

GARNIER
AMBRE
SOLAIRE



FAMILY PACK

OUTDOOR ACTIVITIES FOR SUMMER EXPLORERS



Garnier suncare research is recognised
by the British Skin Foundation.



Think before printing and
remember to recycle. Thank you!



GO EXPLORING THIS SUMMER

THIS SUMMER, WE'RE GRABBING OUR SUN HATS AND HEADING OUT TO EXPLORE THE GREAT BRITISH OUTDOORS.

We may not all be able to holiday in far-flung places, but we are looking forward to being back together with those we love.

To celebrate, we're helping children and grown-ups alike become Summer Explorers, inspiring them to make the most of this special time, staying sun safe along the way. With a bit of sun and a dose of imagination, we believe our local spaces can be just as wonderful as those holiday destinations. For children especially, because outdoor play has so many amazing benefits wherever they are.



THE AMAZING BENEFITS OF PLAYING OUTSIDE FOR KIDS

1. Good for their body

Being out in sunlight improves moods and strengthens immune systems. And the more they play and explore outdoors, the more advanced their motor skills, meaning they have better coordination, balance and agility.

3. Strengthens their social skills

Playing together outdoors, away from screens and toys, requires imagination and teamwork. This gives children valuable opportunities to experiment with social situations and develop communication skills.

2. Makes them feel good

Being outside helps children become more independent. They can invent games with friends, explore boundaries and figure out what they're capable of doing. This confidence helps them continue to learn and grow.

4. Stimulates their mind

Playing and creating games helps children develop their sense of organisation and decision-making. As children play they learn more about the importance of creating and following rules.



ALWAYS REMEMBER:

Whether at home or abroad, the sun is the same. Always make sure your children are protected from the sun while they explore the outdoors.

DOCTOR MARY'S TOP SUN SAFETY TIPS!



We've teamed up with
Consultant Dermatologist Doctor Mary
to answer commonly asked questions on
kids' suncare to help you to protect your
little explorers from the sun

☀️ WHY IS IT SO IMPORTANT TO PROTECT KIDS' SKIN WITH SUN CREAM?

You must protect children's skin from excessive sun exposure as it not only causes pigment changes such as freckling, it also increases the risk of skin cancers.

Any child with freckles, regardless of skin colour, is at high risk of burning as freckles are an indication of sun damage. Even children without freckles and with darker skin tones can still burn in intense sun.

Even if it doesn't feel hot, everyone (especially children) should still wear sun cream (ideally SPF50). In fact, cold environments can intensify the sun so make sure you use it during winter sports holidays too.

Water can actually increase the intensity of the sun so it's super important to ensure adequate protection when you're splashing about! (And don't forget to reapply once you're out of the water.)

☀️ WHAT ARE THE KEY BASICS TO REMEMBER?

Use high factor (ideally SPF50) sun creams which have broad spectrum protection with a high UVA rating. Try to use hypoallergenic products which are designed with children in mind, such as the Garnier Ambre Solaire Kids Sensitive Advanced Range.

Apply sun cream at least 20 minutes before being in the sun. Make it fun and relaxed for children and look for formulations that are easy to rub on.

Sun cream alone is not enough to protect children's skin from sun damage. They also need physical protection such as T-shirts, sunglasses and wide brimmed hats; and full body swimsuits with UV protection for those little water babies!

Make sure children are in the shade and avoid being out when the sun is strongest, usually between 11am and 3pm.

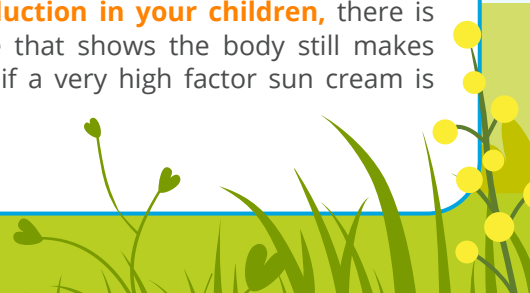
☀️ WHAT TIPS DO YOU HAVE AS A PARENT WITH LITTLE ONES?

