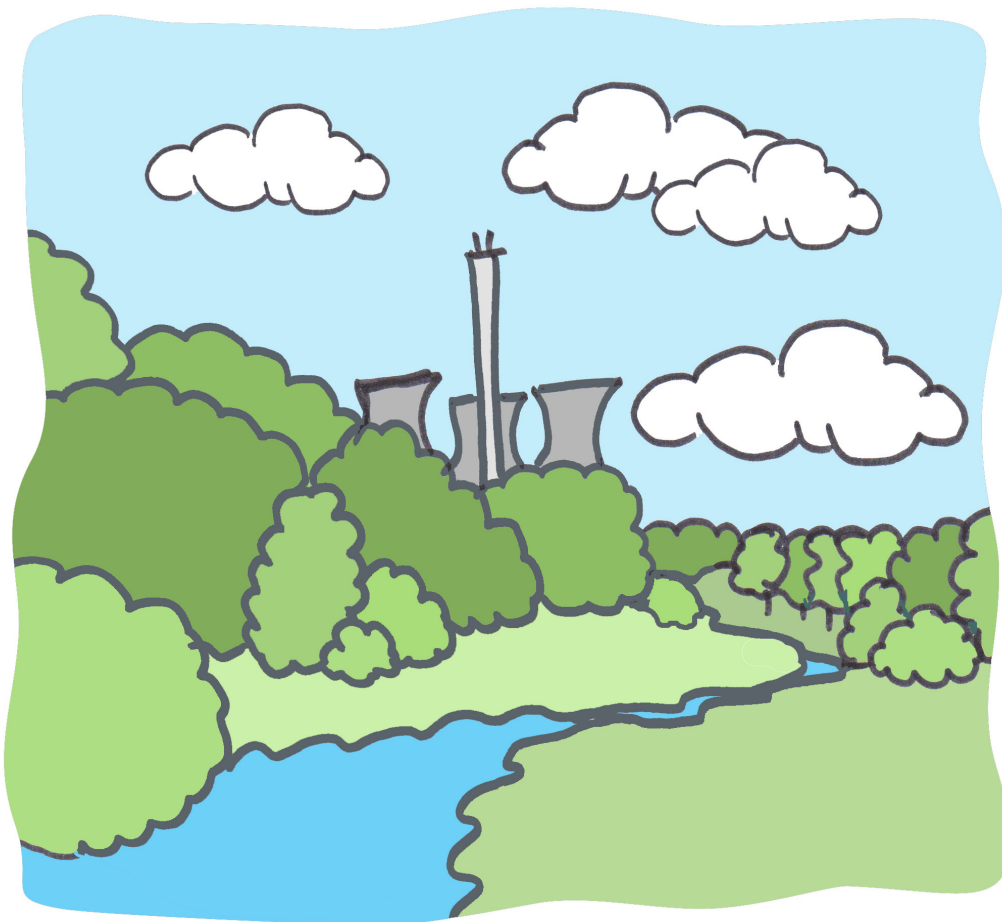


# My Transforming the Trent Valley *Mini Wild Booklet*



Inside are fun ideas for playing and  
learning with nature!

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## 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!

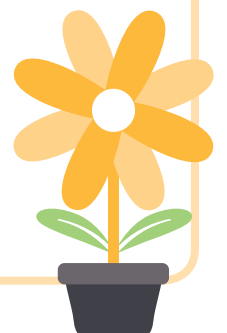
✓ Tick off the ones you have tried.



## 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](http://www.thetrentvalley.org.uk) for more info*



## 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?





## 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.

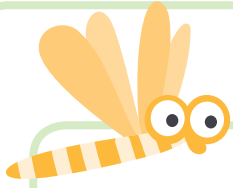
*Cut the scavenger hunt out of the booklet and take them with you.*



### 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



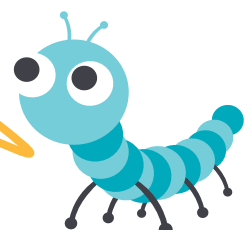
Seeds



Berries



Stones



# Scavenger Hunt

**1** Find something smooth.

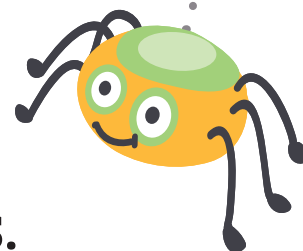
**2** Spot something with wings.

