



FIVE IN THE HIVE

7 day outdoor activity & wellbeing guide



A collaboration with
Yoga-Wellbeing
by Nicola Stephenson

Lizzie Lee
Level 3 Forest School Practitioner
SEMH experience and support

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Facebook community group
with online support for activities
FIVE IN THE HIVE



WELCOME!

Introduction to Bee Outdoors and Five In The Hive



Hello there and welcome!

My name is Lizzie Lee and I am a level 3 Forest School Practitioner. I provide forest school and outdoor learning sessions across Bradford, West Yorkshire through my freelance business Bee Outdoors.

I run private sessions on Fridays and Saturdays in public woodlands and I work in schools and education settings across the district.

My background is working for Bradford Children's Services as a specialist behaviour mentor providing support to children and staff in schools and working in a range of education settings for over 15 years.

I am passionate about supporting social, emotional, mental health and wellbeing.

I have had many requests to provide this pack since many people will now be stuck at home and only have their gardens/ limited outdoor space.

This pack is to help adults get their children outside and play. It will also provide some scripts and tips to help with behaviour and feelings. The activities are accessible for ages 3+ and can be adapted.

Please go online and join the online community via the Facebook group - scan the QR code above using the camera on your phone. Here you can share your adventures with me and everyone in the group. Use the link or go to Bee Outdoors Facebook page where you will find the group Five In The Hive. You can also ask any questions and message me too!

I'd also like to introduce Nicola Stephenson from Yoga-Wellbeing. Nicola has kindly contributed some of her work to this. Check out her Facebook page for more ideas, <https://www.facebook.com/YogaWellbeingbyNicolaStephenson>

I hope this pack provides some ideas that bring joy and smiles - ENJOY!

Lizzie



Bee Outdoors & Yoga-Wellbeing collaboration



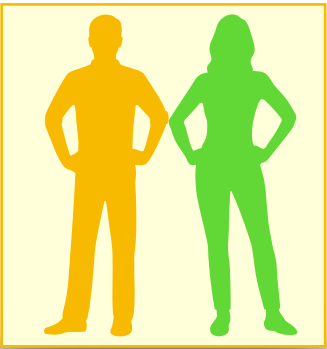
Hi, I'm Nicola. I trained as a Nursery Nurse over 20 years ago, and since then have worked in Early Years settings working primarily with nursery and reception aged children, and also supporting children throughout primary school with additional learning needs, and those who experienced difficulties with their social, emotional and mental health.

10 years ago I qualified as a Hatha Yoga and Pilates instructor, and enjoyed teaching adults and children part time alongside my full time role in school.

In 2018, I decided to leave education and focus solely on supporting adult's and children's mental health and wellbeing through Yoga. I currently run regular sessions in Thornton and Keighley, and have also taken Yoga and Mindfulness into school settings.

I worked alongside Lizzie Lee when we co-delivered some outdoor learning sessions together in 2017. We have been friends since and when Lizzie asked if I had some ideas about outdoors wellbeing and yoga, it seemed like a perfect idea to get involved. I hope you enjoy the activities that I have added to Buzz Time and Relax!

Nicola



FIVE IN THE HIVE

What does this pack aim to do?



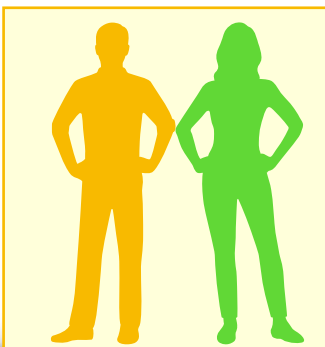
Bee Outdoors aims

- To provide support for adults who want a simple guide to getting outside.
- To help children and adults to explore their outdoor environment and recognise their feelings.
- To give children different activity ideas to keep them occupied whilst getting fresh air.
- To share 'scripts' and tips to help manage behaviours.

Bee Outdoors hopes that

- Children and adults will feel happier after time spent outdoors together.
- Together, children and adults will be able to acknowledge and recognise how they feel.
- Children and adults will be more connected to nature and learn new activities.
- Children and adults will be more inspired to do more outdoor activities in future.



