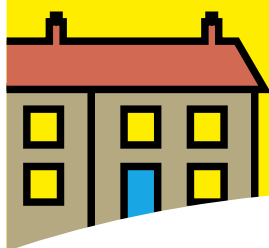


walk 4 life

fun walking games for parks and woodland

Taking the kids for a walk is a great way of making sure they're moving around and having fun. And when you're in a park, by a pond, walking through woodland or out in the countryside, there are so many things to do, it's an adventure for the whole family!



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Eat well Move more Live longer

a step in the right direction

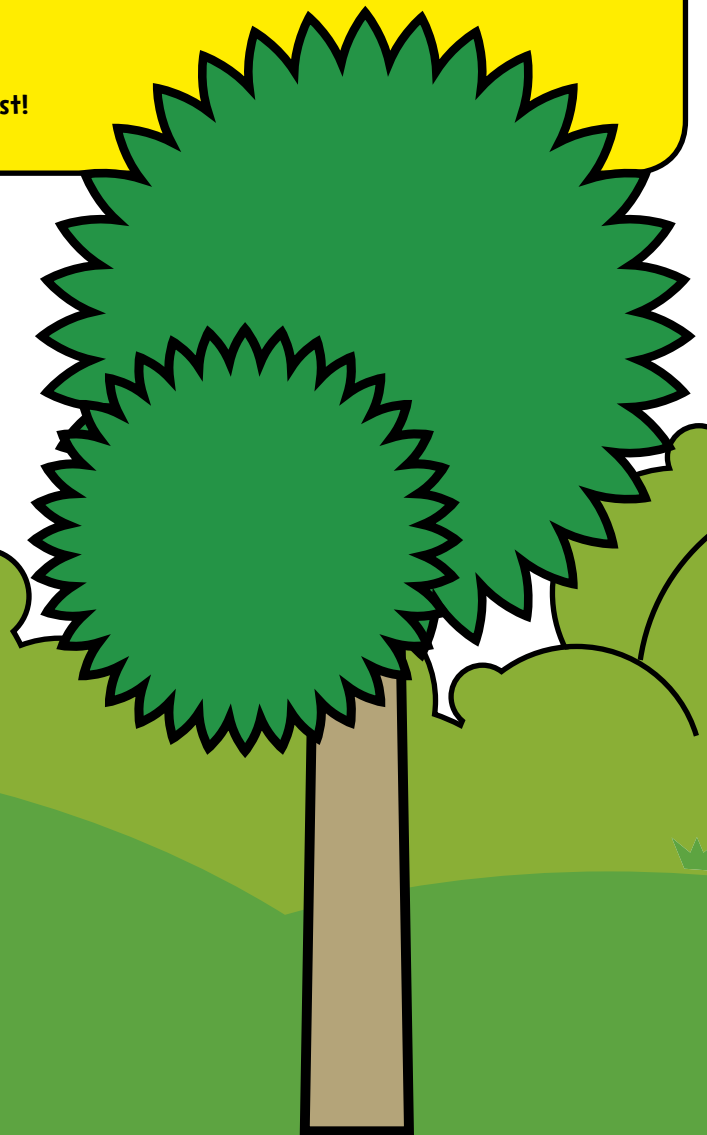
Your guide is packed with fun activities and games to encourage kids to explore and discover new sights, smells and sounds. They'll be able to build things, make things and even bring things home from their day out!

How do we play the games?

These games are lots of fun. You can play them with your family or in a bigger group, and they're all really easy too. Some of them need a few items, which you can probably find around your home.

If you're going into woodland or near ponds, make sure you point out things like stinging nettles and other things that could hurt them. Also remember not to leave behind any litter and to only pick things up that have already fallen off the tree or flower.

Now you just need to decide where you want to go first!



games for all seasons

We've split the games into Spring, Summer, Autumn and Winter so there are things to do all year round. They're all about exploring, investigating, discovering, making things and, most importantly, having fun.

great games for spring

Let's play... Tracks in the Mud

With so many new animals moving round the woodland you may be lucky enough to see a footprint or two. Look around burrows or places where animals would come to drink.

Find a stick and a muddy spot. Use your stick to make these footprints in the mud.

