


nature programme

by Familienhotels Südtirol



The Nature Programme by Familienhotels Südtirol invites your young adventurers to explore the diverse landscapes of our region in a fun and engaging way. Our continuously trained childcare experts lead them on thrilling excursions, where they can discover and experience things in a way that makes learning feel like an adventure. Many of the games, tips, and recipes can also be easily recreated at home for even more family fun.

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Games and puzzles

Sudoku

Fill in the missing pictures – can you solve the Sudoku?



Forest bingo

Look around carefully on your next walk through the woods: What natural objects can you spot?

Important: Do not pick anything or take it home – leave everything where you found it for our forest friends!



Snail shell



Pine cone



Bark



Acorn



Flower



Leaf



Moss



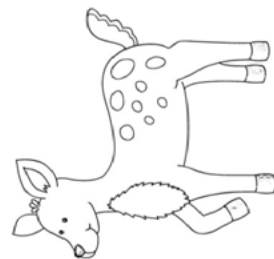
Stick



Feather

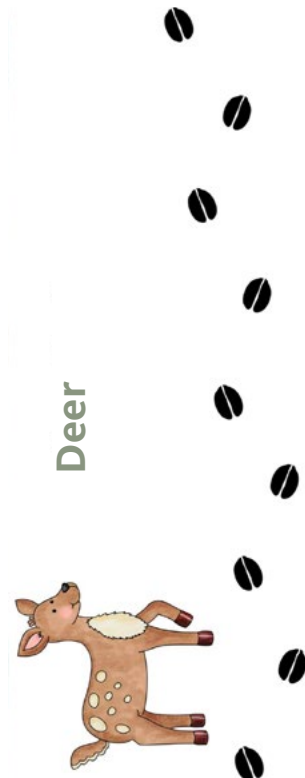
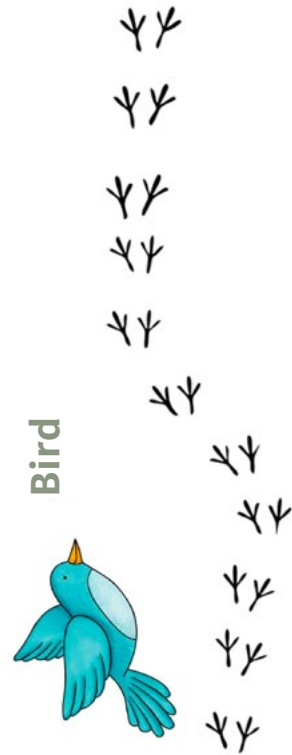
Animal tracks

What do the tracks of these woodland creatures look like? You'll find the answers on the next page.



Animal tracks

Solution



Games for outdoor adventures

Forest walks create a sense of calm and relaxation – including for the young ones! But how do you make these outings even more exciting while also teaching kids about the importance of nature? Through games, of course!

We've put together a collection of activities that guarantee fun.

Treasure hunt

Divide the players into two small groups. If you are not playing yourself, you can form two larger groups and one smaller group (e.g., 5, 5, and 2 players). The game takes place in a large but clearly defined forest area.

Beforehand, hide tin cans within the playing field. The children have 15 minutes to find as many cans as possible and bring them to a collection point. Meanwhile, the game leader or the smaller group acts as the “hunters”, trying to snatch the cans before they reach the collection station. Any cans taken away by the hunters are re-hidden.

Which team can collect the most tins by the end?

Tree ID

Divide the players into two groups and assign numbers to each player in ascending order, so that each team has a player 1, player 2, etc. The two groups stand facing each other with a small distance between them. In the middle, place images of different tree barks or actual pieces of bark.

The game leader calls out a tree name and a number, for example, “Birch 3”. The players with the number three then race to the centre and have to quickly find the correct picture or bark. Whoever picks the right one first earns a point for their team. If someone grabs the wrong one, they lose a point.

Printing press

Players: 2+

Difficulty: easy

Age: 6+

Materials: letter paper, watercolours, paintbrushes, water

Each player gathers different leaves in the forest, paints them with watercolours, and presses them onto paper. This creates beautiful, personalised stationery for them to take home.

The kids can also swap their artwork and vote on their favourites. To turn it into a competition, count who prints the most different leaves!

What's your name?

