



**THIS PACK CONTAINS ONE
OUTDOOR LESSON PER WEEK
FOR THE ENTIRE SCHOOL
YEAR (AGES 9 TO 10).**

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EDUCATE OUTSIDE

NATURE MAPPING



Teacher's Guide
Ages 9 - 10: Term 2 Week 3
Reflection

CURRICULUM LINKS:

Geography: map skills Science: living things Math

PREP:

5 minutes LENGTH: 50 minutes NUMBERS: Individual

ACTIVITY DESCRIPTION:

In this lesson, students will create a detailed map of the outdoor area, marking all the different plants, animals, and natural features they observe. Using ID guides and measuring equipment such as trundle wheels, students will practice recording nature accurately and reflect on their surroundings. This activity encourages teamwork, observation, and reflection on the diversity of the local environment.

EQUIPMENT PROVIDED BY US:

 ID guides (available from our website)

EQUIPMENT PROVIDED BY YOU:

 Measuring equipment
 Pencils
 Clipboards
 Paper
 ID guides

BENEFITS OF THE ACTIVITY:

- Close observation: Encourages students to slow down and notice details in their environment.
- Biodiversity understanding: Helps students recognize the variety of living things in their local area.
- Collaboration: Promotes teamwork as students work together to create accurate maps.
- Reflection: Provides opportunities for students to think about their connection to the natural world.

SAFETY PRECAUTIONS:

- Ensure students understand boundaries and stay within the designated outdoor area.

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EDUCATE OUTSIDE

STICK RAFFIA STARS



Teacher's Guide
Ages 9 - 10: Term 2 Week 4
Reflection

CURRICULUM LINKS:

STEM Science: materials and their properties

PREP:

5 minutes LENGTH: 50 minutes NUMBERS: Pairs

ACTIVITY DESCRIPTION:

In this outdoor lesson, students will work in pairs to design and construct a bridge using only natural materials (sticks) and string. Their bridge must be able to hold a rock, and once successful, they'll compete to see who can make the tallest bridge. This hands-on activity encourages problem-solving, communication, and creativity.

EQUIPMENT PROVIDED BY US:

EQUIPMENT PROVIDED BY YOU:

 Sticks
 Scissors
 String
 Rocks

BENEFITS OF THE ACTIVITY:

- Clear communication: Students must share ideas and agree on their design.
- Problem-solving: Students adapt their designs to meet the challenge.
- Patience: Pairs need patience when facing challenges.

SAFETY PRECAUTIONS:

- Remind students not to run when carrying sticks.
- Remind students to be aware of surroundings when carrying sticks or moving around the building area.

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EDUCATE OUTSIDE

SENSORY TRAIL



Teacher's Guide
Ages 9 - 10: Term 1 Week 7
Communication

CURRICULUM LINKS:

Science: senses

PREP:

5 minutes LENGTH: 50 minutes NUMBERS: Pairs

ACTIVITY DESCRIPTION:

In this sensory-based outdoor activity, students work in pairs to explore nature through touch and memory. One partner is blindfolded while the other leads them on a nature walk, stopping to let them feel different natural objects. The challenge is for the blindfolded partner to later retrace their steps and identify the items they touched, focusing on communication and trust.

EQUIPMENT PROVIDED BY US:

 Guessing sheet

EQUIPMENT PROVIDED BY YOU:

 Blindfolds
 Clipboards & pencil (optional)

BENEFITS OF THE ACTIVITY:

- Communication: Partners must clearly describe directions and assist their blindfolded partner.
- Trust building: The blindfolded student must trust their partner to lead them safely.
- Sensory awareness: Enhances focus on touch and observation of natural materials.

SAFETY PRECAUTIONS:

- Monitor students closely to prevent trips or accidents.
- Ensure the leading partner is walking at a slow, steady pace.
- Encourage students to use soft voices and respect each other's space.

