

## The Sustainability Centre Activity Menu

We plan bespoke visits for all groups. These themed days can be adapted to suit the ages, interests and needs of specific groups.

<b>Science Activities ~ Key Stage 2</b>	
Minibeast Hunt	Investigating the woodland habitat, identifying minibeasts, discussing life cycles and adaptations.
Pond Dipping	Investigating the pond habitat, identifying minibeasts, discussing life cycles and adaptations.
Food Chains	Learning about the flow of energy through food chains, using the key vocabulary, investigating food chains in the grounds.
Bee Game	Thinking about pollination and why bees are important.
South Downs Jigsaw	Collaborative large-scale jigsaw focusing on the ecology of the South Downs.
Green Energy Bikes	Making smoothies*, spin art, or playing the racing game.
Snap Circuits	Making different circuits using solar, kinetic and stored energy.
Salt Hill Walk	Walk to proposed wind turbine site to investigate wind speed using anemometers, discussing pros and cons.
Energy Discussion Cards	Looking at the pros and cons of different energy sources and discussing their impact.
Biomimicry	Thinking about how we can learn from nature in designing products.
Energy Usage	Investigating the energy usage of a range of household appliances.
Night Sky	Learn about Dark Sky Reserves. Thinking about constellations and myths linked to them. Think about Dark Sky Reserves.

<b>Geography Activities ~ Key Stage 2</b>	
Sustainable Site Tour	Tour of the site to see first-hand the different ways in which we are modelling sustainable living and making eco-friendly choices in our buildings. Different focus areas available include buildings, renewable energy or history of the site.
Sustainable Building Materials	Create a rammed chalk wall and clay bricks.
Earth Bag Arch	Build an Earth Bag Arch and take the challenge to walk across it.
Earth Oven	Build an earth oven and find out about cooking with one.
Water Conservation Activity	Exploring accessibility of water around the world, playing the water game and learning strategies to conserve water use.
Farm Tour*	2 hour tractor trailer safari with local farmer, learning about farm management, animals and crops.
Food Around the World	Food around the world looking at where our food comes from and making healthy, sustainable choices.
Match the Ingredient	Matching raw food sources to the final products. Considering how some of our favourite foods are made and where the ingredients come from.
Plant Pots	Learn about soil types and permaculture. Make a paper plant pot and plant it with seeds to take home.
Wild Life Board	Think about where animals live and their habitats around the world.
South Downs Walk	2 ½ hour round walk. Think about the habitats of the South Downs. Discover how the area was formed and find out about John Muir, the founder of National Parks
Map Reading and Orienteering	Learn about Ordnance Survey maps and how to use 6 figure grid references. Work in groups to follow a trail, collecting facts about the site on the journey and then take a quiz to see what has been learnt.

\*Activity will incur an additional charge

## Team-Building Activities Key Stage 2/3

Hoops, human knot, parachute, tracking game	Team activities where collaboration and communication are key! Learn all about how animals use their senses and use these skills in the tracking game.
Drain Pipes, Lava River, Plank Walk	Small group collaborative activities involving using equipment to move items and traverse across areas.

