



Abbots Hall Farm Abbots Hall Farm, Great Wigborough, CO5 7RZ

### Your Day

Abbots Hall Farm is a 700 acre arable farm with ponds, hedgerows, orchards, woodlands and gardens and a focus on farming with wildlife friendly practices.

We offer visits to Abbots Hall Farm across the year to enrich the curriculum .

When you book a visit with us, we will tailor the event to meet your needs and provide:

- Risk Assessments
- Lesson Plans
- Links to the curriculum
- Resources/ equipment
- Expertise in the subject
- Links to wildlife and local natural spaces

### Prices

Requested donations:

£4.00 donation per child - half day minimum donation £65

£6.00 donation per child - Full day minimum £100

**FREE funded visits in Spring and Autumn term for farm days**

*See below for activities offered.*

If you are interested or need further information contact:  
Outdoor Learning Manager: [learnoutdoors@essexwt.org.uk](mailto:learnoutdoors@essexwt.org.uk) 01621862992



### Farming FREE FUNDED VISITS



**Location:** Abbots Hall Farm Abbots Hall Farm, Great Wigborough, CO5 7RZ  
Map Ref : TL 966 142

<b>Skills</b>	Strength, gross motor skills, fine motor skills, soils & rocks, plants & growing, collaboration, problem solving, living things, life cycles, care & consideration for living things, ecosystems, land use and investigating rural farming sustainable.
<b>Session outlines</b>	Choose from the following series of projects:
<b>Flatbread making</b> (1 hour)	<p>Learn how to make bread and where the ingredients come from.</p> <ul style="list-style-type: none"> <li>• Grind corn from our farm to extract flour</li> <li>• Make and cook flatbreads</li> <li>• Make your own butter to go with the flatbreads</li> <li>• Enjoy your locally produced homemade flatbreads</li> </ul>
<b>Abbots Hall Farm trail</b> (1 hours)	<p>This includes a walk around our farm identifying crops and discussing farming methods with challenges along the way testing your senses and the wildlife surrounding us.</p> <ul style="list-style-type: none"> <li>• Work out what soil type we have</li> <li>• We will look at the fields around us</li> <li>• Listen and look out for wildlife</li> <li>• Identify trees in our mini woodland</li> <li>• Make your own farm out of natural materials</li> </ul> <p>Can be turned into orienteering trail.</p>
<b>Guess the grain</b> (10 minutes)	<p>By looking at and feeling the grain can you guess what is with a choice of oil seed rape, wheat, barley, peas and wild bird food mix.</p> <p>Can you get 5 out of 5?</p>

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### Senses



<b>Skills</b>	Fine motor skills, safe use of tools & equipment, maths, exploring senses, living things, life cycles, identification & classification, food chains, care & consideration for living things and ecosystems.
<b>Session outlines</b>	Choose from the following series of projects (30 mins/ 1 hour):
<b>Sound</b>	How many different sounds can you hear outside? What are they? Where are they? Can you keep a beat with a stick or a natural drum or do you know the sounds of bird calls - Can you find your flock?
<b>Sight</b>	Can you find colours to match the pieces from the rainbow? Or search for minibeast and think about how they use colour to protect themselves? Can you find the hidden caterpillars? Why are some easier to find than others?
<b>Smell</b>	Make a cocktail using natural materials found and add a special mixer. Is it a perfume or a pongy potion? Can you give it a name? How many different smells can you find outside?
<b>Touch</b>	Feely challenge – can you find something tickly and prickly? How about smooth or rough? Or can you find the tree you hugged blindfolded?
<b>Taste</b>	Explore safety issues around eating things growing outdoors. Taste a variety of locally grown produce or natural delicacy or why not try a gooey marshmallow?
<b>Messing with your senses</b>	Disorientate your senses using a mirror to walk in the tree tops and fall into the sky.

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## Minibeasts & invertebrates



<b>Skills</b>	Strength, gross motor skills, fine motor skills, DT, safe use of tools, art & sculpture, identification & classification, habitats, ecosystems, wildlife, life cycles, collaboration, plants & growing, evolution & adaptation, care & consideration for living things and seasons.
<b>Minibeast survey</b> (1 hour per habitat)	Explore the different habitats of the farm using sweep nets, bug pots and tree beaters to identify different species. What ones live where and why and how are they adapted to their environment?

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### Ponds



<b>Skills</b>	Strength, gross motor skills, fine motor skills, safe use of tools, maths, DT, soils and rocks, plants & growing , collaboration, problem solving, living things, life cycles, identification & classification, food chains, care & consideration for living things, ecosystems, eutrophication, decay & nutrient cycle.
<b>Session outlines</b>	Choose from the following series of projects:
<b>Pond survey</b> (1/1.5 hours per class)	Use nets, trays and ID keys to sample the pond and identify the wildlife living there.
<b>Pond food webs</b> (30 mins)	A game to explore the links between pond creatures and what happens if it becomes unbalanced.
<b>Biotic index</b> (30 mins)	Sample the pond and use the species found to indicate how clean the water is.