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EDUCATE OUTSIDE

STICK CATAPULT



Teacher's Guide
Ages 9 - 10: Term 2 Week 7
Independence

CURRICULUM LINKS:

STEM Science: forces

PREP:

5 minutes LENGTH: 50 minutes NUMBERS: Pairs

ACTIVITY DESCRIPTION:

For this STEM-based lesson, students will work in pairs to design and build a simple catapult using sticks, rubber bands, and string. The goal is to see which pair can fire a small stone the farthest. This hands-on activity encourages creativity, problem-solving, and collaboration, while introducing students to basic physics concepts such as force, tension, and projectile motion.

EQUIPMENT PROVIDED BY US:

 Catapult instructions

EQUIPMENT PROVIDED BY YOU:

 Large plank
 Small log
 Heavy object
 Sticks
 String
 Scissors
 Rubber bands
 Small stones

BENEFITS OF THE ACTIVITY:

- Encourages problem-solving: Students design their own functional catapult.
- Promotes teamwork: Pairs collaborate to complete the task.
- Builds independence: Students work with limited guidance to solve construction challenges.

SAFETY PRECAUTIONS:

- Ensure students only launch small stones and keep a safe distance from each other during launches.
- Remind students not to aim the catapults at anyone.
- Set clear boundaries for the launch area to prevent accidents.

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EDUCATE OUTSIDE

NEGATIVE LEAF ART



Teacher's Guide
Ages 9 - 10: Term 1 Week 3
Creativity

CURRICULUM LINKS:

Art: color, pattern Science: identification

PREP:

10 minutes LENGTH: 50 minutes NUMBERS: Individual

ACTIVITY DESCRIPTION:

In this creative outdoor lesson, students will use leaves and paint to create stunning negative leaf paintings. By sticking leaves onto paper and painting around them with gradients and patterns, students will explore the interplay of natural shapes and colors. Once the paint is dry, the leaves are removed to reveal their shapes, leaving behind unique artwork.

EQUIPMENT PROVIDED BY US:

 ID guides

EQUIPMENT PROVIDED BY YOU:

 Leaves
 Paper
 Glue
 Paint & brushes

BENEFITS OF THE ACTIVITY:

- Encourages creativity: Students use natural shapes to explore artistic techniques.
- Promotes mindfulness: The slow, deliberate process of painting around leaves encourages focus and calm.
- Develops fine motor skills: Painting detailed patterns and gradients improves precision.

SAFETY PRECAUTIONS:

- Use non-toxic, washable paints.

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EDUCATE OUTSIDE

TEAM PHOTO CHALLENGE



Teacher's Guide
Ages 9 - 10: Term 1 Week 9
Communication

CURRICULUM LINKS:

Misc

PREP:

5 minutes LENGTH: 50 minutes NUMBERS: Groups

ACTIVITY DESCRIPTION:

This week students will work in teams to complete a photo scavenger hunt. Each team will receive a list of challenges, such as forming a shape with their bodies or finding items of different colors. They will document their achievements by taking photos. This activity promotes teamwork, communication, and creativity as students collaborate to complete each task.

EQUIPMENT PROVIDED BY US:

 Photo challenge sheets

EQUIPMENT PROVIDED BY YOU:

 Camera devices
 Clipboards
 Pencils

BENEFITS OF THE ACTIVITY:

- Collaboration: Students work together to complete tasks, developing cooperative skills.
- Problem-solving: The activity encourages creative thinking as students figure out how to meet each challenge.
- Creative thinking: Teams must think outside the box to complete and photograph the tasks creatively.

SAFETY PRECAUTIONS:

- Remind students not to run when carrying devices.
- Ensure students are aware of boundaries and stay within the designated outdoor area.

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EDUCATE OUTSIDE

TEAM PHOTO CHALLENGE



Challenge Sheet
Team Name: _____

As a team, get a photo of the following and tick once complete:

YOUR TEAM IN THE SHAPE OF A SQUARE

ALL OF YOUR TEAM MID JUMP.

EVERYBODY IN YOUR TEAM HOLDING A DIFFERENT COLORED LEAF.

