

Transforming the Trent Valley
Partnership Scheme
presents
Our Mini School Pack

Inside are inspirational ideas to use inside and outside the classroom or for children to try at home.

KS1 & KS2



The ideas are fun, educational with the aim to help children understand our key topic:
Recreation & Relaxation

Supported by



**Staffordshire
Wildlife Trust**



Funded by

**HERITAGE
FUND**

Our Landscape Partnership Scheme

Transforming the Trent Valley (TTTV) is a National Lottery Heritage Fund supported landscape partnership scheme. Staffordshire Wildlife Trust is the lead partner of an 18 organisation partnership.



We as a scheme are...



Transforming the Landscape



River Valley Connections



Connecting Communities
through Action



Our Wildchild Project

Under the branch of 'Connecting Communities through Action' is our Wildchild project. Wildchild is about learning through play – bringing children and families closer to nature and discovering their wild places through exploration and fun.

A large part of the Wildchild project is sharing our growing knowledge and understanding of the Trent Valley Landscape with the next generation. We will do this by offering free school visits to heritage sites and educational materials to help connect children to the nature on their doorstep.



Recreation & Relaxation

Our programmes

Recreation & Relaxation

We will discover how we can use nature as a vital resource for recreation, wellbeing and enjoyment.

Pages	Sections
1:	About us
2:	Our programmes
3:	<i>Help the environment</i>
4-5:	<i>Learn about your local area</i>
6-10:	<i>Have fun in nature</i>
11:	<i>Relax in nature</i>
12:	<i>A wild walk</i>



The children's
mini wild booklet
only contains these
pages.

Other mini packs we offer...



Role of the River

We will explore the role of the river as a wildlife corridor and habitat.



Landscape Evolution

We will consider historical impacts that have made the Trent Valley what it is today.



Help the environment

Below are three little ways you can help the environment.

- 1. Take all your litter home with you (or do a local litter pick with school).
- 2. Recycle what you can.
- 3. Be an ambassador for nature!

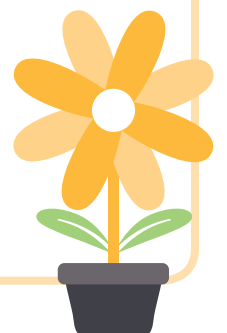
✓ Tick off the ones you have tried.



How to be an ambassador for nature

You can change the world in small ways that make a big difference.

- Create a wild space (with school or at home).
Let wildflowers grow, stack logs and create leaf piles.
- Grow a seed (with school or at home).
Plant a vegetable seed, a flower seed or try to grow a tree!
- Survey wildlife - discover how to ID and record wildlife with the Big Washlands Watch!
Visit www.thetrentvalley.org.uk for more info



Recreation & Relaxation

Links to Human and physical geography

Learn about your local area

Discover four new things about your local area and the nature on your doorstep.



Find a new route to walk and draw a map.



Count how many trees are around your school/home.



What sounds can you hear from your school grounds or your garden?



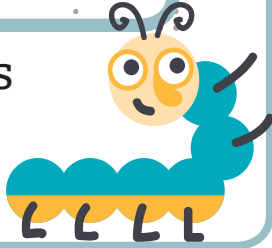
What is the oldest building in your local area?



Nature on my doorstep...



Use this space to draw or write answers for the activities on page 4.



Have Fun!

Below are three fun ideas you can try outside.



Create a Nature Picture

Collect a range of natural items and create a picture, word or even spell your name.

Bonus challenge: see if you can find the letters of your name in nature.



Complete a Scavenger Hunt

Challenge yourself to find six items in nature; make your own list or use the ones on pages 8 & 9.

Cut the scavenger hunt out of the booklet and take them with you.



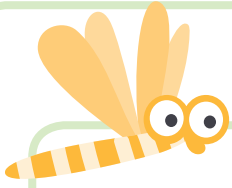
Build an Obstacle Course

Use the environment around you to make an obstacle course.

Try to find materials to make a tunnel, some stepping stones, one or more colour collection points. See page 10 for some ideas.



My Wild Art



Stick in a photo or draw a picture of your wild art here.



What natural materials did you use?



Twigs



Grass



Acorns



Feathers



Pinecones



Nuts



Leaves



Flowers



Seeds



Berries



Stones



Scavenger Hunt

1 Find something smooth.

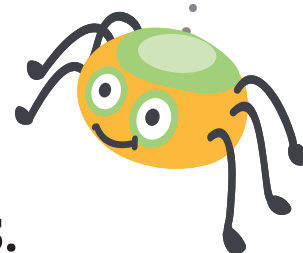
2 Spot something with wings.

3 Find 3 different leaf shapes.

4 Find a triangle in nature.

5 Find a creature under a rock.

6 Listen for a bird singing.





Scavenger Hunt

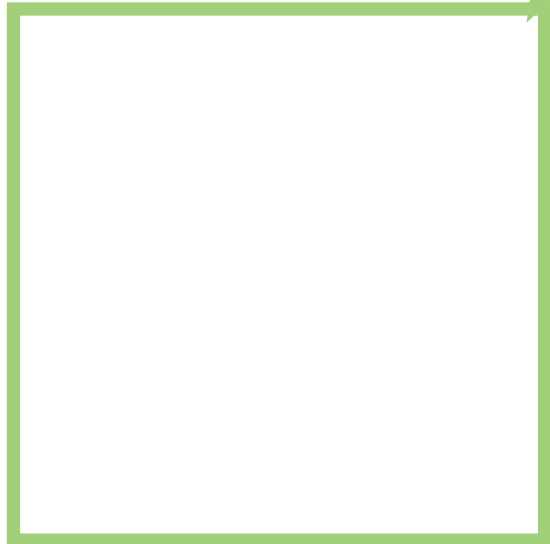
Colours in nature

Find natural items to stick or draw in the boxes.

