

Try as many of these challenges as you can whilst out on a walk:

It's a Sign: Everyone should stop whenever they see a sign that uses symbols instead of words. What does it mean?

Try drawing the sign, so you have a record of what you've spotted. You can check whether you have got the meaning right when you get home.

Wild Art: Spend a few minutes gathering natural materials (Don't use anything that's alive, including living plants).

Now make a piece of art. It could be a picture or a sculpture.

Who lives here? Find a creature that's living nearby. Are there any cows in a field, birds in a tree, or bugs under a log? How many different animals can you find?

Wilderness care: Take three minutes to pick up as many pieces of litter as you can and put them in a bin. If there's not a bin nearby, carry it in a rubbish bag until you find one. Don't forget to use gloves, or sanitising hand gel. Don't pick up anything sharp or that you don't know what it is.

Animal tracks: Have a look for any prints or tracks left by an animal. Can you tell what type of animal it was?

Follow me: Leave a trail for a friend or family member by lying sticks and stones out to show your direction. See if they can follow you!

Notes:

To make these activities more challenging, try planning your walk with a map and use it to navigate whilst you are out.

Plan a walk that covers as many different terrains as possible and remember walking is a great way to exercise whilst enjoying nature too.

Environmental Awareness

Understand the impact of human activities on the environment. Experience a range of different environments in different conditions.

Time:

1 Hour plus

Space:

Park, Woodland or Countryside.

Equipment:

Comfortable clothes, Shoes, Small backpack.