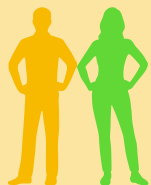


FIVE IN THE HIVE

How to use the pack & things you'll need to do



Logos to help you



When you see the adults logo, this is information for the adult to read, follow and take part in.



When you see the child logo, this is for the child to take part in. You might need to support your child with reading some words in the pack, writing notes on the sheets or the creative activities.

You will need five resources



- Chalk
- Wool/string
- Felt tip pens
- Old plain pillow case
- Old plain sheet/duvet cover

You will also be using resources from your garden and things that most people will have in your home.

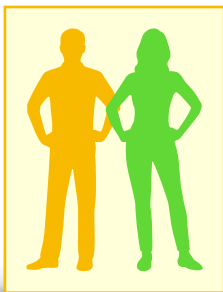


Prep your outdoor space

- Before you get outside with the kids, first check about for anything that might need removing. e.g. cat poop, glass etc. Use gloves, take care.
- Have a sweep up. Make it fun not a chore, a dustpan+brush and some team work is a great way to get started...the kids will love helping.
- Is there anything in the garden you don't want the children to touch? Brambles or nettles, sharp edges? Make these areas safe by chopping anything back or taking things away.

You will need these sheets each day:

- Daily weather check (Page 7)
- Weekly plan to refer to (Page 8)



BEE READY!

Session routine

As we all know, routines help children feel secure and safe.

Use this daily plan to structure your outdoor play session.

Follow this daily plan and use the phrases 'first we will do this', 'next we will...' 'then we will...'



FIRST



10-15mins

WEATHER CHECK Page 6

- Let's go to the window and look outside. What is the weather like today? What do you need to wear? Make sure you are comfortable to play outside. It's ok to play out when it's raining, just wear something to keep you warm and dry.
- When you are ready, step outside and start to talk about the weather together and complete the sheet.
- Let's check the weather inside ourselves, how do you feel today?

NEXT



10 mins

BUZZ TIME Page 8

- Each day you will practise some simple exercises from Nicola at Yoga Wellbeing.
- The exercises will help you stretch your body and get your heart rate going.
- Remember to notice how these exercises make you feel each time you do them.
- Add to your weather check sheet how the exercises made you feel today.

Remember to
complete your
daily weather check!

THEN



20 mins

HIVE TIME From page 9-12

- It's time to create a hive of activity!
- Choose one of the Hive Time activities and have the resources ready that you need.
- Remember to take photos/videos to share on the Facebook group: <https://www.facebook.com/groups/578639329528367>

TO FINISH



15mins

RELAX & SNACK TIME Page 13

- It's time to wind down and practise some relaxation. This is about calming the body and practising deep breathing. This can help with anxiety and worry.
- Make some hot chocolate or warm cordial juice in a jug so everyone can take turns to stir and pour.
- Ask your child what they enjoyed best about today's session, how did it make them feel?
- What/who are you proud of today? Each person shares something they are proud of, celebrating achievements.



Five In The Hive Daily Weather Check

- This sheet is about checking the weather outside **and** inside ourselves.
- Fill this in together, you can write anywhere on the sheet.
- You can print them out or use a screenshot on your phone and keep a note of your daily weather check. Follow this template.



Rainy - Sunny - Cloudy
Windy - Icy - Snowy

Date: -----
Time: -----

Happy - Calm - Sad
Excited - Angry



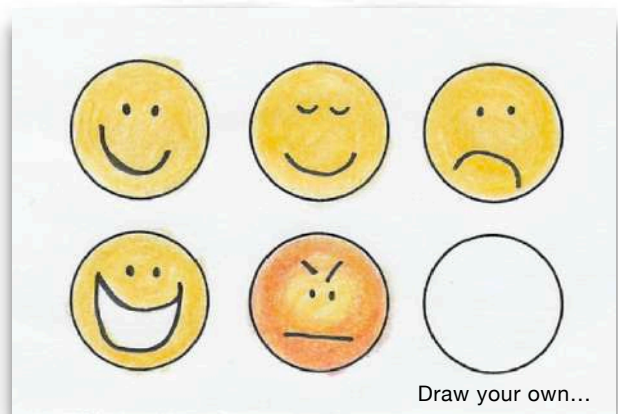
Make notes here:



1. Talk about the weather and the temperature outside, make a note of what temp it is. Is it warmer/colder than yesterday? (You can use a weather app if you don't have an outdoor thermometer...).

