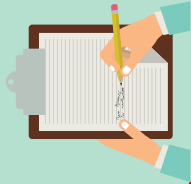


'Find the flowers and trees' walk



BEFORE YOU SET OFF ...

- Pack a drawing pad and pencils to write down or draw the different flowers and trees you see on your walk



Take lots of photos



Where did you go?



Was it fun?

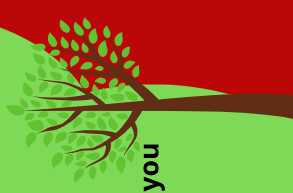
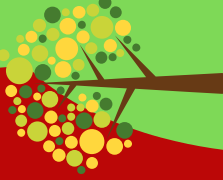
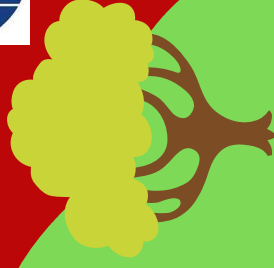


How many steps can you do?



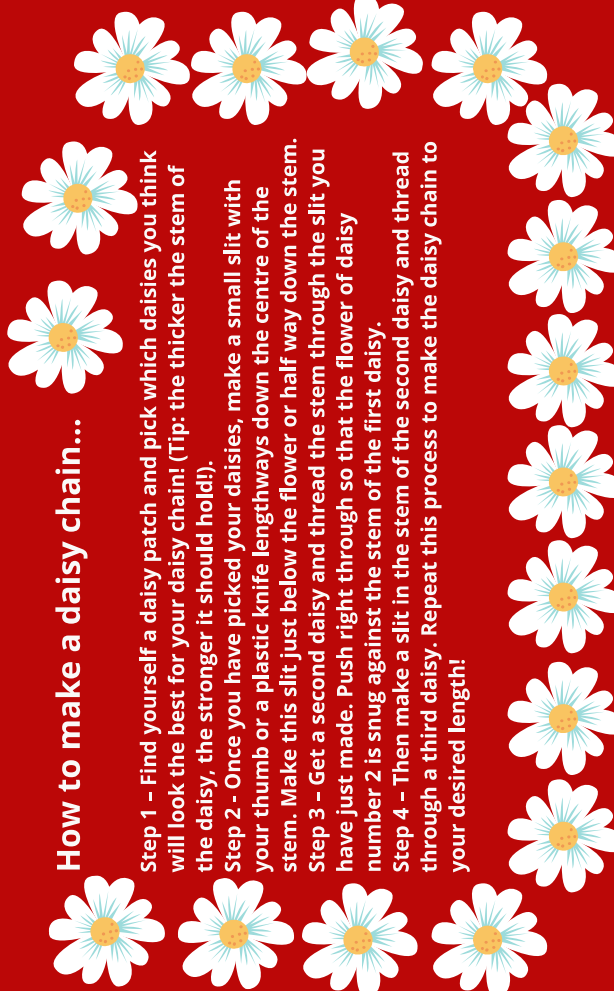
DURING YOUR WALK OR BACK AT HOME...

- Can you ...
Roll like a log
Walk tall like a tree
Make a shape like a flower
Sway like a tree blowing in the wind
Run like a leaf falling from a tree
- How many different flowers and trees did you see on your walk?
- Can you draw your favourite flower or tree?
- Can you name all the different flowers and trees you have seen on your walk?
- Can you collect daisies to make a daisy chain?
- Can you collect sticks to build a den?



How to make a daisy chain...

- Step 1 - Find yourself a daisy patch and pick which daisies you think will look the best for your daisy chain! (Tip: the thicker the stem of the daisy, the stronger it should hold!).
- Step 2 - Once you have picked your daisies, make a small slit with your thumb or a plastic knife lengthways down the centre of the stem. Make this slit just below the flower or half way down the stem.
- Step 3 - Get a second daisy and thread the stem through the slit you have just made. Push right through so that the flower of daisy number 2 is snug against the stem of the first daisy.
- Step 4 - Then make a slit in the stem of the second daisy and thread through a third daisy. Repeat this process to make the daisy chain to your desired length!



How to build a den...

- Step 1 - Lean sticks against a tree like a wig-wam
- Step 2 - Search for some strong branches on the ground that will make a good framework for your den to start. Make sure they're wedged into your tree, so they won't move easily.
- Step 3 - You can start filling in your walls by placing more sticks close together against your tree and main branches.
- Step 4 - You can fill in the gaps between your branches with twigs and leaves

