

# Spring into Action Toolkit



The Spring into Action Toolkit 2025 is a collection of activities to enjoy while you walk, wheel, scoot or cycle on your school journey, during an outdoor school activity or in your leisure time.

Use the toolkit during Spring into Action Week, 3<sup>rd</sup> to 9<sup>th</sup> March, or anytime you are looking for an activity to inspire you to get outside. The theme this year is the **weather**, because it is important to stay active, whatever the weather!

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**Spring into Action Activity Cards**  
Print a set of activity cards to take with you wherever you go.

We hope that you have fun using our Spring into Action Toolkit. Remember, you may need a little extra travel time and please observe any weather warnings when using these toolkit activities.

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# Spring into Action Toolkit

## Why Spring into Action?

The aim of the week is to promote fun on your active and sustainable school journey, encourage more time outdoors and help you to connect with nature.

Studies show that spending time in nature reduces anxiety and depression, helps with emotional regulation and improves physical health, such as lowering blood pressure. It also fosters a sense of meaning and belonging, reducing loneliness.

Nature includes green spaces like parks, countryside and forests, as well as places by the water like rivers, beaches, wetlands. Everyday nature can be found in urban street trees, verges, gardens, outdoor spaces at school and more. Engaging with everyday nature can happen during school journeys, school days or weekends.

We often avoid being outside in colder, wetter, windier weather, but there's lots to enjoy and it is great for your health and wellbeing. Find out about the benefits at [myjourneyhampshire.com/springintoaction/theweather](https://myjourneyhampshire.com/springintoaction/theweather).

To encourage outdoor activity in spring, this year's toolkit provides activities to help you embrace and enjoy the weather - only when it rains can you jump in puddles or observe the joy of a rainbow!

## Who is Spring into Action for?

For many, the active school journey is the perfect opportunity to participate in Spring into Action. However, the toolkit can be used any time you want to get outside, such as during the school day, after school and at the weekend.

At My Journey Hampshire we recognise that events such as Spring into Action may need to be adapted to suit the individual requirements of your family or school. Please visit [myjourneyhampshire.com/springintoaction/support](https://myjourneyhampshire.com/springintoaction/support) for ideas of alternative ways to engage with this initiative.

You may also enjoy some of the wellbeing activities for families suggested at [myjourneyhampshire.com/wellbeing-activities](https://myjourneyhampshire.com/wellbeing-activities).




[myjourneyhampshire.com/springintoaction](https://myjourneyhampshire.com/springintoaction)

# Spring into Action Activity Cards

## Weather Forecast

Before you venture outside find out the weather forecast for the day. Check the radio, the news or a weather app.

What have they predicted for:

-  the temperature,
-  wind speed and direction,
-  cloud cover and the chance of rain.





Throughout the day, whenever you are outside, talk about or record your weather observations.

How accurate was the forecast?

## The Rain

Pull on your wellies and find a puddle!





While you are out, think about....

-  the sound of the rain on different surfaces,
-  the smell of the rain,
-  how the rain changes the feel of grass verges, roads and pavements,
-  where puddles form.

Is your journey different in the rain?





Remember to think about a safe route and don't cross the road with your hood up.

## Cloud Spotting





-  Look at the clouds during the day, do they change? Does the weather change too?
-  Can you spot any funny shapes in the clouds? Maybe you could take a photo or draw them.
-  Tell a story about the clouds, use the shapes and movement to inspire you.
-  Research the different types of clouds and learn their names.

## Weather Behaviour

Does the weather change behaviour?

-  Do you see more or fewer people walking, wheeling, scooting and cycling when it is wet or dry, cold or warm?
-  What do people wear and take with them when they go out in the rain, the wind and the sun?
-  What about animal behaviour, do you notice more, or less birds and bugs when you are out in the rain?
-  Think of three positive reasons to still travel actively in all types of weather.

## Rainbows

-  Do you know what weather conditions cause a rainbow to form?
-  Will you see one today?
-  A rainbow has seven colours, if you know them, say or sing them out loud.
-  Now go exploring and try to find something in nature for each colour of the rainbow.

## Weather Report

Take on the role of an outside weather presenter and tell your family or friends what the weather is like today.

You could give them a live update while out on a walk, wheel or scoot. Or perhaps, if you have a recording device available, record your report.

You will need to give details about how the temperature feels, the speed and direction of the wind, and if it is raining, sunny or cloudy.

# Spring into Action Activity Cards

## The Wind

While you are out, think about....