2. Close your eyes and listen to the space around you. Try not to speak for 10 seconds - 30 seconds! (Make a note of the things you heard, eg. birds, cars, dogs).

Make notes here:



Ask each other "How are you feeling today?"

What has made you feel that way?
Remember - It's ok to feel the way we feel.

Sometimes we feel angry or sad.
Sometimes we feel happy or excited.

It's how we deal with it that matters. If you need some time to sit and relax, take some time to sit somewhere and come back to the activities when you are ready.



Five In The Hive Week Plan

Decide what day you will start your week.
Write them into the grid below.
Make notes.



Complete below	Activity	Resources
Day 1 _____	Chalk art	Chalk
Day 2 _____	Stick people	Sticks, wool, pens, scissors
Day 3 _____	Stick frame	Sticks, wool, scissors
Day 4 _____	Make a flag	Sticks, fabric, pens, scissors
Day 5 _____	Nature art	Sticks
Day 6 _____	Memory Game	Fabric, wool
Day 7 _____	Giant braiding	Wool, sticks, scissors

Notes:

NEXT: BUZZ TIME



Yoga for children has huge benefits:

1. Yoga enhances physical strength and flexibility, co-ordination and body awareness.
2. Use yoga with your child/ren to help increase concentration and improve their sense of calmness and relaxation.



Sprouting Seed - co-ordinate breath and movement

1. Kneel down, bend forward and rest your forehead on the floor, and arms by your legs. Imagine you are a tiny seed in the ground.
2. Inhale, start to grow. Lift up onto your knees and lift your arms. Exhale, bringing arms down and curling up. Repeat 3-5 times.



Swaying Tree bend and stretch.

1. Stand tall with feet apart. Keep your eyes open and keep both feet flat on the ground. Imagine you are a tree in the wind and your arms are the branches.
2. Swing your arms from side to side like swaying branches. Can you make your tree grow taller?
3. With your feet flat on the ground, bend forward at the waist and keep swaying your arms.
4. Come up slowly, swaying your arms side to side.
5. Slow down and bring your arms back to your sides. Notice if your body feels different now from the start of the exercise.



Hopping Frog - increase your heart rate

1. Stand with feet apart. Inhale, and squat down to the floor and bring your hands together.
2. Exhale and jump as high as you can like a frog. Repeat 3-5 times.



Bird Focus and balance

1. Stand tall with feet slightly apart.
2. Take a deep breath in, focus, and stretch one leg back.
3. Tip forward and lift the back leg up.
4. Spread your arms out like wings. Repeat on the other side.



THEN: HIVE TIME

It's time to get busy! If you need any help with any of the activities, ask Lizzie on the Facebook page



Chalk Art

Chalks are great because they are colourful and can be used on any surface. They also wash away in the rain!

1. Decorate the garden fence, walls, patio, pots!

2. Explain to your children which areas of the garden you are happy for them to decorate.

Give clear, specific instructions about what you would like them to

do. e.g. *"I'm happy for you to draw on this wall and this part of the patio only, thank you"*. Using 'thank you' at the end of your request and moving away gives the child the impression you expect the direction to be followed.

3. Play 4 in a row! (pictured above) Who can get 4 X's in a row first? Take turns and share the chalks. Good sharing means more time for snack at the end!

4. Draw a spider's web (pictured below).



Stick People

Bring sticks to life... Make them into little people!

1. Find two sticks. One needs to be a 'Y' shaped stick; for the legs and the same size length as a dessert spoon (20cm approx) The other stick needs to be smaller and will go across the Y shape stick to make the arms.

2. With older children you could give them specific measurements to follow using a ruler, *"Make three stick people, sizes 20cm, 25m, 30cm"*.

3. Use wool for hair, tying wool around the stick to hold it in place.

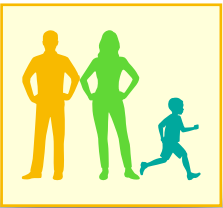
You can also wrap wool around the stick for the stick person's clothes!