## History Activities ~ Key Stage 2/3

	<b>Stone Age</b>
Chalk Carving	Looking at examples of cave art and creating own carvings, using natural pigments to colour the chalk.
Tracking and Hunting	Learn about using the senses and various tracking tactics, as well as thinking about the weapons that they would have used.
Mesolithic Times	Learn about the lifestyle of the people of the time and watch a glue-making demonstration.
Shelter Building	Learn about the kind of shelters that may have been made at the time and create their own collaborative shelter in the woods.
Neolithic Times Willow Weaving & Bread Making	Sit around the fire and learn about food and housing. Use a quern stone to grind grain. Make a simple dough and cook it over the fire. Try willow weaving, the base for wattle and daub housing.
	<b>Saxon Times</b>
Show and Tell	Enter the Saxon Longhouse (our outdoor Woodland Hall) and sit by the fire for a show and tell demonstration about life as a Saxon. Handle real and replica artefacts linked to daily life, religion and war. Watch a demonstration of how Saxons may have made fire.
Clay Archeology	Work as a conservator to develop theories and investigate pottery. Create a replica piece of Saxon pottery to take home.
Willow Weaving*	Use mini jigs to create willow hurdles and find out about how these may have been used in daily life.
Children's Jobs	Learn about children's jobs in Saxon times through playing some active games in our paddock area - 'Stone the Crows' and 'Splat the Rat'.
	<b>World War II</b>
Site Tour	During World War II, The Sustainability Centre was home to Naval communications base HMS Mercury. Tour the site, see what remains and hear stories from the time. Find out how the buildings have been retrofitted to make them usable and sustainable now.
Show and Tell	Hands-on talk using genuine and replica artefacts from the time. Learn about evacuation, food rationing and clothing. Find out how Morse Code works and use different methods to send a message. Learn about entertainment, playing a WWII pinball game and hearing a gramophone in action.
Map Reading and Orienteering	Learn about Ordnance Survey maps and how to use 6 figure grid references. Work in groups to follow a trail, collecting facts about the site on the journey and then take a quiz to see what has been learnt.

## Art, Design, Sensory and Bushcraft Activities ~ Key Stage 2/3

Clay Tree Protectors	Using natural materials found in the woodland to create clay protectors on the trees.
Clay Mini Beasts	Usually paired with mini beast hunting. Using the minibeasts they have seen to create clay models to take home.
Sticky Card Mosaics	Take a walk around the site looking for interesting colours and textures and create a small mosaic to take home.

Chalk Carving	Collect a piece of chalk from the site and use natural pigments to colour it. Learn to carve simple patterns and take home your creation.
Hapa Zome Printing	Collect leaves and flowers and learn how to print using the Hapa Zome technique. Create a piece of art on cloth to take home.
Nature's Potions	Collect sweet smelling plants and herbs from the kitchen garden to make potions.
Natural Mandalas	Look at the work of Andy Goldsworthy and James Brunt and create collaborative mandalas using found materials from the woodland.
Scrap challenge / Transient Sculpture	Using natural materials found in the woodland, work collaboratively to create transient art.
Nordic Slinging	Learn a traditional Nordic weaving craft to create collaborative braids.
Willow Bird Feeders	Learn how to use willow and a jig to create a beautiful hanging bird feeder to take home (seasonal).
Willow Stars	Learn how to use willow and a jig to create a willow star to take home (seasonal).
Willow fence-weaving	Learn about our WET system where we grow our willow. Find out how flexible and strong willow is when making mini fences.
Fire Lighting Demonstration	Watch the expert showcase a range of different ways to light fires the natural way! Find out about charcoal and *cloth making.
Campfire cooking*	Grind grain and make damper bread over the open fire.
Shelter Building	Learn about what is needed to survive overnight. Use this knowledge in a small team to create a shelter in the woods.
Sky Eye	Consider how life would be different with an eye in another place. Take a walk through the woodland with an alternative eye!

*\*Activity will incur an additional charge*

<b>Evening Activities</b>	
<b>Self-Led</b>	
Camp Fire*	You will be provided with a ready-to-light fire in our stone hearth and can also pre-order a pack of camp fire songs, marshmallows and skewers.
Wide Games and Outdoor Activities	We can provide a pack of ideas for outdoor games and activities.
Indoor Activities	We can provide a pack of ideas for indoor evening activities.
<b>Tutor-Led*</b> <i>(incurs additional charge)</i>	<i>You can also select from most of the activities above</i>
Storytelling	90 minutes of magical stories around the fire with our local storyteller.
Night Sky	See Science activities above
Hapa Zome Printing	See Art, Sensory and Bushcraft activities above
Fire Lighting	
Nordic Slinging	
Willow Stars	
Willow Bird Feeders	
Sky Eye	
Friendship Bracelets	Using a simple twisting technique to make an individual bracelet.
God's Eyes	Use coloured wool to create a woven God's Eye
Elder Beads	Hollow sections of elder and use them to create a bracelet or necklace.