



# Outdoor games and activities & International Orangutan Day



## Orangutan Facts



1) Orangutans are red-haired apes that live in the tropical rainforests of Sumatra and Borneo in southeast Asia.

2) These magnificent mammals measure 1.2m to 1.5m tall and weigh up to 100kg. And they have one seriously big arm span – some males can stretch their arms 2m from fingertip to fingertip!

3) The orangutan is one of humankind's closest relatives – in fact, we share nearly 97% of the same DNA! The word orangutan comes from the Malay words “orang hutan”, meaning “human of the forest”.

4) Orangutans spend most of their time up in the trees, where they use their long, strong arms and hook-shaped hands to climb and swing from branch to branch. Come bed time, they sleep in leafy nests high off the ground, where it's harder for hungry enemies (such as leopards and other big cats) to get them!

5) Daytime eaters, their diet consists mostly of fruit and leaves – but they also eat nuts, bark, insects and, once in a while, bird eggs, too.

6) Female orangutans give birth about once every eight years. Infants stay with their mother for six to seven years, until they've learnt the necessary skills to survive on their own. During this time, a very special bond is formed between the mother and child.

7) Unlike other great apes, such as chimpanzees, gorillas and bonobos, these gangly guys don't like to live in groups. A female will usually have a baby (or two) with her, but males like to be alone.

8) Orangutans are noisy creatures when they want to be, making loud howls and bellows that can be heard for miles around! It's usually the males that make these calls so that they can stay out of each other's territory.

9) These amazing apes generally have long lives – in captivity they can live for 50-60 years, and in the wild, 30-40 years.

10) Sadly, orangutans are today on the endangered species list. Deforestation in the forests where they live has reduced their habitat, and illegal hunting has put populations at serious risk. That's why we need to do all we can to help them.

## Orangutan Quiz

**Q1) Where can you find Orangutans?**

- a) Amazon    b) Borneo and Sumatra  
c) Africa    d) East Asia

**Q2. How long are their arms?**

- a) 2 metres    b) 4 metres    c) 7 metres    d) 3 metres

**Q3. How long do baby Orangutans stay with their mothers?**

- a) 2 years    b) 1 year    c) 4 years    d) 7 years

**Q4. How long does it take an Orangutan to build a nest?**

- a) 1 hour    b) 30 mins    c) 10 mins    d) 5 mins

**Q5. How much does fruit make up an Orangutans' diet?**

- a) 60%    b) 20%    c) 50%    d) 90%

**Q6. What does 'Orangutan' mean?**

- a) Man of the forest    b) Hanging animal  
c) Hairy human    d) Orange ape

**Q7. Why are Orangutan's known as 'gardeners of the forest'?**

- a) they cut the grass    b) they disperse seeds  
c) they live in the forest    d) they clear the basin of dead leaves

**Q8. At what age do females start breeding?**

- a) 5 years old    b) 15 years old  
c) 20 years old    d) 10 years old

**Q9. How many vocal sounds have been recorded by Orangutans?**

- a) 32    b) 55    c) 14    d) 27

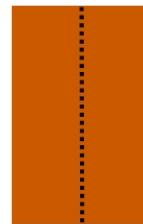
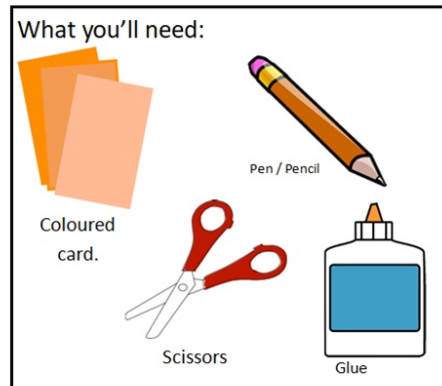
**Q10. How long do they live for?**

- a) up to 30 years    b) up to 10 years  
c) up to 80 years    d) up to 4 years

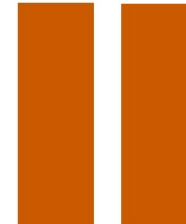


Answers:  
Q1. b) Borneo and Sumatra Q2. a) 2 metres Q3. d) 7 years Q4. c) 10 mins  
Q5. a) 60% Q6. a) Man of the forest Q7. b) they disperse seeds  
Q8. b) 15 years old Q9. a) 32 Q10. a) up to 30 years

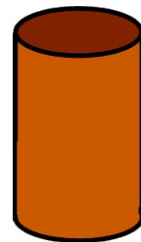
## Orangutang Roll Craft



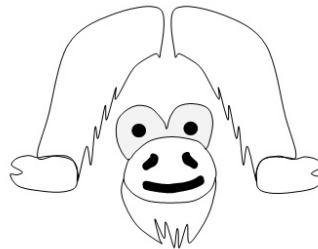
1. Fold you your card in half portrait way and cut the paper into two strips.