4. Use felt tips to draw on eyes, nose and mouth.

You can make stories with your stick people and act them out too. How about making a little house for the stick people out of more sticks?!

Look at the next page for some photos to help you...

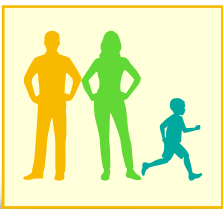




THEN: HIVE TIME

Stick people - some photos to help you get started.





THEN: HIVE TIME

It's time to get busy! If you need any help with any of the activities, ask Lizzie on the Facebook group.



Stick photo frame

1. Find 4 sticks, make sure they are all the same size, at least 30cm each.
2. Make a square with the sticks, making sure the ends cross over by 2cm - see pic.

3. Take some wool/string and tie the corners together. Start with one corner (two sticks)

You will need to wrap the wool and tie tightly so work together as a team and give each other instructions on where to move the wool.

Lizzie will also be showing you how to do this on the facebook group! Comment on the group if you need help.

See the photos on the next page to help you.



Make a flag!

I surrender! **waves flag**

1. Take your old plain pillowcase and cut it down the seams. You will have two pieces of fabric. Cut one of the pieces into 4 quarters. Work as a team!

2. Use felt tip pens to decorate your flag. You could draw what you can see in your garden, your favourite animal or insect!

3. Find a stick, at least 30cm long.

4. Position the fabric in front of you, right way up. Lay the stick down the side of the fabric with the top of the stick matching the top of the fabric.

5. Cut a piece of wool about the same length as the adult's foot.

6. Pinch a corner of the fabric where you want the flag to attach to the stick. Tie it around the fabric and tie to the stick. Repeat for the other corner on the same side of the flag.

Lizzie will also be showing you how to do this on the facebook group! Comment on the group if you need help. Also see page 10b for some photos.

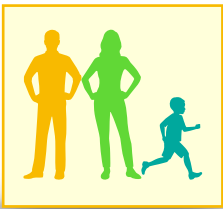




THEN: HIVE TIME

Photos here to help you. (Also, support on Facebook group, if you need it...)





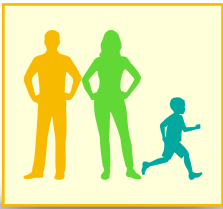
THEN: HIVE TIME

Make a flag - photos to help you.



Always be careful with scissors!





THEN: HIVE TIME

It's time to get busy! If you need any help with any of the activities, ask Lizzie on the Facebook page



Memory Game

1. You will need one half of your pillowcase.

(If you haven't already cut it in half, do that now. Cut down the seams of the case so that you have two equal sized pieces).



2. Choose any 10 natural items from your garden, all items must be no bigger than the adult's hand.
3. Lay out the items on the ground. Memorise the items for 30 seconds.
4. One person covers the items with the pillowcase fabric, whilst the others close their eyes. The same person takes away one item - being careful so others don't see.
5. Others open their eyes and now have to guess which item is missing.
6. Activity can be extended with more items on the ground and you can make it extra tricky by taking away more than one item!

Nature Art

1. Go on a scavenger hunt to find lots of different natural materials!
2. You might look for leaves, sticks, pebbles, feathers, moss, petals, soil, etc.
3. Lay your old sheet/duvet cover on the ground and weigh the corners down with bricks/stones.
4. If you have made a stick photo frame you can also put this on the sheet.



5. Inside the frame, make some nature art with the items you found on your scavenger hunt!
6. If you haven't made a photo frame and would like to use the idea of having a frame, you could just lay sticks down into a square or rectangular shape.



THEN: HIVE TIME

It's time to get busy! If you need any help with any of the activities, ask Lizzie on the Facebook page

Giant Braiding - For 2-4 people

1. Take 4 thick/heavy sticks, each 10-15cm long.
2. Cut 4 meters of wool, you will need to do this 4 times each with different colours. An easy way to get a measurement of just over a meter is to stretch out your arms with the wool in your fingers, see photo of Lizzie.
3. With one colour at a time, take both ends of the cut wool and place them together, keep hold in one hand. Take the other end that is now 'folded' and match it up with the two ends in your hand. Now your wool should be in 4 strands. See photo. Do this for each colour.
4. Tie one end of the stranded wool to the middle of a stick. Do this for each colour.
5. Now tie the other end of the wool to a washing line. Line up the 4 colours next to each other, see pic.