Players: 2+

Difficulty: hard

Age: 12+

Materials: Field guide, small flags

While walking along a path – in a forest or meadow, for example – use a field guide to find lesser-known plants and mark them with small flags. The junior explorers now have the task of walking from flag to flag and examining the plants they find. What do they smell like? What special features do they have?

This helps the children to form ideas about what the plants could be called. When they have finished, walk back down the path together and everyone says their name ideas. At the end, go through the plants together and reveal their the real names of the plants. Did anyone get them right?

Trail predictions

Before a hike, show the young adventurers the trail on a map. Then, have them write down their guesses for how many deer they will see, how many rivers they will cross, or how many lookout stands they will pass in the trees. You can adjust the questions according to the location that you'll be exploring.

During the hike, record the actual numbers. Once you get back home, see who had the most correct guesses. Depending on the options available to you, you can also set a starting point and an end point that the group has to reach.

Forest memory

Prepare cards with images of various plants, animals, and other objects you can find in the forest. The players have to find matching pairs by walking through the woods and identifying the real-life versions of the pictures.

Bark rubbings

Give each child paper and wax crayons. They can transfer the tree bark's texture onto the paper by pressing it against the bark and rubbing the crayon over it. This can be turned into a collection project where they document different tree species.

Animal tracks discovery

Challenge the woodland detectives to find and identify animal tracks in the forest. Bring along a reference guide or a list of different animal footprints to help them recognise the tracks.

Leaf collection and identification

Each explorer gets a small notebook or sheet of paper where they can collect and stick different leaves. They can then try to identify the leaves and learn more about the trees they came from.

Nature mandala

Have the budding artists gather natural materials like stones, leaves, twigs, and flowers to create a large mandala on the forest floor. This activity fosters creativity and mindfulness.

Stick games

Stick Mikado: Large branches and sticks are piled together. The players take turns trying to remove sticks without disturbing the pile.

Stick throwing contest: Who can throw their stick the farthest?

Recipes and crafts

Colourful stone painting

You need:

- Smooth stones
- Acrylic or natural paints
- Paintbrushes
- Water pot
- Aprons
- Clear varnish (*optional*)
- Glitter, stickers, natural items
(*like moss*)

Let's start:

Find clean, smooth stones and paint them with different patterns. You could even add names! Decorate with glitter, stickers, or natural materials. Apply clear varnish to make them weatherproof if you like. Use the stones as garden decorations, gifts, or keep them as your very own painted treasures.

Ice art Magical ice and nature artwork

You need:

- Water
- Food colouring (*optional*)
- Nature items
(*like leaves, berries, small twigs, flowers*)
- Moulds
(*like muffin tins, ice cube trays, plastic cups, silicone moulds*)
- String or thread
(*for hanging ice creations*)
- A spoon or stick
(*to arrange materials*)

Let's start:

Gather up as many natural treasures as you can find: leaves, berries, twigs, or blossoms. Fill your moulds about two-thirds full with water. For colourful ice artwork, add a few drops of food colouring and give it a good stir. Place your nature items gently in the water. Use a spoon or stick to nudge them to where you want them. Cut a piece of string and place one end in the water so it gets frozen into the creation. Make sure it's long enough for hanging up your masterpiece later. Put the moulds outside in cold weather or in the freezer and let them freeze solid. Once frozen, carefully pop your ice artwork out of the moulds. Hang your ice mobiles on trees, bushes, or near windows.

Sweet winter fun

Snowman biscuits

You need:

- 250g flour
- 125g sugar
- 125g soft butter
- 1 egg
- 1 tsp vanilla sugar
- 1 tsp baking powder
- Powdered sugar, colourful sprinkles, chocolate drops, and icing for decorating

Also:

- Snowman cookie cutters or round cutters
- Baking tray and baking paper
- Mixing bowl and rolling pin



Let's start:

Mix the flour, sugar, butter, egg, vanilla sugar, and baking powder in a bowl to make a smooth dough.

Wrap the dough in cling film and let it chill in the fridge for 30 minutes. Preheat the oven to 180°C.

Roll out the dough and cut out snowman shapes. Place them on a baking tray lined with baking paper. Bake the biscuits for about 10 to 12 minutes until they're lightly golden, then let them cool.

