

Design a "Get Outside" Poster!

The **Parks** Trust
MILTON KEYNES

Unfortunately, in wetter and colder weather, we all know that lots of people decide to stay in the warm and dry at home... but we want to get the people of Milton Keynes out and about and we need your help!

There are so many benefits to getting outside all year-round, and we think there are lots of fun activities that people of all ages can do to keep themselves warm and happy.

We'd love you to design a poster that can be shared on your JPR noticeboards to encourage your school friends and teachers to go outside this Winter!

Things you could include:



What to wear...

What clothes could people put on to keep warm and dry? Try to think of cheap and easy things that people might have at home already so that everyone can enjoy getting outside!

How to stay warm...

Are there different things people could do if they start to feel cold? Could they do some star jumps, put their hands in their pocket, take hot chocolate with them?

The benefits of being outside...

Spend a few minutes researching or thinking about why it's good for our bodies and brains to be outside in all weathers. Lots of people don't know why the outdoors is so important so sharing this would be great!

What activities they could do...

Can you think of some cheap/free activities that people could do to have fun whatever the weather? Think of some of the activities you might have done with your JPR groups, as well as coming up with your own!



Ask your Coordinator to share your posters with us and we'll share our favourites on social media!