CAPTURE A PHOTO OF YOUR TEAM FORMING THE SHAPE OF A TREE WITH YOUR BODIES.

PHOTOGRAPH EACH TEAM MEMBER HOLDING SOMETHING FROM NATURE THAT IS A DIFFERENT TEXTURE (E.G., SMOOTH ROCK, ROUGH BARK).

TAKE A PHOTO OF YOUR TEAM IN FRONT OF SOMETHING NATURALLY BEAUTIFUL, LIKE A TREE OR FLOWER.

FIND SOMETHING TALLER THAN EACH TEAM MEMBER AND TAKE A GROUP PHOTO WITH IT.

TAKE A PHOTO OF YOUR TEAM SPELLING OUT PHOTO CHALLENGE USING NATURAL OBJECTS (E.G., STICKS OR STONES).

TAKE A PHOTO OF YOUR TEAM AND AN INSECT.

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EDUCATE OUTSIDE

NEST BUILDER



Bird nest photos
Ages 9 - 10: Term 2 Week 9
Independence



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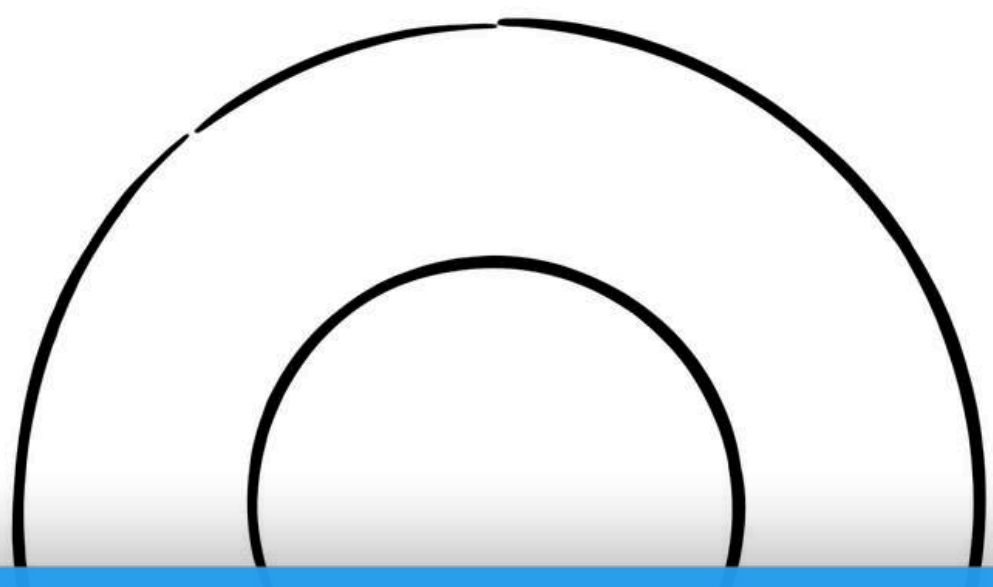
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EDUCATE OUTSIDE

LEAF WREATH



Wreath Template
Ages 9 - 10: Term 1 Week 4
Creativity



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EDUCATE OUTSIDE

SENSORY TRAIL



Teacher's Guide
Ages 9 - 10: Term 1 Week 7
Communication

BEFORE THE LESSON

- Prepare the blindfolds. Print the activity sheets and prepare clipboards and pencils (optional).

STARTER:

- In pairs, have one student close their eyes while their partner guides them around the space without talking.
- The guiding partner can only use gentle touches on the shoulder or arm to direct their partner. After a few minutes, switch roles.
- This activity builds trust and introduces the concept of non-verbal communication.

MAIN ACTIVITY

- Explain that they'll go on a sensory nature walk. In pairs, one student will be blindfolded and led by their partner. Along the way, they'll stop at several points to feel natural objects without seeing them. When the blindfold is removed, they'll try to retrace their steps by remembering the objects they touched.
- Ask the students if they know of any animals that rely on touch over sight. Share our animal facts with the students.