Time to decorate! Dust the biscuits with powdered sugar and add icing, chocolate drops, and sprinkles to bring your snowmen to life.

Ötzi's winter journal

Your kids follow in Ötzi the Iceman's footsteps together. This journal sparks children's curiosity and creativity – and gives them a taste of prehistoric adventure. We hope it lets you enjoy a more mindful experience of winter. Taking time, researching, and learning new things together: that's the aim of these tips and our "Nature Programme – Following in Ötzi's footsteps" at the Familienhotels Südtirol.

On the hunt with Ötzi

Exciting excavation: the mammoth in the ice

An exciting journey of discovery for young researchers: imagine you're palaeontologists – out on the glacier! Your mission: to discover and free a mammoth buried in the ice.

Let's start:

1. Find a small animal figure – ideally a mammoth, but a bear, wild horse, or Stone Age animal from your toy box will also work well.
2. Place the animal in a plastic cup, and then fill the cup with water. You can also add a few sparkly stars or natural materials (small twigs, stones).
3. Leave the cup in the freezer overnight.
4. The next day, the excavation can begin: take the cup out of the freezer and carefully tip the block of ice onto a plate or into a bowl.
5. Using a spoon, paintbrush, and pipette (filled with warm water), you begin to uncover the animal piece by piece – very carefully, just like real palaeontologists





Stone Age Memory

A hands-on game for curious Stone Age explorers

How did Ötzi live? What were the tools, animals, and clothes like back then? This **Stone Age memory game** lets you immerse yourself in a fascinating time of glaciers, mammoths, hunters, and gatherers – and have a whole lot of fun, too!

Let's start:

1. Print out the memory cards **twice** (because you need pairs of the same picture) on thick paper and cut them out. Alternatively, you can also label blank cards with the words shown in the pictures – then your pairs will consist of a picture and a word.
2. Place all the cards face down on the table. You take it in turns to flip over two cards and can only keep them if they're a matching pair. Who will find the most? Talk about each picture: what is it? What was it used for in the Stone Age?
3. Use the game as an opportunity for storytelling: how did people make fire back then? What was a fur cloak made of? Why was the spear so important?

Roleplay idea:

Everyone draws a card and acts out the corresponding scene: making a fire, discovering a mammoth, packing a rucksack – just like in a hands-on museum!



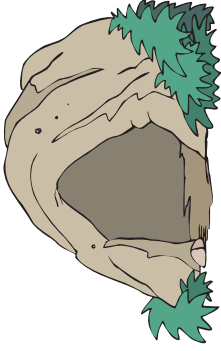
Acorn



Caterpillar



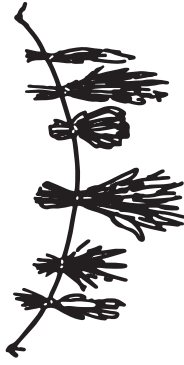
Tree stump



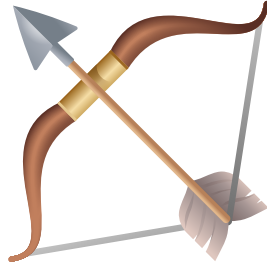
Cave



Hunter



Herbs



Bow & arrows



Mammoth



Tree



Owl



Fire



Bear

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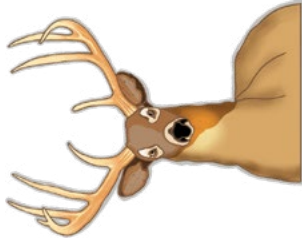
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Beaver



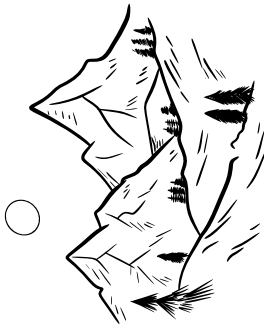
Deer



Wolf



Spear



Mountains



Squirrel



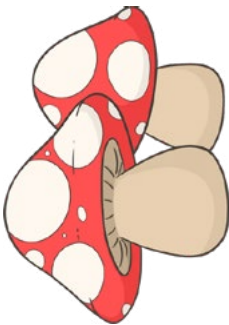
Fish



Animal tracks



Raccoon



Mushroom



Sun



Fox

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Stone Age cooking – shared rituals

Warmth, flavour, and campfire stories

After your exciting excavation and fun game of memory, it's time for a little calm. Imagine you're sitting around a campfire, telling each other stories and preparing simple meals together – maybe just like Ötzi once did.

