



OUTLET

LEARN EMPOWER TRAIN



JOHN MUIR CHALLENGE

P6 & P7 Teacher Pack



JOHN
MUIR
AWARD

wild places:
DISCOVER
EXPLORE
CONSERVE
SHARE



About the John Muir Challenge

The John Muir Challenge is an Outdoor Learning programme which has been developed to be delivered as part of your current online learning model. This challenge is part of the OutLET: Play Resource 'Wellwoods' project is designed to support the mental health and well-being of the children & young people by re-connecting them with nature and enabling them to achieve a nationally recognised award for their effort.

Completion of all the activities in the challenge will enable your class to achieve their John Muir 'Discover Award'

This contains the teachers notes for pack 1.

The challenge sheets to be uploaded on to your online learning platform are individually attached to this email.

As part of the 'Discover Award' pupils must also learn about John Muir.
We have added a fact about John Muir on each activity sheet to assist with this.

To extend the learning from this challenge you could ask your pupils to learn other facts about John Muir.

To gain their John Muir award, pupils must complete ALL of the activities - however if they miss a few weeks they can go back and do the missed activities. This won't affect their ability to gain the award.

What do teachers need to do?

Make sure your pupils are registered to take part in the John Muir Challenge through OutLET: Play Resource before proceeding. If you have not registered your class then please email office@outletplayresource.co.uk It is free to participate and all pupils who complete the challenge will gain a nationally recognised award.

- Each week upload one activity sheet on to your online learning platform.
- Collect responses from each pupil and keep a register of who is participating
- Once the all 8 challenges are complete contact office@outletplayresource.co.uk who will ask to see evidence of completion.
- OutLET: Play Resource will then take the names of the individual children who completed so that the John Muir Discovery Awards can be issued.

GDPR - We will not retain the children's names once the certificates have been received from the challenge. We will retain the following information: School Name, Class, No of Children registered, No of children that complete.

Before starting the challenges your pupils could watch this video to learn more about the John Muir Award

<https://www.youtube.com/watch?v=93D1EVw5INU>



[Link to Activity Sheet](#)

Challenge 1 - Discover a Wild Space

In this challenge we ask children to discover a wild space which is walking distance from their house. It can be a woodland, park or even their garden if they live in a particularly built up area.

We want the pupils to notice their wild space. Using the checklist provided on the printable worksheet - pupils are encouraged to notice the features of the landscape.

What you need to receive from pupils

From this activity we would expect the pupils to tell you about their wild space. Why they chose it, how long it took them to walk there and what makes their space special. They will also draw you a map. This map can include local landmarks.

This is a chance for your pupils to reflect on their journey and discovery helping them remember how to find their space

Challenge 2- Begin to Explore your Wild Space

[Link To Activity Sheet](#)

How tall is your tallest tree?

Find a tall tree and ask your friend (or adult) to stand next to it

Take 10 big steps back from the adult and hold your pencil vertically with your arm fully stretched out in front of you

Close one eye - does your pencil look to be the same size as the adult?

If your pencil looks smaller than the adult take more steps back until your pencil and adult look to be the same size. (If your pencil looks bigger than them then move forward until they look the same size)

Once the pencil is the same size as the person, measure the tree using the pencil. How many pencils high is the tree?

Multiply how many pencil high by the height of your adult - this will give you the height of your tallest tree!

What you need to receive from pupils

From this activity we would expect the pupils to tell you how tall their tallest tree was - they could send you a photo too if they like.

Challenge 3- Conserve your Wild Space

Make a bird feeder

Pupils will make bird feeds to help support the wildlife in their wild spaces.
As part of the task they must return to the feeders later in the week to check if they need replenished or moved.

What you need to receive from pupils

Photographs of their bird feeders in place
Guesses for the types of birds that they think will use their feeders.

[Link To Activity Sheet](#)

Challenge 4- Hide and watch to spot wild things

Build a 'Hide Out'

Pupils will build dens in their wild spaces using natural materials where possible.
It is essential that they don't break trees and damage nature to do this.

Once their dens are built, they will spend 10 mins sitting and watching nature – spotting any wildlife that may visit.

What you need to receive from pupils

Photographs of their Hide Outs
Why is it important that they don't break trees ?
A drawing of their ideal den – getting creative!

[Link To Activity Sheet](#)



Challenge 5- Life Cycles

Pupils will need to explore their wild space and look for signs of new life – whether that's buds on a tree, snowdrops starting to appear or even the sound of birdsong returning.

What you need to receive from pupils

Draw the life cycle of a chosen plant or animal.

[Link To Activity Sheet](#)

Challenge 6- Conserve

Helping Nature

Pupils will help to conserve their wild spaces creating and enhancing habitats using natural materials.

What you need to receive from pupils

Discuss UK based species and what animals may want to live in the habitats. What do each of the animals need?

[Link To Activity Sheet](#)



Challenge 7 - Whats the litter

Carry out a survey of your local community - measuring what types of litter are around.

Use the [printable sheet](#) attached to the activity

This could turn into a litter pick if you have the right equipment (Gleves, litter pickers, bin bags)

What you need to receive from pupils

You could collate the surveys and lead this into a discussion around sustainability.

[Link To Activity Sheet](#)

Challenge 8 - Spot the Difference

Seasonal Differences

Your pupils will know the space well by now.
What changes can they notice in the space?
You could use photographs for this

What you need to receive from pupils

Watch this [BBC clip](#)

Make a list of all the changes notices and discuss seasonal changes throughout the year.

[Link To Activity Sheet](#)



Learning Outcomes

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.

HWB 2-06a/ HWB 3-06a / HWB 4-06a

I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.

HWB 2-07a/ HWB 3-07a / HWB 4-07a

I can use my knowledge of the sizes of familiar objects or places to assist me when making an estimate of measure.

MNU 2-11a

I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.

HWB 2-11a/ HWB 3-11a / HWB 4-11a

Representing my class, school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society.

HWB 2-12a/ HWB 3-12a / HWB 4-12a

Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.

HWB 2-13a/ HWB 3-13a / HWB 4-13a

I know and can demonstrate how to travel safely.

HWB 2-18a/ HWB 3-18a / HWB 4-18a

I can identify and classify examples of living things, past and present, to help me appreciate their diversity. I can relate physical and behavioural characteristics to their survival or extinction.

SCN 2-01a

These are the main learning outcomes explored through this activity pack – however your learners may cover others during this challenge.