish
- 180g/6oz plain flour

Method

Preheat the oven to 190C/375F/Gas 5. Beat the butter and the sugar together until smooth. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.

Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

Stargazing

Stargazing is a magical way to bring science alive and to experience the beauty of our natural world. Grab your coats, find a cosy spot to lie down in your back garden or look out of your window. The longer you look up, the more stars you'll discover. As you gaze, take some time to enjoy the moment - how does it make you feel? What words can you use to describe your special view?



Make a mud creation

Mud glorious mud - who can resist it? Squish it with your fingers when it's wet and gooey, serve it on a plate, create a work of art, or turn it into a seed bomb. What will you make with mud?



Wild Art

Have a go at creating wild art. When it comes to creating wild art, the only limit is your imagination.

You can use leaves, twigs, feathers, seeds, pebbles, moss and pine cones.



Watch the sunset

It might be the end of the day but there's still plenty to see in nature.

Before you go to bed, find a comfortable spot to watch the sky turn orange and red as the sun disappears beyond the horizon.



Stay in touch

Why don't you write a letter or a postcard to one of your friend telling them about all your holiday adventures?