We have a few Stone Age rituals that will take you on a journey into the past.

Stone Age snack: baked apple rings with honey and herbs

What you need:

- 1-2 apples
- 1 tsp honey
- 1 pinch dried thyme or rosemary
- A little lemon juice
- Wooden skewers or baking paper

Let's start:

1. Wash the apples, core them, and cut them into thick rings. Place them on a baking tray lined with baking paper.
2. Spread a small dollop of honey over the rings and sprinkle on the herbs to taste.
3. Bake the snack in the oven (approx. 180°C) for 10 to 15 minutes. Alternatively, you can spear the rings on a wooden skewer and roast them over a candle or flame (under supervision).
4. Leave to cool briefly – and your snack is ready!



Root veggie snack with dip for little explorers

What you need:

- 1 carrot
- 1 parsnip or kohlrabi
- 1 small piece of celeriac
- Optional: beetroot

For the dip:

- 3 tbsp natural yoghurt or plant-based alternative
- 1 tsp lemon juice
- 1 pinch of salt
- Fresh herbs (e.g. parsley, chives)

Let's start:

1. Wash and peel the vegetables.
2. Cut them into thin sticks or small pieces.
3. For the dip, mix the yoghurt with lemon, salt, and chopped herbs.
4. Arrange everything nicely on a plate – and your fun, crunchy Stone Age snack is ready!

Bonus idea:

Serve your snack on a piece of bark or a wooden board – then it'll really feel like a Stone Age meal. And how about enjoying it picnic style in a tent, on the balcony, or in the “cave” under the table?

Stone Age bread

What you need:

- 200g spelt flour (or other wholemeal flour)
- ½ tsp salt
- approx. 120ml water
- 1 tbsp natural yoghurt or a little oil
- Optional: dried herbs (e.g. thyme, rosemary)

Let's start:

1. Knead all the ingredients into a soft dough.
2. Shape the dough into small flatbread shapes.
3. Bake the flatbreads either in a pan without fat or in the oven at 180°C for around 10 to 15 minutes.
4. If you're having a campfire, you can also bake the flatbreads directly on a stone or grill.
5. They go well with butter, cheese, herby cream cheese – or you can eat them on their own, just like in the Stone Age.

Tip:

Turn it into a family ritual – sitting on the floor with candlelight or soft music. If you wish, you can also make Stone Age crockery (e.g. using clay or paper plates painted in earthy shades).

Extra idea:

Build a little Stone Age corner with blankets, stones, baskets for herbs, and your own “cave” drawings of mammoths or Ötzi.



Crafting with Ötzi

Stone Age art, jewellery, and decorations

Crafting, modelling, and designing let children discover how beautiful natural materials can be. Do you think Ötzi wore jewellery? What did people draw back then – and why? Together, families can immerse themselves in a creative world without electricity or glitter. A little clay, salt, natural materials, and imagination is all it takes to create your own little Stone Age craft studio.

Make your own charcoal crayons

A small fire, a bit of wood – and you've got your own Stone Age crayon.

What you need:

- Thin, dry twigs about as thick as a pencil (hazelnut, willow, or lime work well)
- An empty, clean tin can with lid or aluminium foil
- A campfire or fire pit (only under supervision!)
- Gloves, tongs, fireproof pad

Let's start:

1. Make sure that the twigs are completely dry. Cut them to a length of approx. 8 to 10cm.
2. Place the twigs next to each other in the tin can. Seal the tin can using the lid or aluminium foil. Pierce a small hole in it so that smoke and gases can escape.
3. Place the tin in the embers or in a fire pit (not directly in the flames). Now you need a little patience: leave it for approx. 45-60 minutes at a constant heat.
4. Remove the tin from the fire using tongs and allow it to cool completely before opening it. Be careful when removing the sticks: they're fragile!
5. They're now black, slightly porous, and great for drawing with.

The crayons work best on rough paper or natural cardboard. Give them a try!



