

Spring into Action Toolkit



The Spring into Action Toolkit is a collection of daily activities to enjoy throughout the week while you walk, wheel, scoot or cycle on your journey to/from school, during an outdoor school activity or leisure time. You can use the activity on the day suggested or mix them up to suit you and your family! You can revisit the activities at any time too!

The aim being to promote fun on your active / sustainable journey to / from school or when spending time outdoors, understanding changes in nature and awareness of road safety and air quality.

This year, each suggested daily activity is based on using the senses. You will also find a daily human and animal fun fact linked to the sense!

Remember, you may need a little extra time to travel if you are planning to try one of the activities.



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Quick look content:

Click on the links below to jump to the section you want to look at:

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 - Additional information for supporting SEND schools / parents of SEND pupils to fully participate in Spring into Action.
 - Advice for early years parents / carers participating.
- [Introduction to the senses.](#)
- Suggested activities day by day:
 - Monday 26th February: [sight.](#)
 - Tuesday 27th February: [hearing.](#)
 - Wednesday 28th February: [smell.](#)
 - Thursday 29th February: [touch.](#)
 - Friday 1st March: [road safety senses.](#)
 - Saturday 2nd March: [taste.](#)
 - Sunday 3rd March: bring the senses together for a [scavenger hunt!](#)
- [Links](#) to useful resources.
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Who is Spring into Action for?

Whilst the active school journey is an ideal time to take part in Spring into Action, it can also be used in leisure time, hence opening up lots of opportunities to engage.

SEND schools / SEND pupils / parents and carers of SEND pupils:

At My Journey Hampshire we acknowledge that events such as Spring into Action may need to be adapted / tweaked to suit pupils' / families' / schools' individual requirements – for example many SEND schools being restricted by their pupils travelling by School Transport. Therefore, we have created an additional page on My Journey to support SEND schools / SEND pupils / parents and carers of SEND pupils with further ideas on how to fully participate in Spring into Action:

[Spring into Action - support | My Journey Hampshire](#)

Early Years parents / carers:

Even if your child has not yet started school, you can still participate in Spring into Action with younger children.

Perhaps you and your child can take part in the activities whilst travelling actively to nursery, preschool, playgroup or childminders, or whilst out on a local stroll with the pram.

Simply adapt the activities for younger children.

Sensory walks are a great way for young children to promote their physical development, communication and language and to learn about the world around them.

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On your walk you can ask your child questions about what they are seeing, hearing, smelling and touching. You can also narrate what you are seeing for them, so they hear new vocabulary and language around the changing seasons and their journey. Collecting found items on your walk to put in a sensory box can help them remember the experience and explore natural objects further when at home. This is also a great way of teaching young children what is safe to collect and what to leave behind. Highlighting and developing each sense with young children also helps build the foundation for road skills they can use to help stay safe, such as looking both ways, and listening for cars at a crossing.

The senses:

The senses (sight, sound, taste, smell and touch) are important in relaying information about what is happening around us in our environment. The senses are closely connected to our emotions (past and present). Crucially, they also alert us to danger. When you lose one of your senses, such as sight or hearing, you may think that the corresponding area of the brain will go unused. However, the brain can often adapt to these changes – this is called **neuroplasticity**. Hence, the human brain can often adapt to many changes and has the ability to build new connections to make up for sensory loss.

Thinking of the senses in relation to road safety: making sure you are always concentrating on your position on the pavement as a pedestrian or the road as a cyclist, always looking and listening when crossing the road and holding hands for younger children are skills that will help keep you safe. Keep practicing and using them!



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Monday 26th February

Sight 👁️

Activity:

Take time to look at the signs of Spring on your journey. Talk about how many different signs of Spring can you spot (flowers, buds, new leaves, insects waking up, birds building nests...)?

- 👁️ Why not draw a picture of your favourite item spotted?
- 👁️ Do you know what the four seasons are? Which season do you enjoy the most and why?
- 👁️ Imagine your favourite item in the other three seasons.
- 👁️ Have a look at the first signs of Spring using the following resources:

[Woodland Trust | First Signs Of Spring In Nature](#)

[Woodland Trust | First Signs Of Spring Activity Checklist](#)



Above photos credit: Richard Browning

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Fun Facts:

Humans blink between 20,000 and 30,000 times each day! (Blinking removes dirt and lubricates the eye aiding eye health).

An ostrich's eye is bigger and weighs more than its brain!



Tuesday 27th February

Hearing 🗣️

Activity:

Think about all of the things that you can hear on your active journey. Can you identify the noises? Think about how the noises link to your emotions – do they calm you? Do they make you feel joy? Do they bring feelings of stress?

🗣️ Make a list of the noises you have heard. You could alternatively record the sounds on a mobile phone. Try standing still for a little while to really focus on the noises you can hear. Don't forget to include the noises you make too as you move! (This might be for example walking on a gravel path, on leaves or through puddles). If you are writing a list, you could also list your emotions alongside the noise.