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EDUCATE OUTSIDE

SENSORY TRAIL



Guesses
Ages 9 - 10: Term 1 Week 7
Communication

Write your guesses in the table below and mark if they were correct. Name: _____

OBJECT	GUESS	CORRECT

Write your guesses in the table below and mark if they were correct. Name: _____

GUESS	CORRECT

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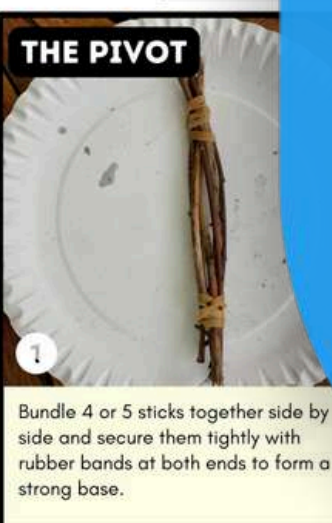
EDUCATE OUTSIDE

STICK CATAPULT



Teacher's Guide
Ages 9 - 10: Term 1 Week 2
Creativity

THE PIVOT



1 Bundle 4 or 5 sticks together side by side and secure them tightly with rubber bands at both ends to form a strong base.

THE ARM



3 Place two sturdy sticks perpendicular on top of the pivot and align with the base. Secure them to the pivot using string or rubber bands - like a seesaw.

TENSION



4 Wrap a rubber band around the end of the catapult arm and the bottom stick to create tension. Pull the arm back and release to fire the small stone.

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EDUCATE OUTSIDE

STICK CATAPULT



Teacher's Guide
Ages 9 - 10: Term 1 Week 2
Creativity

ACTIVITY DESCRIPTION:

In this outdoor lesson, students will work in pairs to design and build a catapult using sticks, rubber bands, and string. The goal is to see which pair can fire a small stone the farthest. This hands-on activity encourages creativity, problem-solving, and collaboration, while introducing students to basic physics concepts such as force, tension, and projectile motion.

EQUIPMENT PROVIDED BY US:

EQUIPMENT PROVIDED BY YOU:

 Sticks
 Peelers
 Pens
 Paint and brushes
 String (optional)

BENEFITS OF THE ACTIVITY:

- Encourages problem-solving: Students design their own functional catapult.
- Promotes teamwork: Pairs collaborate to complete the task.
- Builds independence: Students work with limited guidance to solve construction challenges.

SAFETY PRECAUTIONS:

- Supervise the use of potato peelers to ensure they are used safely.
- Explain proper handling of sharp tools to avoid injury.
- Remind students to keep their hands clear of the peeling area and use slow, controlled movements.

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EDUCATE OUTSIDE

SENSORY TRAIL



Teacher's Guide
Ages 9 - 10: Term 1 Week 7
Communication

BEFORE THE LESSON

- Prepare the blindfolds. Print the activity sheets and prepare clipboards and pencils (optional).

STARTER:

- In pairs, have one student close their eyes while their partner guides them around the space without talking.
- The guiding partner can only use gentle touches on the shoulder or arm to direct their partner. After a few minutes, switch roles.
- This activity builds trust and introduces the concept of non-verbal communication.

MAIN ACTIVITY

- Explain that they'll go on a sensory nature walk. In pairs, one student will be blindfolded and led by their partner. Along the way, they'll stop at several points to feel natural objects without seeing them. When the blindfold is removed, they'll try to retrace their steps by remembering the objects they touched.
- Ask the students if they know of any animals that rely on touch over sight. Share our animal facts with the students.

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EDUCATE OUTSIDE

SENSORY TRAIL



Teacher's Guide
Ages 9 - 10: Term 1 Week 7
Communication

BEFORE THE LESSON

- Prepare the blindfolds. Print the activity sheets and prepare clipboards and pencils (optional).

STARTER:

- In pairs, have one student close their eyes while their partner guides them around the space without talking.
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- Ask the students if they know of any animals that rely on touch over sight. Share our animal facts with the students.

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THAT'S 38 WEEKS OF
OUTDOOR LEARNING
SESSIONS!

