

The Sallygate School RESOURCES



The Sallygate Family Nature Passport

50 Simple Adventures to Enjoy Together

A practical guide to help families reconnect with nature, each other and themselves.

Welcome

One of the biggest lessons we've learnt at Sallygate is that children don't need expensive days out to create lasting memories.

Some of the best adventures happen in the simplest places.

A local park.

A woodland path.

A beach.

A garden.

A field.

Nature gives children something many of them don't get enough of. Space.

Time.

Freedom. Curiosity.

This passport isn't about completing every activity.

It's about spending time together.

There are no scores.

No winners.

Just opportunities to explore, notice and enjoy the world around you.

Spring Adventures

Can you...

- ☐ Find five different flowers.
- ☐ Spot a bee collecting pollen.
- ☐ Watch a butterfly for one minute.
- ☐ Listen for birdsong without talking.
- ☐ Find something that smells nice.
- ☐ Plant something together.
- ☐ Watch clouds moving across the sky.
- ☐ Find a tree beginning to grow new leaves.

Summer Adventures

- ☐ Build a den.
- ☐ Walk barefoot on grass (where it's safe).
- ☐ Find the biggest leaf.
- ☐ Have a picnic outside.
- ☐ Spot a ladybird.

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- ☐ Watch ants working together.
- ☐ Collect interesting sticks.
- ☐ Watch a sunset.

Autumn Adventures ☐

Jump in leaves.

- ☐ Collect five different coloured leaves.
 - ☐ Find an acorn.
 - ☐ Spot mushrooms.
 - ☐ Listen to the wind.
 - ☐ Make leaf art.
 - ☐ Find signs that animals are preparing for winter. ☐
- Visit a woodland.

Winter Adventures

- ☐ Find animal footprints.
 - ☐ Watch frost melt.
 - ☐ Listen to winter birds.
 - ☐ Make a bird feeder.
 - ☐ Find evergreen trees.
 - ☐ Wrap up warm for a family walk.
 - ☐ Watch the stars. ☐
- Find the moon.

Wildlife Explorer

Can you find...

- ☐ Robin
- ☐ Blackbird
- ☐ Magpie
- ☐ Crow
- ☐ Squirrel
- ☐ Spider
- ☐ Snail
- ☐ Butterfly
- ☐ Bee
- ☐ Dragonfly
- ☐ Frog
- ☐ Duck

Woodland Detective

Can you find...

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- ☐ A smooth leaf
- ☐ A rough leaf
- ☐ Something tiny
- ☐ Something huge
- ☐ Something older than you
- ☐ A feather
- ☐ Moss
- ☐ Lichen
- ☐ A pine cone
- ☐ Animal tracks

💙 **Mindfulness in Nature** Try sitting quietly for two minutes.

Can you notice...

- ☐ Five things you can see.
- ☐ Four things you can hear.
- ☐ Three things you can feel.
- ☐ Two things you can smell.
- ☐ One thing you're grateful for today.

🔥 **Forest School Challenges** ☐

Balance on a log.

- ☐ Build a shelter.
 - ☐ Tie three different knots.
 - ☐ Carry sticks safely.
 - ☐ Help someone else.
 - ☐ Work together.
 - ☐ Build something from natural materials. ☐
- Leave nature exactly as you found it.

🌍 **Nature Scientist** Can you...

- ☐ Measure the tallest tree.
- ☐ Count tree rings on a fallen log.
- ☐ Compare different leaves.
- ☐ Watch a bird for one minute.
- ☐ Identify a cloud.
- ☐ Find signs of the weather changing.
- ☐ Spot a habitat.
- ☐ Watch an insect without disturbing it.

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♥ Family Challenges

- ☐ Go on a walk without taking your phone out.
- ☐ Have a conversation whilst walking.
- ☐ Cook outside.
- ☐ Build something together.
- ☐ Watch the sunset.
- ☐ Watch the sunrise.
- ☐ Visit somewhere you've never explored before.
- ☐ Take a family photo in nature.

🌈 My Favourite Adventure

Today I...

My favourite part was...

I felt...



The best thing we discovered...

My Nature Memories Space

for children to:

Draw.

Write.

Stick photographs.

Collect leaves.

Collect tickets.

Record adventures.

🌟 My Nature Passport

Every ten activities completed earns a badge.

🌱 Explorer

🌳 Adventurer

🔥 Forest Ranger

🦉 Nature Expert

🏕️ Outdoor Leader

🌐 Sallygate Explorer

(No competition—just celebration.)

Parents' Reflection

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After your adventure, ask your child:

- What made you smile today?
- What surprised you?
- What did you notice that you've never noticed before?
- How did your body feel after being outside?
- What would you like to explore next time?

Often, the best conversations happen when children are walking rather than sitting face to face.

This is Sallygate

We believe childhood should include muddy boots.

Fresh air.

Curiosity.

Challenge.

Laughter.

Campfires.

Friendship.

And moments that become lifelong memories.

Nature reminds us that children don't always need more things.

Sometimes they simply need more opportunities to explore, wonder and belong. **This is Sallygate.**