

OUTDOOR & FOREST SCHOOL · EYFS TO Y3

# Winter Outdoor Learning

Six ready-to-use activities

## Cold-weather principles

Winter outdoor learning is about quality not quantity. 20–30 minutes outside in cold weather, fully kitted up and physically active, beats 90 minutes of reluctant standing around. Three rules: 1. Plan for movement. No long static activities in the cold. 2. Layer up before leaving the classroom — gloves, hats, coats, even just a short walk between buildings. 3. End before the moaning starts. Better short and successful than long and miserable.

### Activity 1 — Frost Detective

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### Activity 2 — Bare Tree ID

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**Activity 3 — Tracks and Trails**

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**Activity 4 — Winter Bird Watch**

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**Activity 5 — Shadow Tracking (clear day)**

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### Activity 6 — Bark Rubbings

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