TEAM PHOTO CHALLENGE



Teacher's Guide
Ages 9 - 10: Term 1 Week 9
Communication

CURRICULUM LINKS: Misc

PREP: 5 minutes

LENGTH: 50 minutes

NUMBERS: Groups

ACTIVITY DESCRIPTION:

This week students will work in teams to complete a photo scavenger hunt. Each team will receive a list of challenges, such as forming a shape with their bodies or finding items of different colors. They will document their achievements by taking photos. This activity promotes teamwork, communication, and creativity as students collaborate to complete each task.

EQUIPMENT

PROVIDED BY US:

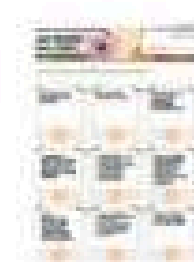


Photo challenge
sheets

BENEFITS OF THE ACTIVITY:

- Collaboration: Students work together to complete tasks, developing cooperative skills.
- Problem-solving: The activity encourages students to think creatively as they figure out how to meet each challenge.

EQUIPMENT

PROVIDED BY YOU:



Camera devices

**EACH SESSION COMES WITH
A TEACHER'S GUIDE AND THE
ACTIVITY SHEETS YOU'LL
NEED.**

TEAM PHOTO CHALLENGE



Challenge Sheet

Team Name: _____

As a team, get a photo of the following and tick once complete:

**YOUR TEAM IN
THE SHAPE OF A
SQUARE**

**ALL OF YOUR
TEAM MID JUMP.**

**EVERYBODY IN
YOUR TEAM
HOLDING A
DIFFERENT
COLORED LEAF.**

**CAPTURE A
PHOTO OF YOUR
TEAM FORMING
THE SHAPE OF A
TREE WITH YOUR
BODIES.**

**PHOTOGRAPH EACH
TEAM MEMBER
HOLDING SOMETHING
FROM NATURE THAT
IS A DIFFERENT
TEXTURE (E.G.,
SMOOTH ROCK,
ROUGH BARK).**

**TAKE A PHOTO
OF YOUR TEAM
IN FRONT OF
SOMETHING
NATURALLY
BEAUTIFUL, LIKE
A TREE OR
FLOWER.**

**FIND
SOMETHING
TALLER THAN
EACH TEAM
MEMBER AND
TAKE A GROUP
PHOTO WITH IT.**

**TAKE A PHOTO OF
YOUR TEAM SPELLING
OUT 'PHOTO
CHALLENGE' USING
NATURAL OBJECTS
(E.G., STICKS OR
STONES).**

**TAKE A PHOTO
OF YOUR TEAM
AND AN INSECT.**

PREP: 10 minutes **LENGTH:** 50 minutes **NUMBERS:** Individual

ACTIVITY DESCRIPTION:

In this creative outdoor lesson, students will use leaves and paint to create stunning negative leaf paintings. By sticking leaves onto paper and painting around them with gradients and patterns, students will explore the interplay of natural shapes and colors. Once the paint is dry, the leaves are removed to reveal their shapes, leaving behind unique artwork.

BENEFITS OF THE ACTIVITY:

- Encourages creativity: Students use natural shapes to explore artistic techniques.
- Promotes mindfulness: The slow, deliberate process of painting around leaves encourages focus and calm.
- Develops fine motor skills: Painting detailed patterns and gradients improves precision.

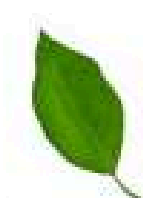
SAFETY PRECAUTIONS:

EQUIPMENT PROVIDED BY US:



ID guides

EQUIPMENT PROVIDED BY YOU:



Leaves



Paper



Glue



Paint & brushes

**EASY TO USE
DIGITALLY**

STICK CATAPULT



Teacher's Guide
Ages 9 – 10: Term 2 Week 7
Independence

CURRICULUM LINKS: STEM Science: forces

PREP: 5 minutes **LENGTH:** 50 minutes **NUMBERS:** Pairs

ACTIVITY DESCRIPTION:

For this STEM-based lesson, students will work in pairs to design and build a simple catapult using sticks, rubber bands, and string. The goal is to see which pair can fire a small stone the farthest. This hands-on activity encourages creativity, problem-solving, and collaboration, while introducing students to basic physics concepts such as force, tension, and projectile motion.