**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.



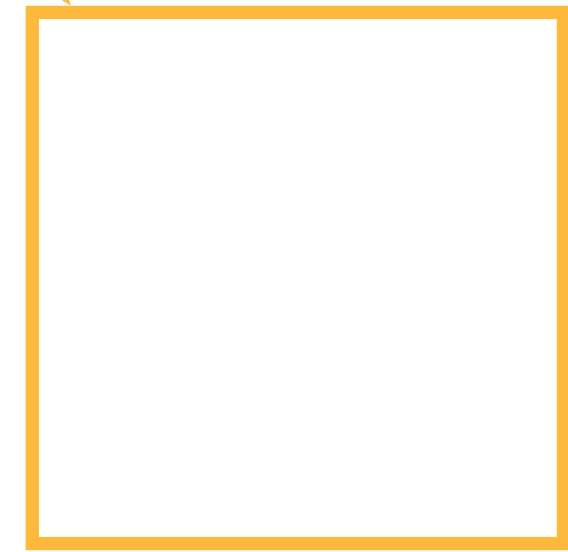


# Scavenger Hunt

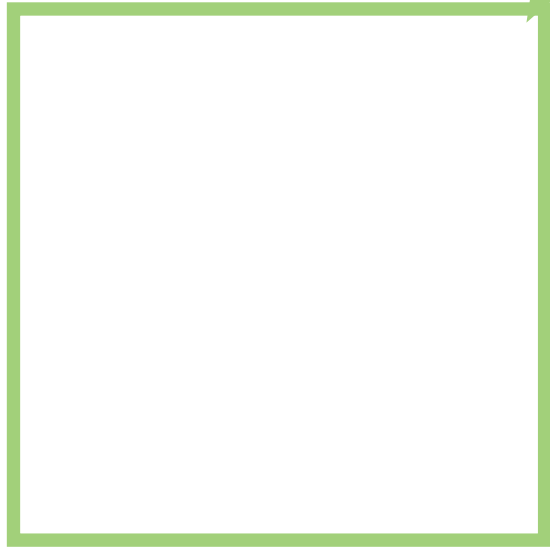
*Colours in nature*

*Find natural items to stick or draw in the boxes.*

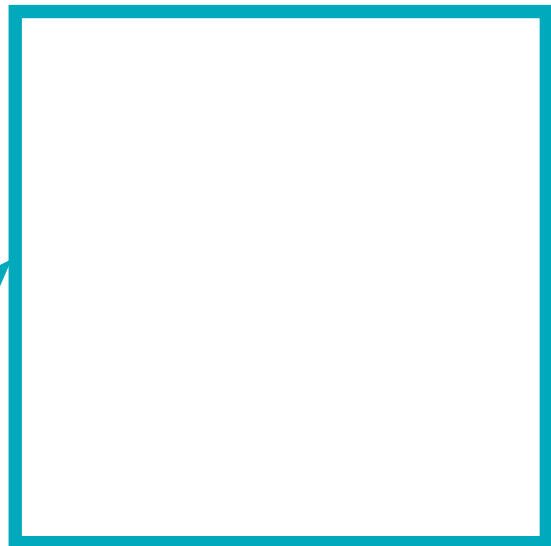
*something  
yellow or  
orange*



*something  
green*



*something  
blue*



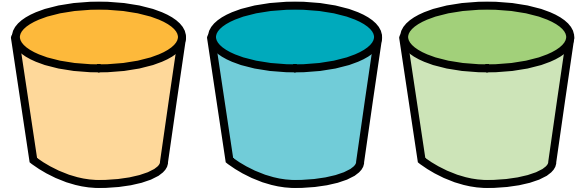


## Obstacle Course Ideas

### Stepping Stones/Sticks

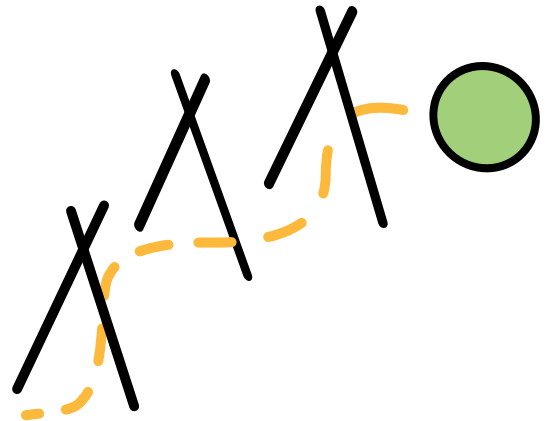


Use sticks to make square frames. Lie them out in a zig zag line. You must step in each frame to get to the the other side.



