

## Norfolk Summer Outdoors Introduction

Welcome to the Norfolk Summer Outdoors resource pack. Norfolk has a fantastic variety of natural places to discover, explore and in which to have family adventures. Lifelong learning comes from memorable experiences and the summer holidays are the perfect time to get outdoors, explore and spend time together with friends and family.

These activities have been collated by the Outdoor Learning Team based at Holt Hall and Whitlingham Adventure, with a range of different activity ideas and website links to guide you on your adventures.

Evidence shows that being in a natural environment has a positive effect upon wellbeing and we have grouped our activity ideas according to the '5 ways of Wellbeing' to help you choose a balanced journey.



### **Be active in the outdoors**

Find a physical activity that you enjoy.



### **Take notice of nature**

Take the time to look, listen and feel nature.



### **Keep learning**

Learn about nature or try something new.



### **Give back (and care)**

Do something nice for a friend or family member, do something to help others and the environment.



### **Connect with others**

Connect in the outdoors; with your friends and family. Talk, explore and do things together.

Further resources for summer holiday activity ideas from Norfolk County Council, links to local places to visit and national support and guidance are available separately on our webpages. Exploring outdoors in Norfolk is a magical experience and remember to be safe and responsible by considering the following top tips:

**Risk management & Keeping safe outdoors:** [OEAP National Guidance](#)

Ensure you have permission for access to the areas you are visiting. Make suitable plans regarding routes, weather, tides etc. Stick to publicly accessible areas and paddle or swim where lifeguards are in operation.

**Social distancing:** The request from government is that social distancing guidance should be followed though it is recognised that this can be a challenge for young people. In outdoor space 2m distancing should be maintained where possible or 1m+ where not. Careful selection of activities and location will help in achieving this. The activities have been selected to offer good opportunities for learning outside the classroom, whilst maintaining social distancing. In terms of managing the spread of COVID-19, briefings for young people should replicate those given for indoor work including hand washing, not touching of face and managing coughing, sneezing etc. Take a bag to contain any tissues and wipes used during an activity and dispose of according to current guidance.

**First-Aid:** Where suitable first-aid kits to be carried and contain both gloves and face masks. Further government guidance is available [here](#).

**Sun screen & sun protection:** Sun hats and sun screen are advised.

**Schools Groups:** should follow normal Evolve notification and approval procedures and read the [current advice](#).

We would love to see and hear about your adventures, so why not share them on our social media with any top tips for other families:

Via Holt Hall:    Via Whitlingham Adventure:   

Wherever you explore and whatever you discover, enjoy the outdoors, safely & responsibly for a memorable experience with family and friends. Have fun being active outdoors and immerse yourself in nature, to support your health and wellbeing.

Have a fantastic Norfolk Summer Outdoors!  
The Outdoor Learning Team