WELLY BOOT WOODS • FREE EYFS OUTDOOR LEARNING PRINTABLE

Pip Squirrel's Woodland Sensory Scavenger Hunt

Whenever indoor energy gets too loud or plans get rained off, pulling on welly boots and heading outside is the fastest nervous-system reset for 2- to 6-year-olds. Clip this sheet to a clipboard and see how many woodland treasures your little explorer can spot, hear, and touch!

10 Woodland Treasures to Spot, Listen For & Touch

[ ] **1. A Shiny Acorn or Acorn Cup** *(Like Pip the Red Squirrel's favourite treasure!)*

[ ] **2. A Smooth 'Pocket Hug' Pebble** *(Warm it in your hands just like Nutmeg the Hedgehog)*

[ ] **3. A Crinkly Brown or Golden Leaf** *(Listen to the crunch when you step on it in your wellies!)*

[ ] **4. Soft Green Velvet Moss on a Log or Wall** *(Give it a gentle two-finger stroke)*

[ ] **5. A Y-Shaped Den-Building Stick** *(Fit for Percy the Pine Marten's sturdy woodland den)*

[ ] **6. A Bird Singing High in the Branches** *(Cup your hands behind your 'Deer Ears' and freeze for 10 seconds!)*

[ ] **7. Rough, Bumpy Tree Bark** *(Look closely—can you spot any tiny woodland bugs?)*

[ ] **8. A Pine Cone (Open for Dry Weather, Closed for Rain!)** *(Nature's own weather forecast)*

[ ] **9. A Hollow Log or Cosy Root Shelter** *(Barnaby Badger's favourite 'Plan B' rainy-day picnic spot)*

[ ] **10. A Muddy Puddle Made for Welly Boot Splashing!** *(Test those yellow welly boots!)*

EYFS PSED Practitioner Tip — 'Heavy Work' & Sensory Reset:
Carrying sticks, crouching to inspect moss, and marching through uneven grass provides rich **proprioceptive input** ('heavy work'), which naturally lowers cortisol and helps energetic toddlers transition calmly back indoors for lunch or story time.

Pair Your Walk With Book 1 of the Welly Boot Woods Series:
Read ***The Picnic that Rained Away (A Welly Boot Wood Story)*** — when a sudden downpour ruins Barnaby Badger's neat checklist, Pip Squirrel and Ruby Robin help the friends discover that a cosy 'Plan B' inside a hollow log can be even more magical!
• **Full Outdoor Learning Guide:**
wellybootwoods.co.uk/resources/eyfs-outdoor-learning-nature-scavenger-hunt.html
• **Available on Amazon UK (£9.99 Paperback):** amazon.co.uk/dp/B0GQQ9Y9JL

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