### 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.

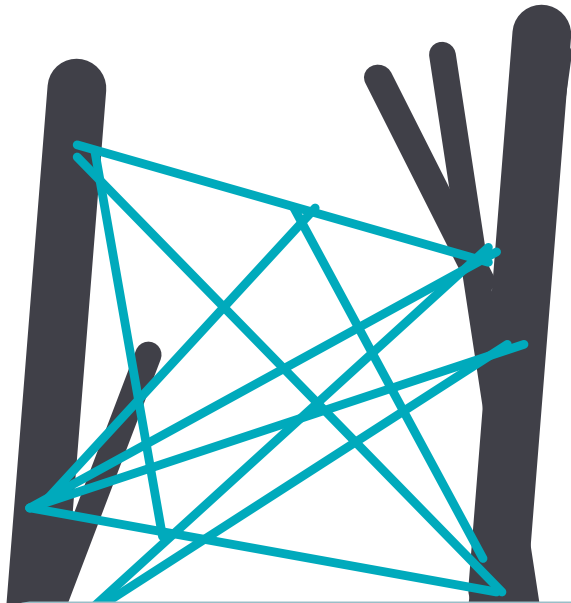


### Mini Goals

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.

### 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.





## 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.

 Tick off the ones you have tried.



# 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?

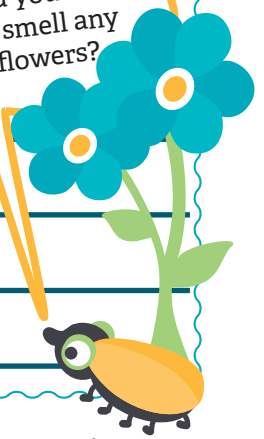


Handwriting practice lines consisting of ten horizontal blue lines.

A large rectangular area with a wavy border, intended for drawing or mapping.

Handwriting practice lines consisting of ten horizontal blue lines.

Did you stop to smell any flowers?



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



Transforming the

**Trent Valley**

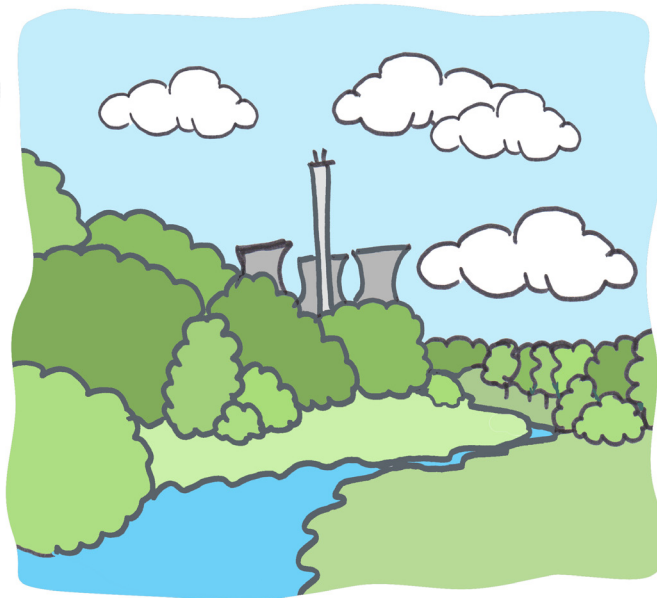


**Thank you for using our Mini Wild Booklet!**

We would love to hear your experiences using the booklet and see some of the creations you have made.

Please get in touch by visiting:

[www.thetrentvalley.org.uk](http://www.thetrentvalley.org.uk)



**Written** by Kathryn Kavanagh

A big 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.

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