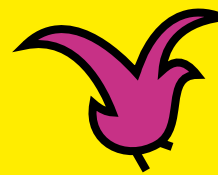
Can you create a trail of tracks? You could make a trail for a friend to follow!



Let's play... What have you spotted?

Equipment needed - a pencil

See how many of these you can find on your walk.
You'll have to look closely for some of them as they
can be very small - or very fast!



Frogspawn

Look in lakes and ponds for frogspawn and tadpoles.



Butterflies

Peacock butterflies with deep red wings and 'peacock eyes'



Pine cone

See how many different types of pine cone you can find.



Bluebells

Bell-shaped flowers which can be found on the woodland floor.



Caterpillars

Big ones, fat ones, small ones and hairy ones!



Catkins

Can you find any new catkins opening this spring?



Flowers

Look for flowers high up in horse chestnut trees.



Blossom

Can you see the white blossom of hawthorn or blackthorn?



Birds

Birds will be out looking for food, how many can you see?



Bats

Listen out for bats at dusk. You might see them if you are lucky.



Dragonflies

Look for dragonflies hovering above rivers and lakes.



Eggs

Butterfly or moth eggs under leaves.

Let's play... Scents of Spring

Equipment needed – a used container like a washed yoghurt pot

Start by looking for things on the woodland floor that you think could have nice smells. Then pick them up, crush them or break them between your fingers and see what they smell like. Then you can add any smells you like to your pot and mash them together with a stick to make your spring woodland scent.

Which animals will be attracted to your woodland scent? A bumble bee? A badger? A blackbird? You could find a place in the woodland to leave your scent (don't leave the pot behind as litter) for the animals to smell as they wander past.



Let's play... Rainbow Flowers

While you're out walking, look out for the colours of the rainbow in the woodland flowers. You might see an exact match in the spots and stripy patterns that show insects where to land, leading them to the nectar. Or you might find them on the underside of the petals or on different flower parts.

If you find flowers that have fallen on the ground (remember that some wild flowers are protected and shouldn't be picked), try making a flower rainbow!



great games for summer

Let's play... Minibeasts on the Move

Have you ever wondered where a bee buzzes to?
Or where an ant trail leads?

When you see a bee visiting a flower, wait and then follow where it goes. Make sure to watch out for things that might get in your way though, because a bee can reach some places more easily than you!

If you find a trail of ants, follow it forwards and backwards. Where have they been and where are they going? Are they carrying anything? If they are, what do you think they're making with it?

Minibeast races

If you're exploring in a group, why not split into teams and have your own minibeast races with your bodies. You could race as an insect like a beetle running on 6 legs, or as an 8-legged spider or a millipede with lots of legs! How many legs are the quickest?



Let's play... Trails to Summer Treasures

Explore a small area of the woodland and look for some secret summer places. You might find a special colour, sound, smell or even an animal's home.

Now collect some sticks from the ground and mark out a trail to these treasures using the sticks.

If you are in a group, you could split into two teams and set a trail for each other. Maybe other visitors to the woodland will follow your trail too!



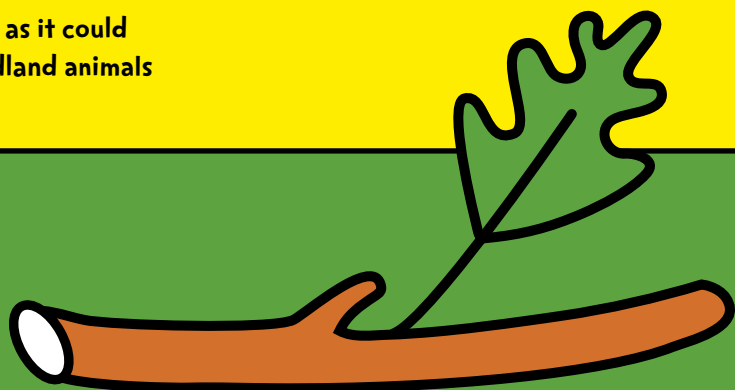
Let's play... Scavenger Hunt

Equipment needed – a bag to put all your finds in

How many of these summer treasures can you find? And remember, whatever is growing on a tree (such as leaves, branches, flowers and seeds), the tree still needs. Please collect only from the woodland floor.

