



Early Insights

January Monthly Outdoor Guide

Links to EYFS

January – Care, Time and Patience

Links to Learning (EYFS)

PSED	<ul style="list-style-type: none">• Working together to move heavy tree trunks.• Exploring feelings when outdoors.• Mindfulness through yoga and stillness.
Communication & Language	<ul style="list-style-type: none">• Listening to outdoor sounds.• Learning new vocabulary about birds and position.
Physical Development	<ul style="list-style-type: none">• Outdoor yoga and balance.• Den building with branches.
Mathematics	<ul style="list-style-type: none">• Size and positional language.• Counting birds.• Measuring branches.
Literacy	<ul style="list-style-type: none">• Sharing library books.• Mark making, drawing and painting.
Understanding the World	<ul style="list-style-type: none">• Recognising garden birds.• What birds eat and need.• Winter walks and footprints.
Expressive Art & Design	<ul style="list-style-type: none">• Imaginative use of branches.• Bird painting and murals.