

# CPRE SUSSEX COUNTRYSIDE DAY – SATURDAY 2<sup>ND</sup> SEPTEMBER 10-4PM AT KNEPP ESTATE, DIAL POST, WEST SUSSEX

**Woods for Learning** is proud to be working in partnership with CPRE Sussex and Knepp Estate to provide a unique nature inspired day for **both little children and BIG children** (*yes that means adults as well*).

**The Activity Zones** have been carefully designed to offer a range of skills and experience for both children and adults, with self-guided and instructor led activities – with EVERYONE fully inclusive (*our instructors specialise in working with those that have additional needs*).

## There are essentially four zones:

1. Dancing in Nature,
2. Exploring in Nature,
3. Building in Nature
4. Working with Nature

Woods for Learning Children's Activity Zones are -

## DANCING IN NATURE

11.00-11.15am: Dance Performance 1

11.20-12.00: Dance workshops

**Caterpillar to the Butterfly** – learn the lifecycle through dance.

**Balancing Ecosystems** – group and team games through connected balances linked to food and the ecosystem.

12.45 - 1.00pm: Dance Performance 2

2.15 – 2.30pm Dance Performance 3:

2.35 – 3.15: Dance workshops

**Sensory in Nature** – movement exploration using nature.

**Fantastic “Fern”** – movement sequence teaching using Robert MacFarlane poem

## EXPLORING IN NATURE

10.30-11.00/1.00-1.30pm/3-3.30pm

**30mins to save your life and the rule of 3**

Learn how to find where you are and call for help and give a grid reference using our unique system.

10:00-3.30pm Cross dangerous lakes to save yourselves:

Treasure Hunt: Can you find all the hidden markers (best times win a prize) and work out the hidden message.

## BUILDING IN NATURE

10-3.30pm

Use what is around to build mini houses and shelters for you, your friends even the animals that you might find.

This is a self-led activity, but leaders will be around to help and ask questions.

## WORKING WITH NATURE

10-4PM

This is a non-stop workshop and can be done at any time throughout the day – visit us near the gazebo and take part in

**Safe Fire lighting activities**

**Nature Mandalas:** using nature to make art.

**Make your own medals/coins/treasure.**

**Uneven ground throughout, flora and fauna and wild animals roaming.  
Children must be supervised at all times.**