- 'They love me, they love me not' daisy
- Green hazelnuts and hazelnut shells
- 'What time is it?' dandelion clock
- A leaf munched by a caterpillar
- An untidily eaten cone (squirrel)
- A neatly nibbled cone (mouse)
- Colourful wing or tail feather
- White, fluffy, downy feather
- A buttercup butter tester
- Petals with spots or stripes
- Scented petals
- Blackberries or other berries
- 4-leaf clover (if you're very lucky!)
- Flower bud cases
- 5 different grasses

Make sure you take your bag with you as it could harm the environment and injure woodland animals if you leave it behind.

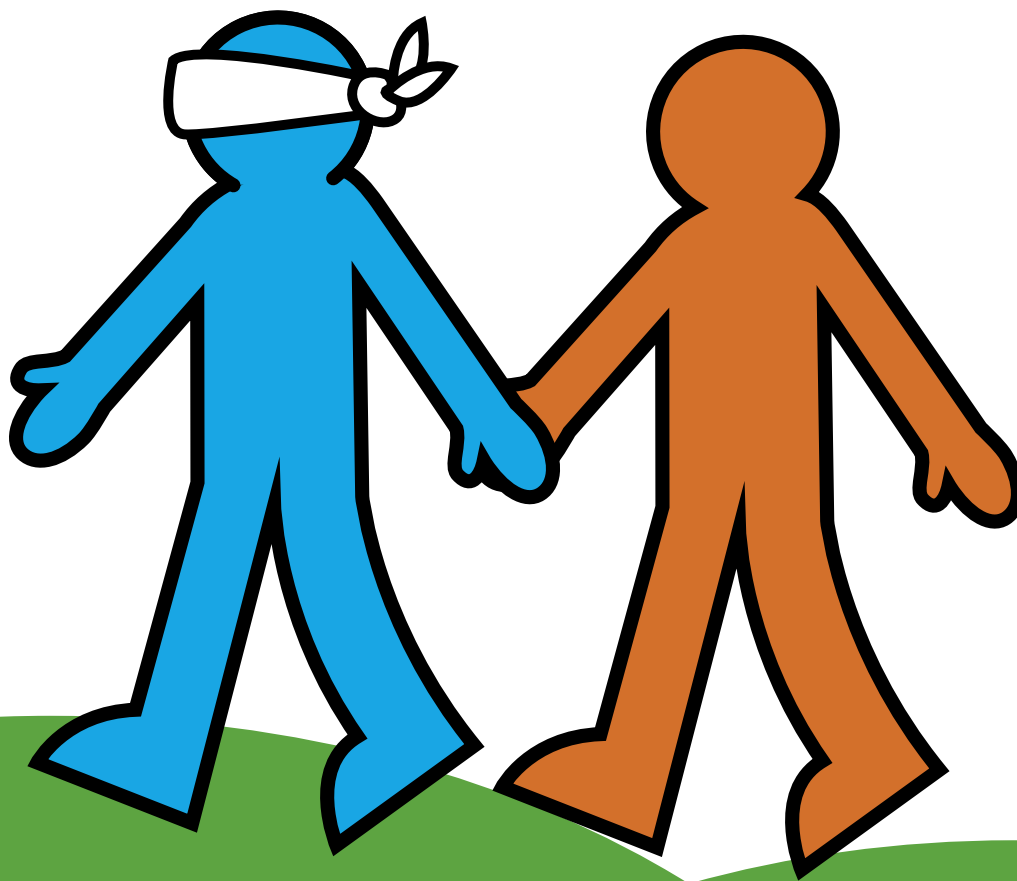


Let's play... Blindfold Exploring

Equipment needed – something to use as blindfolds (or just keep your eyes shut!)

This is a fun way to explore the summer woodland. First, find a nice sunny area with interesting places, animals and plants to explore. Then lead your friends to each spot, carefully taking them around any holes or things that might be dangerous. Ask them to touch, listen or smell, depending on what's there to explore.

Maybe they'll feel a fluffy dandelion, smell some blossom or hear an owl. Can they tell you what they're touching, smelling or hearing? Also see if they know when they're moving from the sunny spots to the shade, or from grass to soil.



great games for autumn

Let's play... Leaf crowns

Collect lots of different types of leaves from the floor. Pick two leaves and take off the stalks. Then put one of them over the other and pin them together using one of the leaf stalks. Take another leaf, remove the leaf stalk, and pin this one to the other two.

