



Me and My World - Get Outside!

William Hogarth was an artist who lived 300 years ago.

Hogarth had a pug dog as his pet. He named him Trump!

Trump loved to spend time outside because it made him happy. Fresh air and exercise also help to keep us healthy.



Your turn!

Trump wants to go exploring outside with you. Let's keep a **nature diary** in a notebook or on a piece of paper.

Today I feel...

Some days Trump is excited to play. He can also be frustrated when he can't do what he wants! Write or draw how you feel now. Why do you feel this way?

Today I see...

Draw the trees and flowers you see in your diary. Do they have lots of green leaves? What do you think makes them happy and healthy?

Today I hear...

Close your eyes. What creatures can you hear? List them. Why might these creatures have chosen this area to live?

Today I smell...

What do you smell? There can be some nice smells like flowers and some not so nice smells like rubbish! Do you like what you smell today?

Today I did...

Have you done some exercise today? Ask an adult if it is safe to run as quickly as you can. Are you faster than Trump? Ready ... steady ... GO!

Challenge! Add to your diary every day. What changes? Ask an adult to tell us on social media using **#HogarthAtHome**