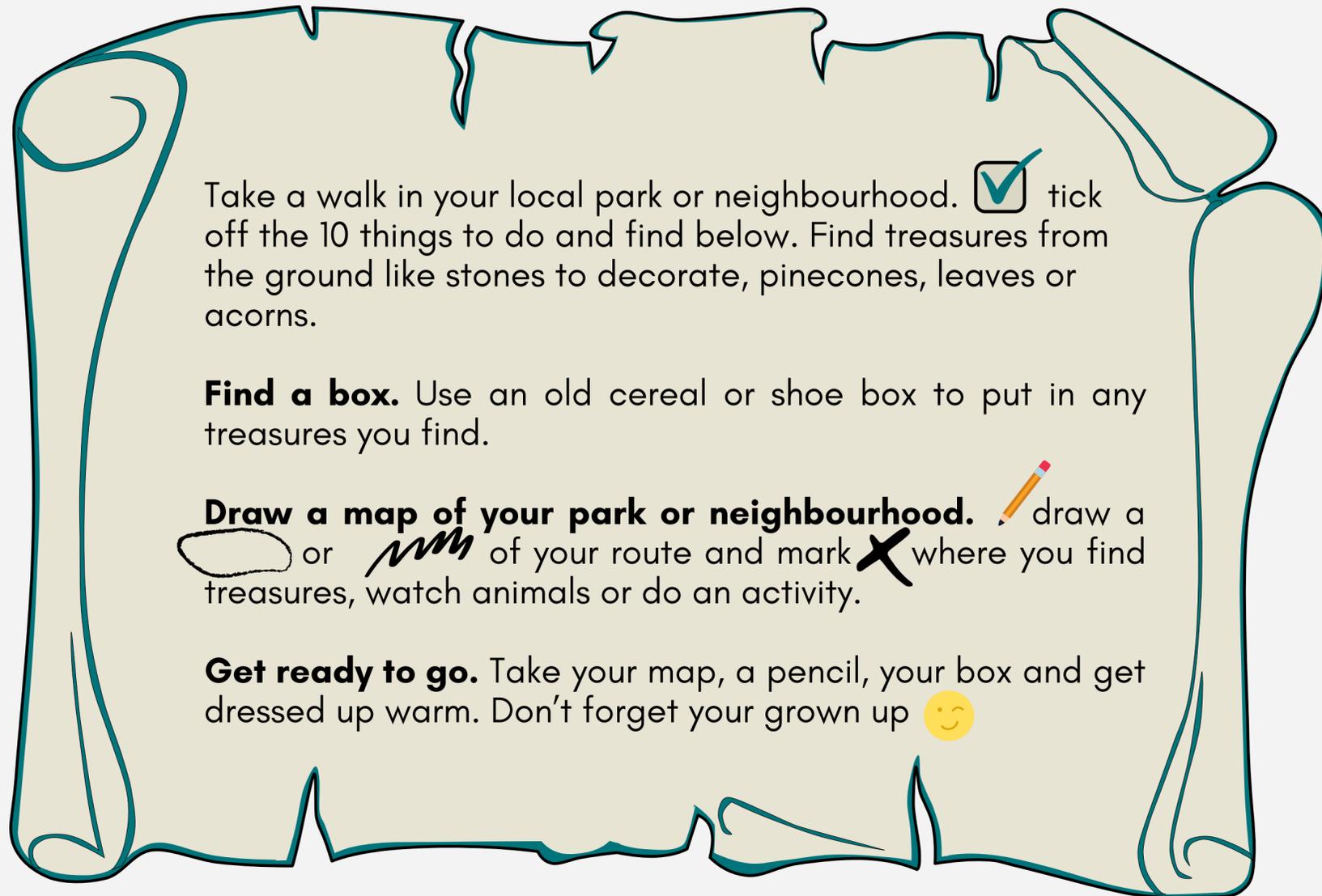
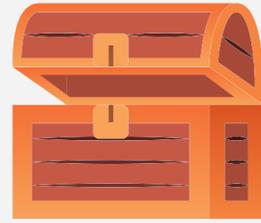


YOUR NATURE TREASURE HUNT



Take a walk in your local park or neighbourhood. tick off the 10 things to do and find below. Find treasures from the ground like stones to decorate, pinecones, leaves or acorns.

Find a box. Use an old cereal or shoe box to put in any treasures you find.

Draw a map of your park or neighbourhood.  draw a  or  of your route and mark  where you find treasures, watch animals or do an activity.

Get ready to go. Take your map, a pencil, your box and get dressed up warm. Don't forget your grown up 

PITZHANGER

MANOR & GALLERY



Find a bug. Use a stick to move some soil, leaves or lift a stone. What do you see? Do you see beetles or worms? Mini-beasts like beetles, worms and flying insects are important to life for everyone. If you touch a mini-beast, be gentle and put it back where you found it.



Climb onto a log, stepping stone or strong tree branch. With help from your adult, jump off, bending your knees! We need to keep moving to be healthy. Watch out for other natural park features you could play on and mark  on your map.



Breathe 5 times with your eyes shut. Stand somewhere quiet like under a tree.  Breathe in through your nose and out very slowly through your mouth, like breathing out through a straw. Breathing deeply helps your brain get more oxygen. This makes you feel relaxed and calm.



Hear the sounds around you.  If you close your eyes you will focus on your hearing, because your eyes have a rest. Can you hear dogs barking, birds, bees? Maybe you hear cars driving. Count how many different sounds you can hear _____ 





5

Smell the soil! You will need to get right down on the ground and find a patch of earth or a pile of leaves. What does it smell like? Mushrooms? Different mushrooms (called Fungi) help make soil from the dead and dying things like old leaves, dead insects and logs. Piles of dead leaves are home to insects. Mark **X** where you smelled the soil. Some mushrooms are poisonous so don't touch.



6

Spot something colourful. Look for flowers or berries. Which have the brightest colours? Berries attract birds with their colours. Birds eat berries in winter and spread the seeds around, mainly in their poo, to grow new plants and trees. Some berries and flowers are poisonous so only touch them with a grown up. Mark on your map where you spotted something colourful.



7

Touch a tree. Stroke the bark and feel how rough it is. Imagine the creepy crawlies that live underneath the bark. Can you see any insects? Trees keep our air clean by making oxygen, they provide shade, they provide habitats for animals like for birds to nest in, and squirrels to hide. Some trees make food, like apples trees. Mark **X** your favourite tree on the map.



Bonus!

Pick up rubbish and put it in the bin or recycle it if your grown up says it is ok. Litter injures wildlife and people sometimes, so if you can help keep the outdoors tidy you are helping the environment too.



8

Watch squirrels leap across tree branches, run up and down tree trunks chasing each other. In winter squirrels try to find the seeds like acorns and nuts like conkers. Count how many squirrels you spot.



9

Spot buildings you see. Do they look old or new? Have they been repaired or do they need work? Some buildings in parks are houses that have views of ponds or old trees, like Pitzhanger Manor in Walpole Park that overlooks a pond and two Cedar trees that are 250 yrs old! Mark **X** or draw your favourite buildings on the map.



10

Stand barefoot on a bit of clean grass and count to 30 (get your adult to help you find a good spot). Walking barefoot on safe earth is known to be very good for your body and mind, helping to keep you happy. How does it make you feel?



WELL DONE ON COMPLETING THE TRAIL!

Use this sheet to draw a map of your park or neighbourhood