Remember to make sun safety fun for children but also emphasise how important it is by using language that they can understand and retain. The Wrap, Splat, Hat message is memorable and fun!

Remember that sun cream has a shelf life and an out of date product may not adequately protect your skin from the sun. Always check the packaging, but the majority of Garnier Ambre Solaire Kids sun creams should be replaced 12 months after opening.

Choose hats and sunglasses that fit well so your children enjoy wearing them. Don't be afraid to choose wild designs – children like bold colours and patterns!

You don't have to worry that sun cream will stop vitamin D production in your children, there is lots of evidence that shows the body still makes vitamin D even if a very high factor sun cream is being used.



1.



2.



3.



THREE SIMPLE STEPS FOR SUN SAFETY

You can encourage your little summer explorers to take responsibility for their own sun safety. Start by teaching them to **1. WRAP** up in a T-shirt (and wrap on some sunglasses) **2. SPLAT** on some sun cream (ideally SPF50), and **3.** of course wear a **HAT!** Don't forget to pack plenty of water to stay hydrated.

Involve your child once they are old enough to put sun cream on. Let them do their tummy or an arm while you do the rest of the body (and don't forget to go over the bit your child did just to ensure even coverage).

JOIN THE SUMMER EXPLORERS FOR SOME OUTDOOR ADVENTURES!

We've got outdoor activity ideas to suit all circumstances, personalities and interests as well as some exciting competitions.

Look through the ideas in this pack with your little explorers and decide what type of outdoor adventure you will go on today...

These activities are suitable for all primary school ages, so the whole family can enjoy summer fun together.

Don't forget to share your summer explorer adventures with us on social media by using the hashtag **#WrapSplatHat**



SUMMER EXPLORERS

W

WILD OBSTACLE COURSE



YOUR CHALLENGE

Make a wild obstacle course in an outdoor space using the things you find.

READY, SET, GO...

- Where can you go to hop, jump, skip, run and tumble? Head out to your favourite outdoor 'adventure' space and see if you can find wild obstacle courses: branches to climb under; rocks to climb over; flower beds to skip around...
- You might want to add in some special bits of your own. Make a ground ladder out of sticks or create a leaf trail to balance on. Remember to return anything you move back to where you found it.
- Challenge your family and friends to an obstacle course race – who can complete it in the fastest time?

WHAT NEXT?

Have a go at creating a fun obstacle course at home with the things you find there.

Remember to always ask an adult for permission before you go on any outdoor adventures!



R



RAINBOW HUNT



DOCTOR MARY SAYS:

"Apply a good covering of sun cream (ideally SPF50), 20 minutes before you head out in the sun."

YOUR CHALLENGE

Take a camera and head off on a rainbow hunt to see if you can find all the rainbow colours.

READY, SET, GO...

- Take a walk to explore your local green areas and gardens.
- Look out for rainbow colours in the flowers, buildings, and objects you see (red, orange, yellow, green, blue, indigo and violet).
- Snap a photo of each colour. Can you find more than one item for each colour? See how many of each you can collect.
- Try using a photo collage app to put your rainbow together.

WHAT NEXT?

Go on a rainbow hunt at home – find toys, food, clothes and other items in the rainbow colours. Make them into a rainbow sculpture.



A

AL FRESCO ART



YOUR CHALLENGE

Explore your local area through the eyes of an artist. Use the treasures you gather to create a pebble stack sculpture or a piece of nature art, before photographing your finished pieces.

READY, SET, GO...

- Explore your local area for nature's interesting colours, shapes and textures, and collect some wonderful natural objects.
- Sort and arrange your treasures by their similarities, such as colour, form, shape or texture, to create your own land art.
- Play around with different formations. Can you create a pattern? Is your work of art flat or three-dimensional? Can you balance your found treasures? Can you use the colours to create different moods, meanings or effects? How will your finds complement each other?
- Before returning your items to where you found them, take a photograph to keep your creations forever!

WHAT NEXT?

