

# INTO THE WOODS

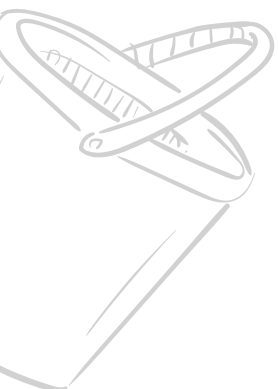
## Activity Sheets

### FRISBEE GOLF!

A fun and creative activity. This is the best exercise because it uses your arms and legs at the same time. It also makes you look at the things around you in a different way and encourages you to think logically if you want to find the best route

#### What you will need:

- A frisbee
- Don't worry if you don't have an actual frisbee – a plastic plate will do, or anything of a similar shape
- You can also do this activity using a ring made from willow or other natural materials
- A goal for your frisbee to land in. Pop-up laundry baskets are good for this, you could even use a bucket



1 HOUR PLUS

WE BELIEVE THIS ACTIVITY IS BEST SUITED TO FAMILIES (SOME SUPERVISION/SUPPORT MAY BE REQUIRED)

## How to Play...

- You will need a large, clear space
- Put your goal, basket or bucket where you want your frisbee to land
- Choose a starting position a good distance away
- Take it in turns to see how many times you have to throw it to land in the goal
- Move to wear your frisbee landed each time. You can either have one person doing all of their throws and the next person going after them, or if you have a frisbee each you can each take it in turns to have your first throw, (leave your frisbee where it is) and then your second and so on...

## What's Next?

- This can be tricky to play in an open space but if you want to be more adventurous you can play it somewhere that has natural obstacles
- Try setting your targets with a tree in between, or needing to go over or under something for the fastest route
- You can also play this in woodland but take care, it gets more difficult if there are more things in the way
- You can also use more than one goal and allocate points to them if you want to boost your scores!

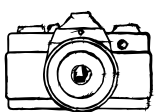
## Remember...

- Be careful. Don't chase after your frisbee if there's a risk you may get hurt or end up somewhere you shouldn't
- Avoid anywhere with animals

## Share your activities with others who can't get outside

Everyone loves to get outside and it's so important for our bodies and our minds, but what about those people who can't get outside for themselves, perhaps due to illness or disability?

It's important for us to record our outdoor activities and to share these with people who can't connect with nature themselves, to let people experience it through our eyes.



Share your pictures or videos of you completing these activities and send them to us at [outsidelivesltd@gmail.com](mailto:outsidelivesltd@gmail.com), we will share them as part of the project. You can also share them with us on Twitter @outside\_lives #IntoTheWoods

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