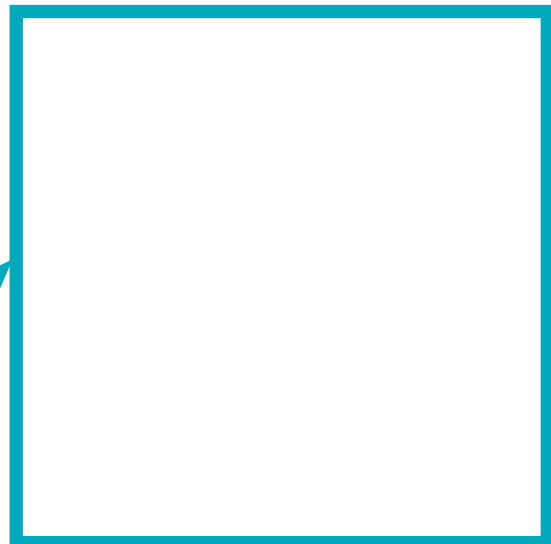
*something
yellow or
orange*



*something
green*

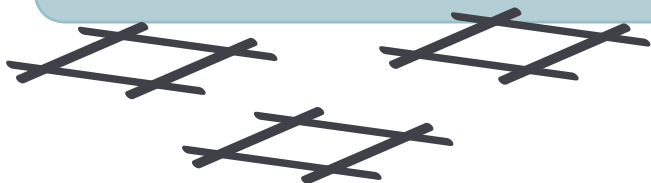


*something
blue*

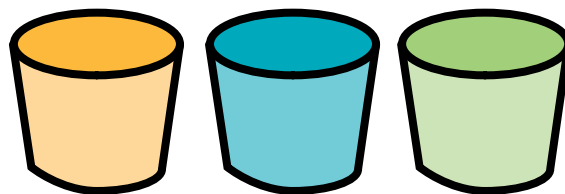


Obstacle Course Ideas

Stepping Stones/Sticks

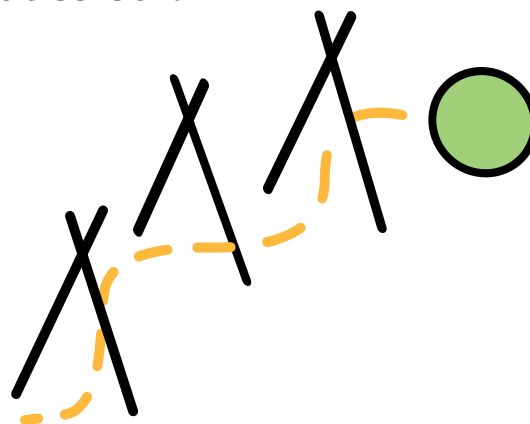


Use sticks to make square frames. Lie them out in a zig zag line. You must step in each frame to get to the the other side.



Colour Collection Points

Set up a few pots, buckets or bowls with a chosen colour. The challenge is to collect natural or man-made items of that colour.



Wiggle Through a Web

Find two well spaced trees. Wrap string or wool around and across to make a web structure. Now try to pass items through the small gaps. Or if it's safe to do so, try to wriggle through the large gaps to the other side yourself.

Mini Goals

Use sticks and string to make triangle goals, spread them out in a straight or curvy line and try to roll a ball through each one.

Relax in Nature

On this page we have six calming activities to help you relax outside.

- Go on a calm nature walk.
- Lie down and look for bugs in the long grass.
- Sit beneath a tree and look up to the tallest branches and listen to birds.
- Watch a river flow slowly under a bridge.
- Lie down in the grass and look up for cloud shapes.
- Search for different textures in nature, stroke a tree or leaf to see how it feels.



A Wild Walk

After a walk in your local area, try to record what you saw, heard and how you felt.

What was the weather like?

Did you see any animals?

Draw a picture, add a photo or draw a little map of your walk here.

Did you stop to smell any flowers?

Transforming the Trent Valley



This mini school pack was funded by
The National Lottery Heritage Fund



Kathryn Kavanagh

Community Grants

We are encouraging community groups to plan and deliver projects within the Transforming the Trent Valley Landscape Partnership Scheme area which will benefit the natural, cultural and built heritage of the area.

To find out more visit: www.thetrentvalley.org.uk/community_grants.php

Written by Kathryn Kavanagh

Acknowledgements

Thanks to the Transforming the Trent Valley Team and Staffordshire Wildlife Trust's People Engagement Team for the insights and inspiration to create this mini pack.



Thank you for using our Recreation & Relaxation school pack. We would love to hear your thoughts and experiences using the pack. Please email tttv@staffs-wildlife.org.uk or your TTTV contact to share feedback.

Interested in finding out about...

- School visits to heritage sites
- Afterschool clubs
- School engagement
- Wildchild events in the holidays


Contact our Wildchild Officer or visit our website.


Keep up to date with us:
[@thetrentvalley](https://www.instagram.com/thetrentvalley)




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