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### Trees & Plants



<b>Skills</b>	Strength, gross motor skills, fine motor skills, safe use of tools, soils & rocks, plants & growing, collaboration, problem solving, living things, life cycles, identification & classification, food chains, care & consideration for living things, ecosystems, evolution & adaptation, photosynthesis, decay & nutrient cycle.
<b>Session outlines</b>	Choose from the following series of projects:
<b>Tree survey</b> (1/1.5 hours)	Identify the tree/shrub species at Abbotts Hall Farm .
<b>Parts of a plant</b> (1 hour)	Identify different parts of the trees and bushes around you and see if you can make your own 2-D/3-D tree or plant.
<b>Seed dispersal</b> (1/1.5 hours)	Nuts, berries, parachutes, Helicopters, pepper pots... Explore and collect the different types of seed containers from around your site and work out how they work. AUTUMN activity
<b>The seed game</b> (20 minutes)	A good introductory run around game to remember all the elements required for a seed to grow into a healthy plant.

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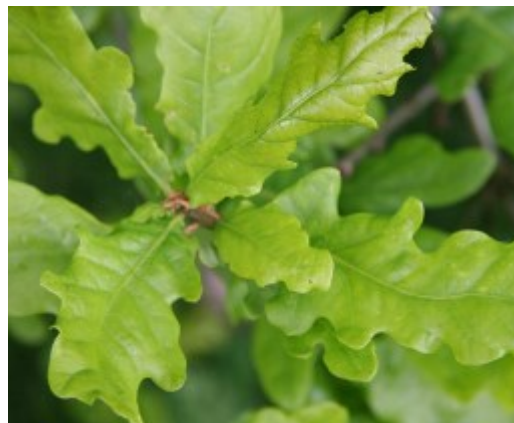


## Abbotts Hall Farm visits EYFS/KS1/2

### Trees & Plants

#### Continued...

<b>Session outlines</b>	Choose from the following series of projects:
<b>Leafy lookalikes</b> (30 mins)	Identify trees and shrubs and see if you can match their leaves to your surroundings.
<b>Charlie the leaf</b> (30 mins)	Explore the nutrient cycle and decay through the interactive story of Charlie the Leaf.
<b>Hug a tree</b> (10 minutes)	Use your senses to explore a tree.
<b>Green food factories</b> (30 mins)	Explore the inner workings of a leaf and how it feeds all the world through photosynthesis and the transport system of a tree .
<b>Tree top walk</b> (20 minutes)	Use a mirror to take a disorientating walk through the tree tops and make sure you don't fall into the sky!



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### Bush Craft



**Location:** Own site, local wild space, Essex Wildlife Trust sites.

<b>Skills</b>	Shelter building, fire lighting, safe use of hand tools, green woodwork, knots & rope work, experimentation, risk management, physical mobility & agility, problem solving & collaboration, species identification, understanding & knowledge of the world, seasons, art and DT
<b>Session outlines</b>	Choose from the following series of projects (1/1.5 hours per activity):
<b>Shelter building</b>	Team challenge working in groups to make shelters able to shelter the team from a rainstorm. Using natural materials and tarpaulins and ropes.
<b>Green woodwork</b>	Use tools such as knives, pruning and bowsaws, hand drills, gimlets, mallets, billhooks and potato peelers to make a variety of items such as musical instruments, bows and arrows, butter knives, peashooters, charcoal pencil, beads from a range of wood species.
<b>Rope work</b>	Work in teams to learn knots and use ropes for a range of activities: <ul style="list-style-type: none"> <li>• Make a rope swing</li> <li>• Rope walk</li> <li>• Rope trust game</li> <li>• Zip wire</li> </ul>

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## Abbotts Hall Farm visits EYFS/KS1/2

### Bush Craft

#### Continued...

<b>Session outlines</b>	Choose from the following series of projects:
<b>Fire Lighting</b>	Understand the legal and safety issues when lighting fires outdoors and collect materials for tinder, kindling and firewood. Grade and sort materials for the fire and explore different methods of fire lighting. Learn to use flint and steels to make small fires.
<b>Cooking on a fire</b>	Consider the food health and safety implications of preparing and cooking food outdoors. Choose food to cook – marshmallows, s'mores, drop scones or flatbreads. Prepare and cook selected food on the fire.
<b>Arts and crafts</b>	Use mud and natural materials such as clay, raffia and willow for a variety of projects: <ul style="list-style-type: none"> <li>• Land art</li> <li>• Stick people</li> <li>• Little people furniture</li> <li>• Mobiles</li> <li>• Weaving</li> <li>• Willow platter</li> <li>• Tree faces</li> <li>• Charcoal pencils</li> </ul>



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# Abbotts Hall Farm visits EYFS/KS1/2

## Natural art



<b>Skills</b>	Safe use of hand tools, green woodwork, knots, experimentation, risk management, physical mobility & agility, problem solving & collaboration, species identification, understanding & knowledge of the world, seasons, art, DT, weaving and seasons.
<b>Session outlines</b>	Choose from the following series of projects (1/1.5 hours):
<b>Land art</b>	Work in groups and take inspiration from Land artists like Richard Shilling and Andy Goldsworthy to create some land art using materials collected from your site.
<b>Stone age painting</b>	Use different natural materials to make paint and paint brushes and create a masterpiece.
<b>Hapazome</b>	Use leaves and fabric and natural stone hammers to recreate this ancient Japanese art work style.
<b>Tree faces</b>	Use natural clay to sculpt 3D faces for the trees giving them characters that suit the tree.
<b>Stick people</b>	Use natural materials to make your own stick person considering ratios of body parts and finding the best materials to make your person right.
<b>Weaving</b>	Work in teams to create natural weaving using a variety of media from willow to netting.

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