🗣️ Think about: if you had travelled to school in a car, which pleasant noises would you not have heard? What noises do you hear in a car?

🗣️ Think about road safety and identify the sounds that warn you to take care on your journey (for example, the beeper warning sound when a bigger vehicle is reversing). Again, think about how these warning noises make you feel. Why do you think these noises make you feel this way?

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👂 You may hear birds on your journey to / from school but not know what type of bird is making the noise. You could listen to the different types of bird song at:

[The Countryside Charity | Listening Out For The Dawn Chorus](#)

[Woodland Trust | Bird Song Identification: UK Garden Birds](#)

Parents / carers you might want to download the free Merlin app: [Merlin Bird ID App](#)



Above photo credit: Richard Browning

Fun Facts:

You may have heard people say that our ears carrying on growing throughout our life? This is not actually true! Our ears do appear to get bigger as we get older but this is because the cartilage in our ears slowly breaks down and gravity makes them elongate (get longer).

Elephants can talk to each other six miles apart! Most of their communication is low pitch which means us humans can't hear them!



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Wednesday 28th February

Smell 🐝

Activity:

On your active journey, what nice things can you smell (Spring flowers, wet grass)? Are there any smells that you notice that are unpleasant? Think about how the smells link to your emotions – does the smell calm you? Does it make you feel joy? Does it relax you? Does it make you feel stressed?

🐝 Make a list of all the smells on your journey and mark whether they are pleasant or unpleasant. If you are writing a list, you could also list your emotions alongside the noise.

🐝 Think of ways you / your family / your school can help to reduce the unpleasant ones e.g. car fumes. Why not discuss your ideas with your teacher and the School Council / Green Team?

🐝 If you walked, wheeled, scooted or cycled away from a busy road, how do you think the smells would be different? Do you think you would smell the vehicles less? How do you think this would impact on your mood?

🐝 Make a poster showing the benefits of travelling actively linked to air pollution. Again, you can share this with your school.



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Fun Facts:

The human brain can work out around 10,000 smells in an area the size of a postage stamp!

The male species of the western grey kangaroo which live in Australia emits an extremely pungent smell, like curry, to keep predators away. The smell is known as a “stinker” or “boomer”!



Thursday 29th February

Touch 🍷

Activity:

Make a nature chest! Why not take a small box with you and find some precious nature treasures to fit inside? Think about finding items of varying textures that feel different to the touch (could be soft, hard, bumpy, crunchy...).

📦 Find a suitable box such as a shoe box, egg box or raisin box (check with an adult that it is OK to use).

📦 On your journey, find nature treasures to put in your box – such as a tiny twig, a small stone, a fallen flower petal etc. (Remember to look after nature by not picking anything living). Always get your adult to check that the area around your item and the object you are picking up is clean and safe (for example, no sharp objects nearby).

A suggestion for your items:

[Woodland Trust | Tiny Treasure Hunt](#)

📦 Perhaps you can research the items that you have found, make a collage, create a scrapbook/journal or write a story involving all the items!

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Fun Facts:

Smaller fingers have a better sense of touch. This is because they have more sense receptors packed into a smaller space.

Cats have highly sensitive whiskers which they use as a sense of touch to navigate their way through narrow spaces, determine if they can fit in a particular opening and detect objects in the dark!



Friday 1st March

Road Safety Senses 🗺️

Activity:

Which of the senses can you use today to practice your road safety skills?


Think about which senses are needed to cross the road, be safe on the pavement and cycle on the road. Think about how having your hood up, or earbuds in or looking at your mobile phone can affect your road safety senses.


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 Look up the Green Cross Code (ask your adult if you need help).

[Roadwise | Green Cross Code](#)

 Why not look at a map of your journey to school and see if you can identify the safest route to take to school where there are quiet side streets with less traffic, safe places to cross etc? Remember the quickest route isn't always the safest!

 Why not print off or draw a map of your route to school? As you travel your route, mark the areas where you need to take more care and use your senses. (Don't forget to take a pencil or pen)!

 On your journey practice the six stages of the Green Cross Code:

- Think,
- Stop,
- Look and listen,
- Wait,
- Look and listen again,
- Arrive alive!



Fun Facts:

The Highway Code has a rule (Rule 148) that says safe driving and riding needs full concentration and to avoid distractions such as loud music, arguing with other road users, eating and drinking....

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Toads are very particular and follow the same migration route each year back to their ponds to breed. This means they often cross busy roads! Councils may put up a 'Toads on Road' crossing sign to warn drivers of toads on the roads!



Saturday 2nd March

Taste 😊

Activity:

Enjoy this sense whilst out on an active / sustainable journey this weekend. Maybe make a tasty lunch to take with you for a picnic with friends / family – perhaps a walk, wheel, scoot or cycle to somewhere local such as the park or catch the bus, ferry or train to travel a bit further, perhaps to the seaside.