Ötzi's talisman: a natural pendant made of salt dough

What you need:

- 1 cup flour
- ½ cup salt
- ½ cup water
- Optional: 1 tbsp cornflour or a little oil for a smoother dough

Let's start:

1. Knead all the ingredients into a soft, mouldable dough.
2. Shape the dough into small, flat medallions or ovals.
3. Use a toothpick, wooden stick, or stone to carve various patterns, dots, animal tracks, or made-up Stone Age symbols.
4. Poke a hole in the pendants with a straw so you can hang them on string afterwards.
5. Dry your medallions in the oven at 100 to 120°C for around an hour (depending on thickness).
6. After they've cooled, paint the pendants with earthy colours, natural pigments, or watercolours.

Tip:

If you can find natural materials such as small leaves, feathers, or twigs outside, you can press them into the dough before drying to make beautiful prints.



Ötzi's festive jewellery

What you need:

- String, wool, or raffia
- Dried pasta, chestnuts, wooden beads
- Feathers, small sticks, straws
- Natural or water-based paints for decorating
- Optional: leftover salt dough

Let's start:

1. Carefully make holes in the chestnuts or (painted) pasta with a needle.
2. Thread them onto a piece of string and also attach other materials like sticks or feathers. If you like, you can even add small salt-dough pendants.
3. And there you have it: your very own Stone Age necklace, headband, or armband.

Tip:

Let the kids decide: is it a lucky charm? Family jewellery? Or a magical Stone Age talisman?

Educational value:

Designing jewellery helps children strengthen their artistic expression and dexterity – and learn something about the meaning of jewellery and symbols in ancient cultures.

Bonus tip: cave paintings for the kids' room

Turn a large roll of paper or an old cardboard box into your very own cave wall! Using earth, ash, natural paints, or watercolours, the kids can then paint mammoths, hunters, hands, or sun symbols on the wall – everything you need to make a cave feel like home! You can then hang up the painted cave wall in the children's room.

Ötzi's winter rituals to try at home

Winter is all about peace, cosiness, and natural warmth – with little feel-good moments for kids and parents, inspired by Ötzi's world.

Calm and warmth with a fragrant herbal pillow

What you need:

- Scraps of cotton or linen fabric, approx. 15x15cm
- Needle and thread or fabric glue
- Dried herbs: lavender, camomile, peppermint, mountain hay, or yarrow
- Optional: spelt grains, rice, or grape seeds as a heat holder
- Ribbon or label for decoration

Let's start:

1. Fold the fabric and sew or glue it closed on two sides to create a small pouch.
2. Combine your choice of herbs, e.g. 1 tbsp each of lavender, camomile, and mint. If you like, you can also add a few grains as a filling material (for a heat cushion effect).
3. Fill your pillow and carefully sew or glue the opening closed.
4. Decorate the pillow with colourful fabric markers, attach a label, or make a pendant.
5. Place it on the radiator or heat it briefly in the microwave (max. 30 seconds on medium).
Ideal for bedtime or story time.

Tip:

The herbal pillow also makes a perfect little travel companion, sleep aid, or gift.

DIY aroma stone

First of all: In case you're wondering whether you could simply use a real stone for this: yes and no. Real stones may look pretty, but they don't absorb essential oils well and only diffuse the fragrance for a short time. For a long-lasting effect, we recommend a porous surface, such as **air-drying clay**, **salt dough**, or **ceramic clay**, which soak up essential oils and only release them slowly.

What you need:

- Air-drying clay (from the craft shop), salt dough, or plaster of Paris
- Wooden skewer or toothpick
- Biscuit cutters or small moulds
- Optional: raffia, ribbon, label
- Essential oil: e.g. lavender, pine, orange

Let's start:

1. Knead the clay and shape it into small flat discs or figures, e.g. footprint, mammoth, or a disc with a spiral.
2. Carve patterns with the wooden skewer or toothpick to make your own Stone Age design.
3. If you want to hang your aroma stone up, make a hole.
4. Leave the stone to dry. Depending on the material, this can take one to two days.
5. Apply one to two drops of the essential oil of your choice. The fragrance will last for several days.
Once it has faded, simply add more essential oil.

Tip:

Put your aroma stone in a small box and let the kids smell it every night before they go to sleep to create a bedtime ritual.



**How many of these
games and puzzles
can you complete in
one summer?
Let's get started!**

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