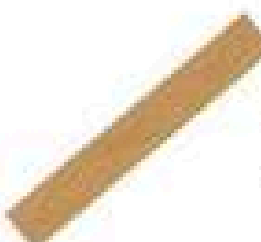
EQUIPMENT PROVIDED BY US:

Catapult
instructions

BENEFITS OF THE ACTIVITY:

- Encourages problem-solving: Students design their own functional catapult.
- Promotes teamwork: Pairs collaborate to complete the task.
- Builds independence: Students work with limited guidance to solve construction challenges.

EQUIPMENT PROVIDED BY YOU:

-  Large plank
-  Small log
-  Heavy object

SAFETY PRECAUTIONS:

- Ensure students only launch small stones and keep a safe distance from the launch area.
- Remind students to use caution when handling rubber bands.
- Set clear boundaries for the launch area to prevent accidents.

EXAMPLE LESSON

STICK CATAPULT



Teacher's Guide

Ages 9 – 10: Term 2 Week 7

Independence

BEFORE THE LESSON

- Print the instruction sheet. Prepare all the equipment needed for the catapult and the starter activity.

STARTER:

- Show the class the heavy box/object, plank, and the small object to act as a pivot.
- Encourage students to come up and suggest or demonstrate how they could use the the objects to lift the heavy object.
- Let a few students come up and experiment with placing the plank on the pivot, exploring different ways to position it to lift the box.
- Guide students toward the lever concept: Help students understand how using the plank as a lever can make lifting the object easier.

MAIN ACTIVITY

- Introduce the concept of catapults and how they work. Explain that catapults use stored energy (tension in the rubber bands) to launch objects through the air. Discuss historical uses of catapults and when and why they were used.
- Explain that in this session they will pair up and make their own catapults using sticks, rubber bands and string.
- Distribute rubber bands, scissors, and string to each pair. Explain that they must collect the sticks for their catapults.

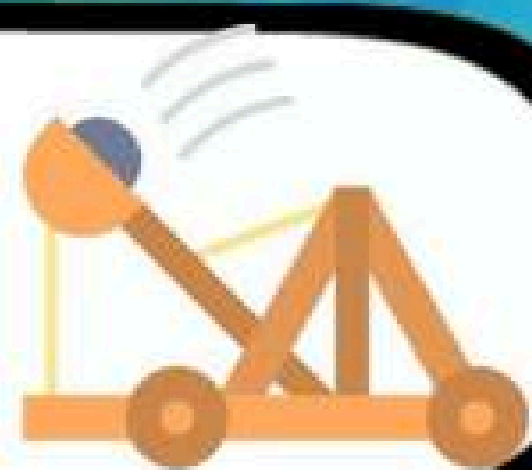
- Build: Allow pairs 20-25 minutes to build their catapult, adjusting and testing as needed. After 5 or 10 minutes of them experimenting, provide them with the instruction sheet for help.

- Once catapults are built, designate a launch area. Each pair should fire a small object and measure the distance it travels.

- After testing the catapults, gather the students to discuss what they learned. Encourage them to share the challenges they faced during the build and how they overcame them.