- ☞ what direction is the wind moving?
- ☞ is the wind always moving in the same direction?
- ☞ does the sound of the wind change?
- ☞ what effect is the wind having on the trees, the birds or on you?

Take a piece of thread with you and tie a leaf to it. Notice how the wind makes it move. Does the thread move the same way without the leaf attached?

## Weather Power

Energy harnessed from the wind and sun provide us with a great renewable source of electricity.

While wind turbines might be harder to spot in your local area, solar panels are often more visible. Next time you're out, see how many houses, buildings or fields you spot with them installed.

Solar energy is more widespread now, how many do you think you'll find?

## The Sun

Next time you are out walking, wheeling, scooting or cycling on a sunnier day find some shade and think about....

- ☼ Is the shade always there?
- ☼ What is creating the shade?
- ☼ When you aren't in the shade, can you see your shadow? Why does the length and direction of your shadow change?
- ☼ Can you make some shadow shapes? Try making some letters with your arms, legs and body or some animals with your hands.

## Weather Hunt

Go on a weather hunt, can you spot any of these? You can add your own too!

Wellington boot	<input type="checkbox"/>	Sunglasses	<input type="checkbox"/>
Puddle	<input type="checkbox"/>	Shadow	<input type="checkbox"/>
Umbrella	<input type="checkbox"/>	Sun	<input type="checkbox"/>
Cloud	<input type="checkbox"/>	Solar panel	<input type="checkbox"/>
Muddy footprint	<input type="checkbox"/>	Wind vane	<input type="checkbox"/>
Something being moved by the wind	<input type="checkbox"/>		<input type="checkbox"/>
Something that needs the rain	<input type="checkbox"/>		<input type="checkbox"/>
_____	<input type="checkbox"/>		<input type="checkbox"/>
_____	<input type="checkbox"/>		<input type="checkbox"/>

## Weather Crafts

Find an outside space for these activities.

- ☞ On a rainy day, use washable paint to make a picture on paper or card. Let the rain splash the picture to create unique patterns.
- ☞ On a windy day, attach fabric, paper or leaves to sticks, string or hoops. Hold on to it and watch how it moves.
- ☞ On a sunny day, use chalk to draw around interesting shadows on paths, patios or playgrounds. Do the shadows stay in the drawing for long?

## Weather Facts

Share some fun facts on your active journey.

- ? The coldest temperature ever officially recorded was -89.2°C. *Brrrr!*
- ? In 2003, a European heatwave turned grapes to raisins on the vine!
- ? In 1684, it was so cold the River Thames froze solid for two months.
- ? Right now, nearly 2,000 thunderstorms are in progress over the earth's surface.
- ? Lightning strikes the earth 100 times each second.

# Spring into Action Toolkit

## Activity resources

You may like to visit these websites when planning your Spring into Action activities.

### The Weather Forecast

- <https://www.metoffice.gov.uk/weather/forecast/uk>
- <https://kidsweatherreport.com/report/hampshire/c>

### The Rain

- <https://www.bbc.co.uk/newsround/65891491>
- <https://www.bbc.co.uk/news/articles/c51157ep524o>
- <https://www.nts.org.uk/stories/how-to-make-your-own-rain-gauge>

### Cloud Spotting

- <https://www.metoffice.gov.uk/weather/learn-about/weather/types-of-weather/clouds>
- <https://www.bbc.co.uk/bitesize/articles/zi3fhcw#zggywx>

### Weather Behaviour

- <https://www.weirdanimalnews.com/how-animals-behave-differently-rain-natures-wet-symphony-unveiled/>
- <https://www.sciencefocus.com/nature/why-do-dogs-and-horses-go-crazy-in-the-wind>

### Rainbows

- <https://www.bbc.co.uk/bitesize/articles/z9k6s82#:~:text=There%20are%20are%20seven%20colours,%2C%20blue%2C%20indigo%20and%20violet.>
- <https://www.bbc.co.uk/bitesize/articles/zxh9cmn#zr8f46f>

### Weather Report

- <https://www.bbc.co.uk/teach/young-reporter/articles/zxpq4xs>

### The Wind

- <https://allpoetry.com/poem/8450535-The-Wind-by-Robert-Louis-Stevenson>

### Weather Power

- <https://www.funkidslive.com/learn/energy-sources/wind-energy-source-fact-file-2/>
- <https://youtu.be/KE4blc-4iqE>

### The Sun

- <https://www.bbc.co.uk/bitesize/articles/z9wm7yc>

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