

Eagle Meadow

How many different birdsong can you hear?

What CAN you feel?

Be mindful

Find a peaceful spot to lie or sit and close your eyes. Take 5 deep breaths & try to focus on your body. After a few minutes, note the sounds, the smells or anything you felt - like the wind or a tingling. Did any thoughts pop into your mind?

Make a picnic

If it's a nice day, why not take a picnic with you to the park? You could make your own lemonade or invent your own sandwiches.

Making pictures from clouds is called NEPHELOCOCYGIA



PHOTO CHALLENGE
TAKE SOME SHOTS!

Bring a camera or sketchbook with you and get creative. Sketch or photograph something:

- ☐ fluffy ☐ shiny
- ☐ blue ☐ tiny / huge
- ☐ from a weird angle

Beverington Walk Park & Woods

make LEAF CREATURES

Collect different leaves and see if you can make creatures, or even weird monsters from them. You could take some leaves home to play with, by sticking them down to paper and drawing around them.



BLAKENEY ROAD

PLAY PARK

You don't need much to make a kite! Start off by tying 2 light sticks together. Make notches in the ends of the sticks to thread string through to make a kite frame. Next, fold and stick a plastic bag to the string frame. Add a tail of ribbons, string or cloth. Finally, tie a string from the top to bottom of the frame & tie a long piece of flying string to it, 1/3 of the way down.

Take a Kite to the Park

can you GRASS whistle?

By placing a blade of grass between your palms and blowing between your thumbs, see if you can make a loud whistle!

The TUMPS

MAKE A DREAMCATCHER

Have a go at making a Dreamcatcher from natural objects like leaves and twigs.

To start off you'll need to make a hoop by tying twigs together. Then make a web by wrapping string around the hoop, following points 1 - 11 on the drawing. You can add feathers leaves & beads.



Have a GO on THE BMX track

PLAY 40:40



MAKE SURE YOU'RE WEARING A HELMET

Gorse Covert

Play Woodland Hangman

Play hangman using found twigs, pebbles and leaves.

Be a TEXTURE collector

Using a page from your sketchbook and a crayon, collect the rubbings of tree trunks, leaves, or anything else you find. Rest your paper on the texture & scribble a crayon over it.

The Walls POCKET PARK

TWEED Listen to the BIRDS

Can you hear different birdsong? Make a note of the birds you can hear - if the sounds were written down as words, how would they be spelt? Tweeetattoo? Brrrleep!

listen 'ERE!

Find a comfy spot to sit down. What can you hear? Are there the sounds of animals or can you hear snippets of people's conversations? Note them down in your sketchbook - can you make a story from the sounds?



SCOTT PARK

Play Frisbee

Bring a frisbee with you to the park - you could see how far you can throw it, or set up a game of Ultimate Frisbee by making teams and 2 goals.

Using anything, like leaves, twigs or rocks, make a natural artwork on the ground for someone to find. You could make a pattern, a picture or a mandala.

make a nature artwork

Imagine

that all of the dogs you see have names jobs, hobbies & interests. Be silly and imagine what they may be? Are they at all like their owners?

I'm Mildred & I love jazz

I'm Tony & Disco is my life



SPARROWHILL GREEN PARK

Play ISPY

using the letters SPARROW GREEN & things you spot in the park.

Make MASSIVE bubbles

You don't need much to make mega bubbles! Firstly, you need to collect 2 sticks and tie a loop of string between them. Then you need to make your mixture. You can use 1/4 of a dish soap mixed with 3/4 water. To make your bubbles really big, stir in 1 - 2 teaspoons of glycerine (or sugar dissolved in water) and 2 teaspoons of corn starch. When you've got your mix, dip in your string hoop and get bubbling!