Keep going, adding one leaf at a time until there are enough joined together to go right around your head. Use the final leaf stalk to join the first and last leaves together. Now you've got your very own leaf crown!

For an even easier way of making your crown, you can start preparing it at home. Just cut a strip of card that's long enough to go around your head. Then stick some double-sided tape onto it and then staple or tape the card to the right size. Take your crown with you on your walk, decorating it by adding leaves to the double-sided sticky tape as you go. Easy!



Let's play... Elf Houses

Where do you think a woodland elf might live? Find a place you think they'd like and build a home for them!

Start by looking for woodland objects to help you make their house. You could use larger twigs to make the house (try making it like a wigwam) and then put fern leaves on the outside. These are perfect as the big leaves help keep them warm in the winter. And don't forget to put in a door so they can get in and out!

You could even find objects for inside the home, or create a garden. What do you think an Elf would grow in his garden?



Let's play... Woodland Snakes and Autumn Flowers

Did you know that you can make flowers and animals out of things you find around the woodland floor?

Start collecting some fallen leaves of different colours. Then lay them in a line to make a woodland snake, slithering between the trees, through holes and even over logs. You could stitch them together like you did in the Leaf Crown game so the snake stays whole.

You can also make a pretty autumn flower by collecting more leaves of different colours. Don't forget to turn the leaves over – you'll often find a different colour or shade on the other side!



Let's play... Leaf Storm

This game is most fun if you play it on a dry day.

Make a really big pile of fallen leaves and then use your feet to create the sounds of a storm. Now you're all going to tell a story to go along with the noises.

Your story of the Leaf Storm could go like this:

Start by all having one foot buried beneath the leaves. Then take a small handful of leaves and wait for the storm to arrive...

A breeze blew gently through the tree tops...
(one at a time, each person starts gently rustling the leaves with their feet).

As it began to get stronger...
(begin to rustle more loudly).

The leaves started to dance in the air and swirl around...
(throw your handfuls of leaves up in the air).

The storm had arrived!...
(stomp and kick the leaves as loudly as you can!).

After a while the storm passed, the winds died down and everything was quiet again...
(go back to quiet rustling and then silence).

A storm can come at any time, so watch out!



great games for winter



Let's play... Stick Weaving

Equipment needed – some string or wool if you're making it in the woods

Try and find a forked stick on the woodland floor. Then wind the wool or string in a zigzag from one side of the fork to the other.

Pick up objects like leaves and winged seeds as you're walking and weave them into your stick. Or you could find a bendy, flexible stick, make a loop and tie it together. Then use the wool to make a framework and weave your objects into this.

How many objects can you weave into your stick?



Let's play... Tree Faces

Now that many trees have lost their leaves, it's now easier to spot their faces!

As you're walking along, look out for them on the tree trunks and branches. A tree might only have one eye showing, almost like it's winking at you! It may have both eyes open wide, or you may only spot the nose and mouth of a sleeping tree.

Can you tell how the tree is feeling? Is it happy, sad, or very s-l-e-e-p-y? You could take pictures of them all and make a tree family album!



Let's play... Winter Badges

Equipment needed – a small length of thread

Stop at a place on your walk where there are lots of fallen objects that have interesting shapes, colours, textures or patterns.

Collect them up and tie them together with the thread. Then make a loop so that you can attach your Winter Badge to a coat button, wear it in your hair, or as a winter woodland medal around your neck.

When you leave the woodland, you'll be able to take your memories of that special place with you!



Let's play... Twig Towers

You could build your very own twig tower sculpture for other people who walk in the woodland to see!

First, collect lots of twigs and small branches. Then decide whether your tower is going to have a square base, a triangular base or something completely different.

The best place to build the tower would be under a tree as you can try to build the tower up to the lower branches. If there's a very low branch then you could build around it so that the branch becomes part of your sculpture. You could also use a tree trunk to support it.

How high can you build your tower? You could go back a week later and see if it's still there too!



For more games that help you make everyday walking more fun and let you discover new places in your local area, have a look at our 'Fun games for everyday walking' [here](#).