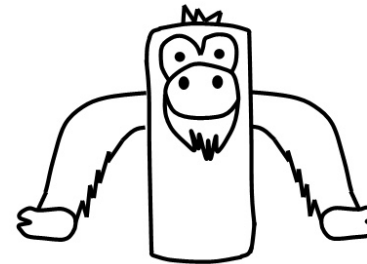
2. Keep one to the side safe and with your leftover stripe roll it into a tube.



3. Leave your tube to dry



4. On your left over paper draw an arm and face for your orangutang



5. Cut to the shaped on your coloured card and stick it to the tube.



### Traffic light game

For this game you will need one person to be the traffic light and anyone else will be the 'cars'. Whoever is the traffic light will shout out red, green or amber and the 'Cars' will have to do the correct action to go with the colour.

Red- Stop/Freeze!

Amber- Slow down!

Green- Go!



If the traffic light sees anyone moving while on red then they will have to go back to the start, The winner will be whoever gets to the traffic light first and then they can swap a become the traffic light then.



## 3 Fun Outdoor Activities

### The bean game

For this game you will need 1 person to be shouting out the actions and anyone else can be playing. The person on will shout out random phrases that the others will have to remember and do. The actions are below that you can shout but try thinking of some of your own:

1. String Bean- Stretch as tall as you can
2. Broad Bean- Stretch yourself as wide as possible
3. Runner bean- Run as fast as you can
4. Jumping bean- Jump up and down
5. Jellybean- Shake your body like jelly

The person who is on has the job of also spotting if people are doing the wrong one, the winner will be whoever is left or lasts the longest



### Animal action game

To play this game you need one person to be shouting out the actions you need to do and everyone else can be playing. Below are some actions if you get stuck thinking of them.

1. Leap like a frog
2. Hop like a bunny
3. Fly like a bird
4. Swim like a fish
5. Waddle like a penguin



The winner is whoever is left at the end of the game!

Funded and Supported by



Powered by



## Outdoor Games and Activities

### Capture the Flag

This game is most fun when played with a large group. Split the group into two teams, each team having a flag or other marker at the team's base. The object of the game is to run into the other team's territory, capture their flag and make it safely back to your own territory. You can tag "enemy" players in your territory, sending them to your jail. They can be sprung from jail by a member of their own team running into your territory, tagging them and running back, with one freed person allowed per jail break. It is sometimes played that all the people in jail could hold hands and make a chain back toward their own territory, making it easier for members of their team to tag them. We also played a similar game called Steal the Sticks. It had almost the same rules, but several sticks were used instead of one flag.

**Number of Players:** A large group.

**Equipment:** Two flags or other markers.



### Spud

This outdoor game is a lot of fun. Every player gets a number and crowds around the person who is "it" for that round. "It" then tosses the ball straight up and the other players run away. As the ball reaches the top of its toss, "it" calls out the number of one of the other players and then runs away also. The player whose number was called must run back and catch the ball (or chase after it if it is bouncing around). Once that person has the ball, they yell, "Spud!" Then everyone else must freeze. The person with the ball must try to hit one of the players with the ball. If they do, that new person gets a letter (first S, then P, then U, then D) and is now "it." If they miss, the person who threw the ball is "it" for the next round.

**Number of Players:** A small group.

**Equipment:** Playground ball.



### Freeze Dance

Choose one person to be in charge of the music. When the music starts, everyone else dances, the crazier the better. When the music stops, the dancers must freeze in their position. Anyone caught moving after that is out. Play continues until there is one person left, the winner.

**Number of Players:** Any number.

**Equipment:** Music player or person making music.



## Outdoor activities

### Resources:

- Use of a garden, local park or green space.
- Ensure you have enough space when taking part in the activities

### Instructions:

There are so many games you can play in the outdoors! Here's a few you can try-

- **Hide and seek-**  
Have fun playing hide and seek with your family and friends in your garden, local park or green space!
- **Scavenger Hunts-**  
Why not design your own scavenger and see what objects you can find!
- **Hopscotch-**  
Make your own hop scotch with sticks, stones and leaves
- **Nature Art-**  
Design a nature picture with natural outdoor resources.

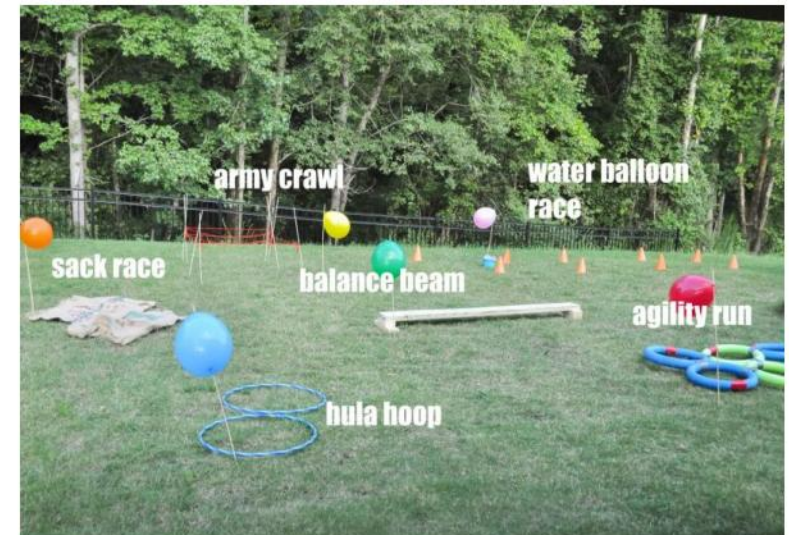


## Summer Activities – Obstacle Course

How about setting up an obstacle course in your garden?