THEN: HIVE TIME

It's time to get busy! If you need any help with any of the activities, ask Lizzie on the Facebook page

Giant Braiding

6. Each person taking part chooses a stick/wool. Say out loud, the colour you have chosen
7. To braid, swing the sticks diagonally across/opposite, each other, swapping colours.
E.g. Blue to green *swing wool*
Red to yellow *swing wool*
8. One person calls out the colours - so make sure everyone knows what colour they have.
9. If two people are taking part, they can hold two colours each.
If three people are taking part, split the colours between you, one person will hold two sticks, one in each hand.
You can swap as you go along and take it in turns.
If four people are taking part, you have one stick each.
10. You will soon start to see the wool entwine and form a braid. Keep going until you get to the bottom. Tie off in a knot and cut the wool. Keep the sticks for another activity.
11. You can make bracelets, necklaces or even a hook for your photo frame





TO FINISH: RELAX & SNACK TIME

Choose a relaxation exercise to do - BEFORE you have your hot chocolate and snack



Beautiful Butterfly - increases mobility in the hips, slow the breath down.

1. Sit up nice and tall with your legs out in front of you.
2. Inhale, slide both feet towards your bottom and bend your knees.
3. Exhale, put the soles of your feet together and drop your knees out to the side to make wings.
4. Hold your feet and gently flap your butterfly wings.

Happy Hedgehog - massages your tummy and your spine.

1. Lie flat on your back. Inhale, lift both legs, bend your knees and hold your feet with your hands.
2. Exhale, bring your feet towards you and take your knees towards your armpits.
3. Gently rock from side to side and backwards and forwards.



Bumble Bee Breath - slow the breath and bring your focus inward.

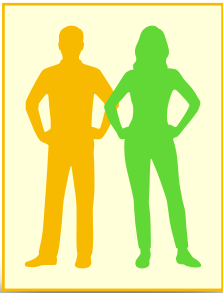
1. Sit up nice and tall, take a slow, deep breath in through your nose, then exhale and hummm or buzz like a bee for as long as you can.
2. Try it again, this time close your eyes and see if you can hummm for longer.
3. Repeat again, this time close your eyes and gently cover your ears.

Little Mouse - relax the mind and soften the spine.

1. Kneel on the ground, bend forward and rest your forehead on the floor and your arms by your side on the floor, like a little resting mouse.
2. Take 5 deep breaths in and out, or more if it is comfortable.
3. When you are ready, slowly come back up.

Top tips to doing Yoga with children:

1. Give them time to learn new ways of breathing and moving - no need to rush.
2. Have fun practicing with them - children learn what they see.
3. Stay safe in the space around you.



JOIN THE COMMUNITY

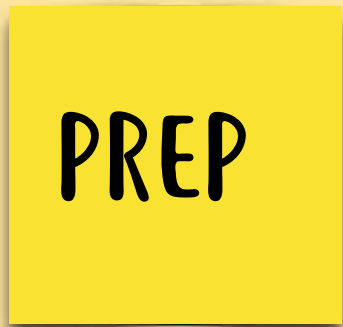
With a small amount of prep plenty of play, there's going to be so much outdoor fun!

Remember to capture your outdoor moments and share them with us and others on the Facebook group.



Tell your friends about the fun you had and ask them to download the pack from Bee Outdoors

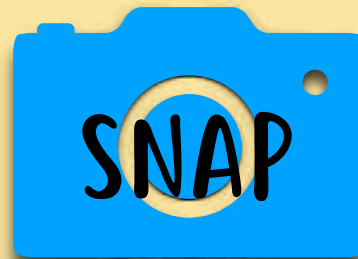
You're bound to do something new that others can learn from...be creative and BEE OUTDOORS!



Prep your resources



HAVE FUN!



Take some photos & videos!



Share your experience on Bee Outdoors Facebook group

