

Exploring the Natural World

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Your day will start with an adventure in Epping Forest, climbing over logs and paddling in a stream. Activities may include looking for small animals under the leaves, building mini shelters for Barnaby Bear or making rainbow palettes from natural materials.

After lunch, back at the Centre, meet and handle the Suntrap animals including giant African snails, stick insects, giant millipedes and fire salamanders.



Learning Objectives

- to have the confidence to try at least one new experience
- to be able to tell an adult about something they have seen or touched on their trip using the correct vocabulary
- to learn to care for and respect natural habitats and animals



Suggestions for visit preparation

1. Make sure the children understand what a forest is and talk to them about what they might see in a forest.
2. Talk about what to wear for going outside, dependent on the weather.
3. Read a story about going on a trip or about a forest.

Suggestions for follow-up activities

1. Discuss aspects of the trip that children liked and disliked.
2. Make a display of the forest environment including the features children encountered and materials collected.
3. Sort and count natural materials collected in the forest.

Early learning goal links

Communication and language

Children have opportunities to experience a rich language environment to develop their confidence and skills in expressing themselves and to speak and listen in a range of situations.

Physical development

Provide opportunities for young children to be active and interactive and to develop their co-ordination, control, and movement.

Personal, social and emotional development

Help children to develop a positive sense of themselves, and others to form positive relationships and develop respect for others. To develop social skills, learn how to manage their feelings, understand appropriate behaviour in groups and to have confidence in their own abilities.

Understanding the world

Guiding children to make sense of their physical world through opportunities to explore, observe and find out about places and the environment.

Expressive arts and design

Enable children to explore and play with a wide range of media and materials, as well as providing opportunities and encouragement for sharing their thoughts and ideas.



Click [here](#) to read our day visit risk assessment

Bringing nature nearer