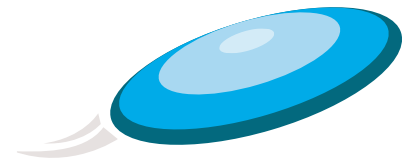
Ask an adult if you're able to bring one or two of your treasures home. Can you use them to create prints, rubbings or a tactile collage?

Remember to only use things you've found on the ground and to return any items you move back to their original place – you never know what creature may call it home!



P

PLAY GAMES



YOUR CHALLENGE

Play some fun games with the play equipment you have to hand: balls, ropes, frisbees. Enjoy the space outside as you get active.

READY, SET, GO...

- Pack a ball, a skipping rope and a frisbee and head off in search of an area that is open, safe and quiet.
- Play team ball games, monkey in the middle, and frisbee challenges. Or enjoy the space and play TAG or hide and seek (make sure you have clear rules so that you all stay safe).
- Have a go at making up some new games, or play a tournament with your family.

WHAT NEXT?

How can you use landmarks or features in your games?

DOCTOR MARY SAYS:

"You always need to wear sun cream – even if it isn't hot!"



S

SENSORY QUEST

YOUR CHALLENGE

Use your senses to explore your world and feel at one with the nature on your doorstep.

READY, SET, GO...

- Take a tour of your local area, finding different and contrasting places.
- In each new place, close your eyes, listen, and feel your surroundings. How does the sun or gentle breeze feel on your skin?
- Focus your listening and find rhythms in what you hear. Did you all hear the same things?
- If it is safe to, go barefoot and feel nature under your feet: is it soft grass, warm sand, or dry baking earth?
- Lie on your back and let your mind drift – keep your eyes open to watch the clouds and birds or keep them shut to enjoy the peace. Breathe deeply and enjoy being part of nature.

WHAT NEXT?

Have a picnic in one of your favourite sensory places. Can you guess the food just by tasting it?

Remember to drink plenty of water to stay hydrated.



P

PICTURE THIS

YOUR CHALLENGE

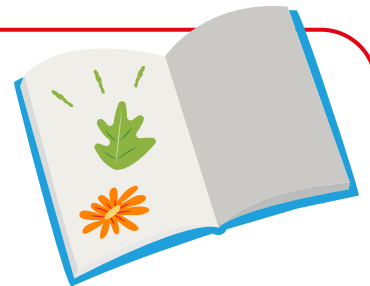
Embark on a picture trek, making drawings of the incredible treasures and creatures you find on your adventures.

READY, SET, GO...

- Grab your sketchbook and head out to explore some of the amazing sights in your local area.
- Look for the extraordinary in the ordinary by noticing what is most interesting about the things you see on your way.
- Take a moment to stop and look closely at the item you want to draw. Make a sketch of an interesting part of it or draw the whole thing.
- Try to collect sketches of a range of wonderful treasures and creatures.

WHAT NEXT?

Use your sketches to create an abstract collage. Add some words to describe them, could you put these together to make a poem?



Remember to only use things you find loose on the ground – not to pick from plants or trees.



L



LUXURY BUG HOTEL

YOUR CHALLENGE

Make an outdoor bug hotel for your local minibeasts to enjoy.

READY, SET, GO...

- Head outside for some serious stick and twig hunting.
- Gather some stones, leaves, logs and twigs and layer them up so that our invertebrate friends can have a place to play and rest when they are out and about.
- Think about the different sections you might create and how to layer and balance your building materials.

WHAT NEXT?

You could have a go at making a den for yourself nearby or at home.

Remember to only use things you've found on the ground and to return any items you move back to their original place – you never know what creature may call it home!



A

ALPHABET CHALLENGE

ABC

YOUR CHALLENGE

Explore your local area in search of things beginning with each letter of the alphabet.

READY, SET, GO...

- Take a stroll around your local area on an alphabet hunt.
- Work in order and look out for items beginning with each letter of the alphabet as you walk and explore.
- Use your imagination when you struggle – can you add an adjective to make some things fit into your alphabet (e.g. a green door for 'g')?
- Can you include some of the sounds, smells or textures in your hunt too?

WHAT NEXT?

