



All £2.50 per group (unless indicated)		Spring	Summer	Autumn	Winter
<b>Mindful</b>	Dawn Chorus				
	Dawn Walk				
	Forest Bathing				
	Sensory Walk				
<b>Practical</b>	Bat Walk*				
	Build a Hibernaculum				
	Campfire Cooking				
	Landscape Detectives				
	Meet the Trees				
	Night Walk				
	Pond Dipping**				
	Rainy Day				
<b>Creative</b>	Journey Sticks				
	Land Art				
	The Nest Challenge				
	Snow Day (practical, creative & mindful fun!)				

Worksheets provided for all activities, and suggested off-site walking routes available on request.

\* £16/up to 3 hours use of Bat Detectors

\*\* £16/hour for use of pond area, and equipment





# Mindful Activities



<p><b>Dawn Chorus</b> Equipment: Groups - Merlin Bird ID App, paper and pens/pencils, torches WWOAC - Bird ID Guides</p>	<p>For this Springtime activity you need to set an early alarm! Your group will listen for, and identify bird calls, and create a dawn chorus sound map.</p>
<p><b>Dawn Walk</b> Equipment: Groups - Torches, paper and pens/pencils WWOAC - The Night Sky ID Guides</p>	<p>Set off on an early morning walk to discover what's happening in nature as the day begins.</p>
<p><b>Forest Bathing</b> Equipment: Groups - Blindfolds WWOAC - Walking route maps (if required)</p>	<p>A peaceful activity where your group can get to know some of our beautiful trees. This can be done on-site or as part of our Sensory Walk or Meet The Trees activities (see below)</p>
<p><b>Sensory Walk</b> Equipment: WWOAC - Walking route maps (if required), Nature ID Guides</p>	<p>This activity and game will encourage your group to use their senses to connect with the nature around them. It can be done in one of our green spaces, or you can extend the session by going off-site (suggested walking routes available)</p>



## Practical Activities



<p><b>Bat Walk</b></p> <p>Equipment: Blindfolds Groups - Head torches WWOAC - Bat Detectors, Bat ID guides</p>	<p>This activity and game, involving some nocturnal wildlife, can be done as it gets dark in Spring, Summer or Autumn. You could pair it with a night walk too! (Please note this activity costs £15 for up to 3 hours use of our Bat Detectors)</p>
<p><b>Build a Hibernaculum</b></p> <p>Equipment: Groups - saws and spades (mini hibernaculum can be made without these)</p>	<p>Find out about habitats for cold-blooded creatures and have a go at building your own. You can create full size versions as a group or mini versions which can be done with fewer materials and equipment!</p>
<p><b>Campfire Cooking</b></p> <p>Equipment: Groups - Ingredients, pots/pans/utensils, fire lighting equipment WWOAC -</p>	<p>Use these recipes and ideas to rustle up some snacks while you sit around your campfire!</p>
<p><b>Landscape Detectives</b></p> <p>Equipment: Groups - Pens/pencils</p>	<p>This activity and game will help you explore our site and uncover the history hiding around it.</p>



## Practical Activities cont



<p><b>Meet the Trees</b> Equipment: Groups - Paper/pens WWOAC - Tree ID Guides</p>	<p>Find out more about the trees which grow on and around our site. You can also include our Forest Bathing activity (see Mindful Activities) to get even closer to our trees!</p>
<p><b>Night Walk</b> Equipment: Groups - Torches WWOAC - The Night Sky ID Guides, Walking route maps (if required)</p>	<p>Ideas for activities and a game for after dark. This can be done on site (with a Bat Walk?) or you can take your nighttime adventure further afield by following one of our walking routes.</p>
<p><b>Pond Dipping</b> Equipment: WWOAC - Pond ID Guides, Pond Dipping equipment</p>	<p>What creatures you can find in our pond? (Please note this activity costs £15 which includes use of the pond area and equipment for one hour, and your choice of another nature activity eg Journey Sticks, Landscape Art etc)</p>
<p><b>Rainy Day</b> Equipment: Groups - Waterproofs and wellies!, paper, sellotape</p>	<p>Fun activities for the rainy days (that come in all seasons!)</p>



# Creative Activities



<p><b>Journey Sticks</b></p> <p>Equipment: Groups - string (no synthetic fibres please), scissors WWOAC - Walking route maps (if required)</p>	<p>Journey Sticks are a part of the cultural traditions of indigenous peoples in Northern America and Australia. This activity encourages your group to engage with the nature around them, and create their own, by collecting meaningful items as they journey around the site or into the surrounding area.</p>
<p><b>Land Art</b></p> <p>Equipment: Groups - ropes (if making frames) WWOAC - video/instructions for using square lashing for frames (if required)</p>	<p>This activity has loads of ideas of how to use natural materials to get creative. Young people can explore materials, textures and shapes, make 2D or 3D art, and even make their own frames out of sticks and rope!</p>
<p><b>The Nest Challenge</b></p> <p>Equipment: Groups - Paper bowls (optional)</p>	<p>Learn how birds build their homes and have a go yourself!</p>

<p><b>Snow Day</b></p> <p>Equipment: Groups - warm waterproof clothing</p>	<p>We have practical, creative and mindful activities especially designed for groups who are on site when it snows!</p>
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