EXAMPLE LESSON

STICK CATAPULT



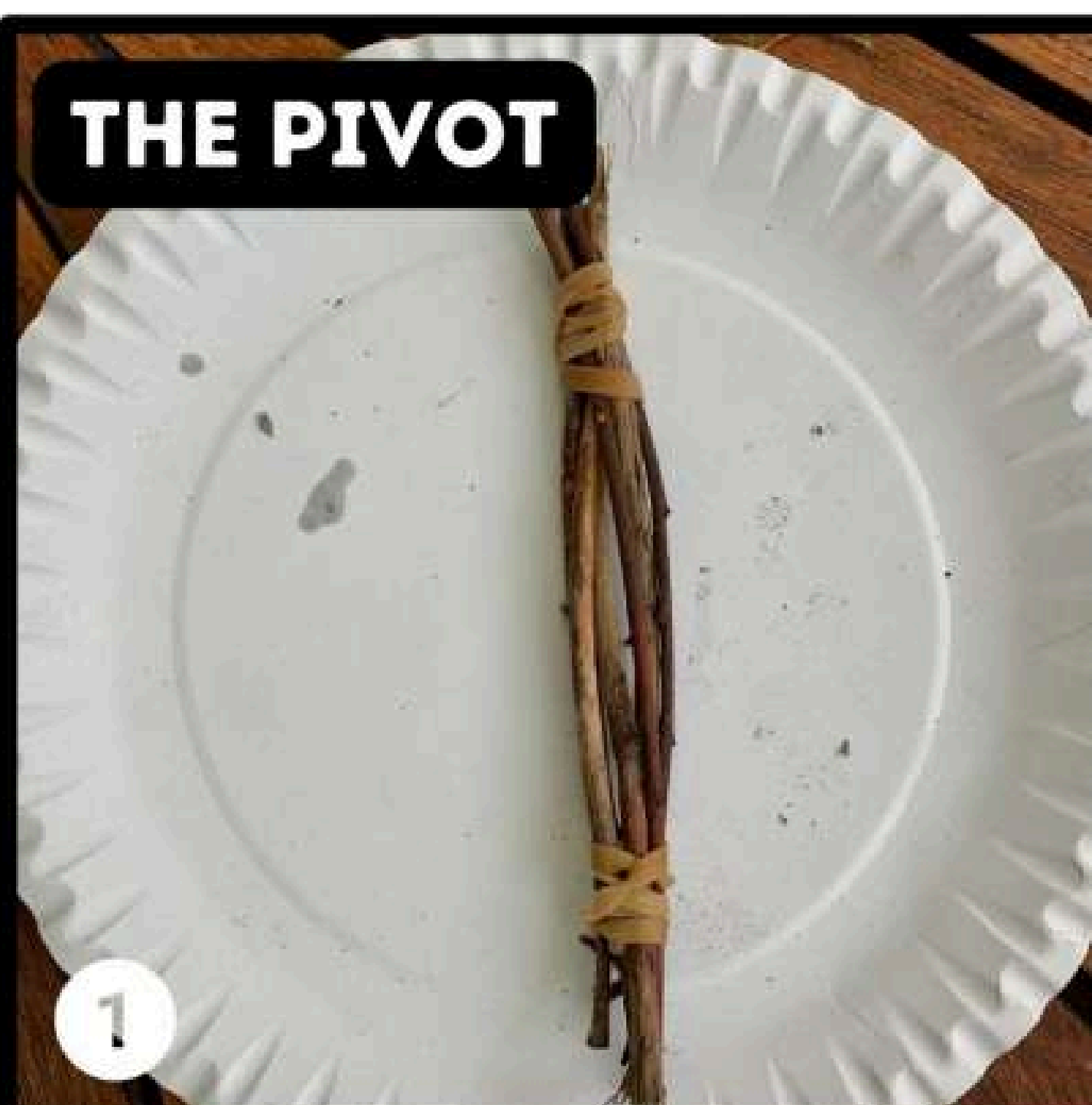
Teacher's Guide

Ages 9 – 10: Term 2 Week 7

Independence

STICK CATAPULTS

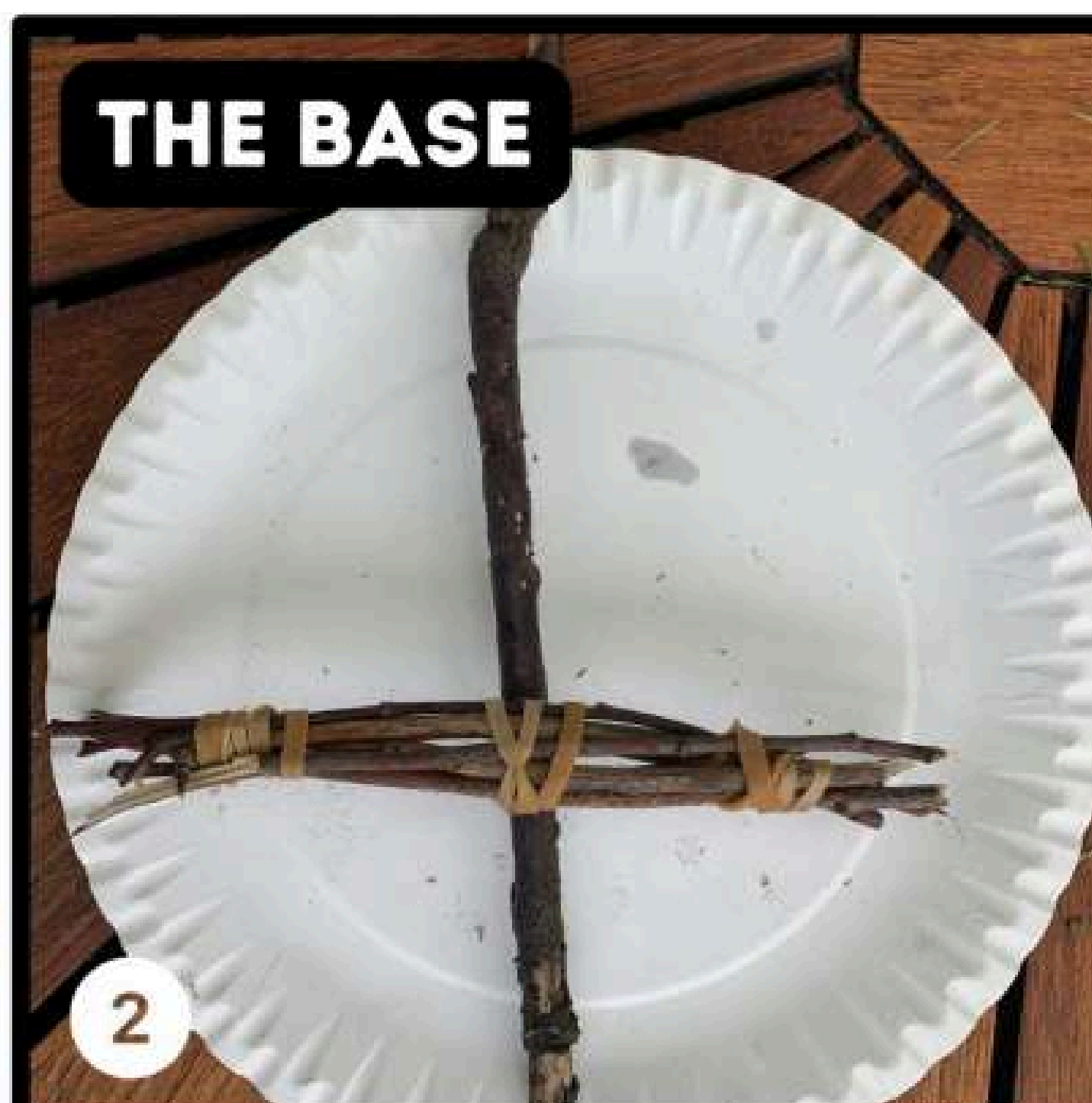
THE PIVOT



1

Bundle 4 or 5 sticks together side by side and secure them tightly with rubber bands at both ends to form a strong base.

THE BASE



2

Place a sturdy stick perpendicular to the base, securing it in the center using rubber bands. This stick will act as the base.

THE ARM



3

Place two sticks on top of the bundle. One will be the arm and the other will be the trigger. Secure them to the pivot using rubber bands – like a seesaw.

TENSION



4

Use the trigger stick to create tension. Pull the arm back and release to fire the small stone.

EXAMPLE LESSON