Use your newly created alphabet to make a code for friends and family to crack...

E.g. Stick-Umbrella-Nest-Stick-Ant-Fun-Egg = Sun Safe!



DOCTOR MARY SAYS:

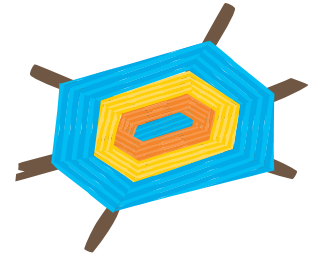
"Reapply sun cream after you have been swimming"



T



TWIG WEAVING



YOUR CHALLENGE

Use some simple weaving techniques with tethered twigs to create your very own woven star or wish-bone masterpiece.

READY, SET, GO...

- Head out with some wool or coloured string in your backpack.
- Keep a close eye out for strong twigs lying around. You can either find three straight twigs and bind them to make a star shape or keep a close eye out for a Y-shaped 'wish-bone' twig
- Settle yourself down in a shady spot, whip out your wool and let your creativity run wild as you weave. Remember to go over and then under as you weave. Make sure that you push each yarn tight in against the one above so that your weave is nice and compact.
- Will you use one colour or several? Will you try to create a pattern? Why not try more than one? Can you incorporate some natural items that you've found into your weaving?

WHAT NEXT?

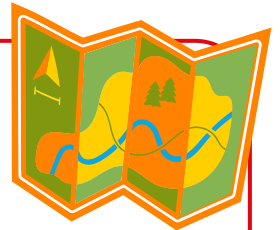
Decorate your room with your woven creations or hang them outside to share with nature and your neighbours.

Don't forget, you need to ask an adult before you go out exploring!



H

HIDDEN DISCOVERIES MAP



YOUR CHALLENGE

Discover all sorts of interesting places and landmarks that have been hiding in plain sight in your local area while creating a map for others to follow.

READY, SET, GO...

- Follow your feet on a glorious summer walk and head out on a new adventure.
- As you wander look for interesting places and landmarks you've not noticed before that would make good clues to help friends and family follow in your footsteps.
- Draw or write down directions and challenges along the way: look for interesting road names, numbers on doors or signs, stand-out landscape features, curious signposts.

WHAT NEXT?

Share your hidden discoveries map with your friends and family or ask them to create one of their own for you to try!



DOCTOR MARY SAYS

"Remember to pop on your hat and sunglasses, as well as sun cream, when you go outside."



A

Whoooooshhhhh...

AUDIO ADVENTURER



DOCTOR MARY SAYS

"Stay out of the sun in the middle of the day when the sun is at its hottest and most dangerous."

YOUR CHALLENGE

Explore your local area with your ears and notice as many peaceful sounds as possible.

READY, SET, GO...

- Head outdoors on a sound hunt.
- Notice as many peaceful sounds as you can. How do they make you feel? Does everyone like the same sounds? Which sounds are from nature? Which sounds are from people or machines? Get a pencil and paper and have a go at drawing the noises you hear.
- Can you create some of your own sounds from nature? Make some outdoor music using a sturdy stick. How many different sounds can you make? Which sounds do you like? Which sounds are perhaps not so peaceful?

WHAT NEXT?

Make your own instruments and sounds at home or listen to some nature sounds online – close your eyes and drift away!



T

TEXTURE DETECTIVES

YOUR CHALLENGE

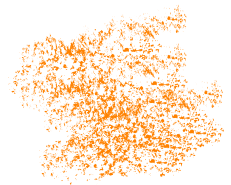
Texture is everywhere! Can you find some interesting textures in your local area and record them by taking a rubbing of them as you explore?

READY, SET, GO...

- Pack some paper and crayons (thick ones that you can use on their side work best) and head out in search of interesting textures in your local area.
- When you find an interesting texture, if it is safe to do so, feel and describe the texture before recording it by taking a rubbing. Place a piece of paper over the top of the texture, then using the side of your crayon, gently rub over the top of the paper until the texture starts to come through.
- Use different colours for nature and man-made texture rubbings.