It's super easy to do and loads of fun – here are a couple of easy ideas for obstacles!

- Spin a hula hoop round your waist
- Dribble a ball around some cones
- Skip for 30 seconds
- Hop on one leg for 30 seconds
- Slide down a slide
- Do a forward roll

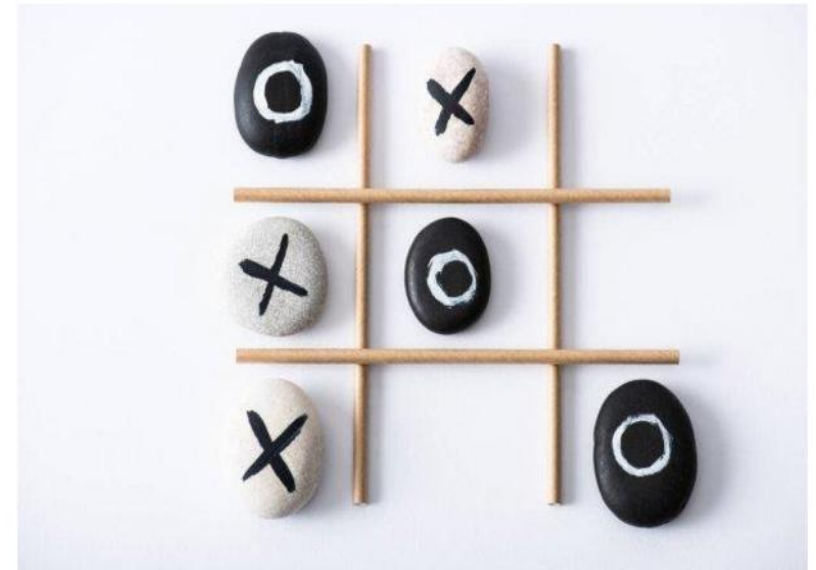




## Summer Activities – Outdoor Noughts and Crosses

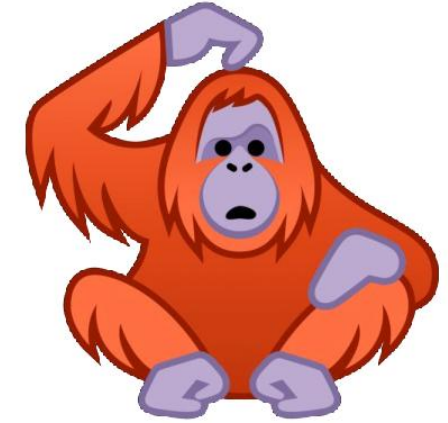
A simple game of noughts and crosses taken outside can be a fun summer activity.

Create the board with a couple of bamboo sticks (or something similar) and use rocks with noughts and crosses drawn on top with chalk.



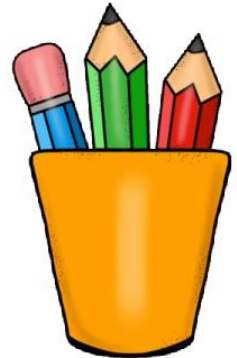
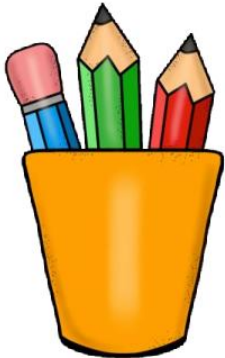
What you will need:

- Toilet roll tube
- Orange paper (If you do not have orange paper you can use some colours to colour the paper in)
- Scissors
- Glue
- Colouring pens or pencils
- Extra paper



## Toilet roll tube Orangutan

To start with you need to measure how much paper you will need to wrap around the toilet roll tube cut how much you need, you can tuck any extra paper you have into the toilet roll tube. Now its timer to add the features of the orangutan to the paper you have just cut out. Once you have added the features you can wrap it around your toilet roll tube and stick it on using your glue. Now using some spare paper, you can draw on some arms for your orangutan, cut them out once you have finished and stick them on to your toilet roll tube.



Funded and Supported by  
 Sandwell  
Metropolitan Borough Council

Powered by  
 CREATIVE  
ACADEMIES  
NETWORK  
 GROUNDWORK  
CHANGING PLACES  
CHANGING LIVES  
 mh  
murrayhallcommunity trust