



■ **1.** Find the most interesting tree and draw it. Look at it carefully and only draw what you see. Use your hand, not your head.

■ **2.** Follow slug trails along the footpath

■ **3.** Lay on the grass (check it's clean first) look up into the sky and find cloud animals.

■ **4.** Collect natural items (leaves, twigs, stones, petals) from the ground and then in a suitable space on the ground form a picture. Draw what you have made.

■ **5.** Go into the sensory trail. Close your eyes and spin around. Open your eyes and walk. How far can you walk in a straight line without bumping into a single tree?

■ **6.** Pile fallen leaves, sticks and twigs into huge shapes - who knows what you'll make - a Nessy Monster, a sleeping bear, a giant egg.

■ **7.** Do a bark rubbing from an interesting tree or a carving on the logs on the sensory trail.

■ **8.** Get a piece of ribbon or string and find a stick as long as your forearm. Tie one end of your string to the stick and begin your walk. When you find treasure, a feather, leaf or something else, either wrap it or tie it to your stick and do this all the way along your walk. When you have finished tell or write a story about each item on your stick.

■ **9.** Pick leaves off the ground and find the tree to match them or match them to the carvings on the leaf log on the sensory trail.

■ **10.** Write a list of lots of different colours then go out for a walk and see how many colours you can find in the park.

■ **11.** Lie under a tree and look up through the branches at the leaves moving and listen to the sounds they make. How many colours can you spot in the leaves?

■ **12.** Look under some logs or under leaf litter in the park. Have a good look at what you find scurrying around and write about the mini-beasts you find. Then put their home back together, clear a space and create your own picture of your favourite using what you can find on the ground. Can you make a millipede, a spider, a slug using leaves, sticks and berries?



■ **i3.** Sit and be quiet in the park for just 20 seconds, listening with your eyes closed. Then write down what you can hear.

■ **i4.** Make a woodpile habitat – use a few twigs and bundles of hollow sticks and make a small log pile, in a shady part of the park. This will attract all sorts of insects and is just the sort of place for a toad or hedgehog to safely spend the winter. Your dead logs will also eventually sprout fungi – nature’s recycling system for turning dead wood eventually back into soil.

■ **i5.** Find a tree and give it a massive hug! What does it feel like to make contact from head to toe? Can you reach right around or is it too old? Spend some time being still - can you feel or hear it moving? Try looking straight up - what can you see? Find more trees and compare the feel of one tree to the next.

■ **i6.** Pick your favourite shape, draw it and see if you can match to it to shapes found outside in nature. Stars and triangles work well but there are many of them. How many can you find?

■ **i7.** Look for a yellow flower. Can you find another type of yellow flower? How many types can you find? Don’t pick them though – just look. They are there for everyone to enjoy, especially the insects.

■ **i8.** Spot a bird when you’re out, and try and step closer to it by walking like a bird. Be silent and slow. Pretend you’re a bird and try to communicate with it

■ **i9.** Come up with ten things you think you would find in the park. Then tick them off as you walk around the park

■ **20.** Look at the ducks and geese. Write down 8 different colours you can see on the feathers.

# Project Park Life

## Children’s Activities