WHAT NEXT?

Cut out your rubbings into interesting shapes and create a texture collage.



Take care not to damage any of the items you take rubbings from.



We'd love to share in your summer exploring – If you end up posting on social media about the Summer Explorer activities you've tried, don't forget to tag us using the hashtag #WrapSplatHat and don't forget to enter our exciting competitions!

COMPETITION TIME!

SUMMER EXPLORERS' BACKPACK DESIGN COMPETITION

Can you design an amazing backpack for the Summer Explorers to take on their outdoor adventures? What will make the backpack special? What colour will it be? Will it have any special features or secret pockets?

Don't forget to include space for them to pack their Wrap, Splat, Hat items so they can stay sun-safe while they're exploring outdoors.

Win a brilliant new scooter for you and explorer binoculars for your classmates, as well as outdoor play equipment for your school!

How to enter: email a photo of the backpack design entry to wrapsplathat@nationalschoolspartnership.com with the entering child's name and age and the name and postcode of their school.

Good luck!

5 - 7
year olds

WIN A
SCOOTER!



SUMMER EXPLORERS' PHOTO COMPETITION

All great explorers capture their adventures on camera! For a chance to **win a fantastic new bike** for you, explorer binoculars for your classmates, and outdoor play equipment for your school, think of a creative way for your backpack (the one you take on your adventures) to be the star of a photo in your favourite outdoor summer location.

Include your Wrap, Splat, Hat items either poking out or positioned artistically around it. We want to see the most inventive places for your backpack to pose for a photo – up a tree, on a beach, playing on the swings in your local park – the more fun the better! (But don't forget to respect local COVID guidelines.)

How to enter: email the photo entry to wrapsplathat@nationalschoolspartnership.com with the entering child's name and age, as well as the name and postcode of their school.

Make sure you also include this completed sentence starter:

This is my favourite place to Wrap, Splat, Hat because...

Good luck!

7 - 11
year olds

WIN A
BIKE!



Remember your school needs to be taking part in Wrap Splat Hat this year if you want to enter! So please remind them to register!

We hope you enjoy exploring the Great British outdoors this summer with your family and friends. For more information on the Garnier Ambre Solaire Wrap Splat Hat programme please scan the QR code below.



Don't forget to shop for your Garnier Ambre Solaire kids sun cream at all major retailers this summer!

Scan me to
find out more!



GB residents 18+. Entries open 09:00 (UK time) 19/04/21 until 17:00 (UK time) 18/06/21. To enter: (1) you must be: (a) a teacher or a head teacher of a registered primary school in GB; or (b) a parent/legal guardian of a child at a registered primary school in GB. In both cases, the school must be registered with the National Schools Partnership and must also register with the 2021 Wrap Splat Hat programme on the National Schools Partnership at <https://nationalschoolspartnership.com/initiatives/wrap-splat-hat/> before the competition end date; (2) you must submit an email to wrapsplathat@nationalschoolspartnership.com including on behalf of each of the pupils entering: (a) for the KS1 competition: a "Summer Explorers' Backpack Design" by pupils in KS1 (aged 5-7) at a registered school; (b) for the KS2 competition: a completed sentence starter and a "Wrap, Splat, Hat Rucksack Photo" of a backpack in a summer adventure location (including Wrap, Splat, Hat items in or near the rucksack) taken by pupils in KS2 (aged 7-11) at a registered school. One entry per pupil. Prizes are: KS1 Competition: 1 x scooter worth £100 (for the winning child); 30 x binoculars worth £8.59 each (for the class of the winning child); 1 x £1,000 by cash transfer to buy outdoor equipment (for the school of the winning child); KS2 Competition: 1 x outdoor bike worth £400 (for the winning child); 30 x binoculars worth £8.59 each (for the class of the winning child); 1 x £1,000 by cash transfer to buy outdoor equipment (for the school of the winning child). Full T&Cs: <https://nationalschoolspartnership.com/initiatives/wrap-splat-hat-tcs> Promoters: Garnier Ambre Solaire, We Are Futures (also known as National Schools Partnership).



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