😊 Why not look up the bus, ferry or train timetable and see where you can get to for a trip out for your picnic?

😊 What fruit and vegetables do you know of that are grown locally and available in Spring season? Are there any that you like (perhaps leeks, carrots or spring onions)?

😊 Talking of taste...think about the different foods different animals and insects eat – squirrels, hedgehogs, birds, bees, slugs. How do these animals / insects seek out their food e.g. squirrels finding their cached (hidden / stored) acorns?

😊 Making a bird feeder is one of the simplest ways of supporting local wildlife, whilst also finding new uses for old rubbish. See how at:

[RSPB | Feed The Birds](#)

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Fruit/veg and bikes by tree photo credit: Richard Browning

Fun Facts:

Flavour comes from the combination of BOTH taste and smell. Think about when you have a cold or try pinching your nose when eating – your food tastes bland. Whilst humans detect five basic tastes: sweet, salty, sour, bitter and savoury, dolphins and whales can only taste salt!



Sunday 3rd March

Scavenger Hunt 🔍

Pull all of your senses together by heading out with your friends or family on a fun Spring scavenger hunt! The idea is to locate a given selection of Spring-related items. You could even think of having a prize for the winner!

(Remember to look after nature by not picking anything living. If you are touching anything, always get your adult to make sure that the item itself is safe to touch and the area around the item is free from hazards).

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🔍 Have a list of Spring items to look for such as new tree buds, blossom, a soft feather. You can either create this yourself or use a printable guide such as the Super Spring Scavenger Hunt sheet from the Woodland Trust:

[Woodland Trust | Super Spring Scavenger Hunt](#)

Take a pencil with you and mark off when you have spotted each item.

- 🔍 Think about how each item looks, smells and feels.
- 🔍 You could take photographs of your favourite items.
- 🔍 Why not make a rubbing of your favourite item too? Simply place a piece of plain paper over your item. Place on a solid surface and gently rub the side of a pencil or crayon over the item. Watch your leaf rubbing appear on the paper!



New buds photo credit: Richard Browning

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Fun Facts:

Positive sensory experiences such as a nice smell, a pleasant taste, a pleasurable texture are stored in the brain. When we experience them again, it triggers good emotions and memories.

Crabs are well known scavengers (eating left overs) but did you know the Horseshoe Crab has blue blood?!



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We hope that you have fun using our Spring into Action Toolkit!

The toolkit can be found at:

[Spring into Action | My Journey Hampshire](#)

There are lots more wellbeing activities and ideas at:

[Wellbeing | My Journey Hampshire](#)

For more information about active travel, visit:

[Parents: Active travel and Wellbeing Information | My Journey Hampshire](#)

Do feel free to share your activities on social media. You can tag us using the @ symbol and our social addresses below! (If you are under 13, ask an adult).

To find out the latest active travel news from My Journey Hampshire, like and follow our social media pages as below to receive updates.

Why not sign-up to the My Journey newsletter to find out about upcoming events and resources?

[Newsletter-sign-up | My Journey Hampshire](#)



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Full links to supporting websites mentioned above:

Spring into Action support page:

<https://myjourneyhampshire.com/springintoaction/support>

Woodland Trust | First Signs Of Spring In Nature:

<https://www.woodlandtrust.org.uk/blog/2021/02/first-spring-signs-in-nature/>

Woodland Trust | First Signs Of Spring Activity Checklist:

https://treetoolsforschools.org.uk/activities/pdfs/pdf_first_signs_of_spring.pdf

The Countryside Charity | Listening Out For The Dawn Chorus:

<https://www.cpre.org.uk/discover/listening-for-dawn-chorus/>

Woodland Trust | Bird Song Identification: UK Garden Birds:

<https://www.woodlandtrust.org.uk/blog/2020/05/garden-bird-song-id>

Merlin Bird ID App:

merlin.allaboutbirds.org

Woodland Trust | Tiny Treasure Hunt:

https://treetoolsforschools.org.uk/activities/pdfs/pdf_tiny_treasure_hunt.pdf

Roadwise | Green Cross Code:

<https://www.roadwise.co.uk/schools/using-the-road/green-cross-code/>

RSPB | Feed The Birds:

<https://www.rspb.org.uk/helping-nature/what-you-can-do/activities/feed-the-birds>

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Woodland Trust | Super Spring Scavenger Hunt:

https://treetoolsforschools.org.uk/activities/pdfs/pdf_spring_savenger_hunt.pdf

Spring into Action | My Journey Hampshire:

<https://myjourneyhampshire.com/springintoaction>

Wellbeing | My Journey Hampshire:

<https://myjourneyhampshire.com/wellbeing>

Parents: Active travel and Wellbeing information | My Journey Hampshire:

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