

Children's Activity Sheet

Items you need for your walk:

5 x pieces of plain paper

5 x coloured wax crayons or chinks (the bolder the colour, the better!)

1 x small rucksack to carry your findings back home



Catch the sunrise

As the sun rises, it can create beautiful colours across the sky. To see the sunrise, you must pick a clear day and ideally find a hill to stand on top of. With your crayons or chinks, draw a picture of the different shades of the sun. Blending in the colours will help you recreate the sky.

Leaf drawing

Find five different and interesting looking leaves and keep them safe in your rucksack. When you're home, place the leaves on a piece of plain paper, trace around the leaves and colour them in to create a leafy pattern.



Trace a trunk

Place a piece of paper over the trunk of a tree and roll a crayon over the paper. Try this on different trees and you'll see the bark patterns change.

Daisy chains

Pick lots of daisies with thick, long stems. Find help from an adult to help you make a small slit down the stem of each daisy, to make a loop. Once you have prepared your daisies, start to thread them together to make a chain. Get creative and make a bracelet, necklace or even a crown!



Stick name

On your walk, collect lots of sticks and twigs of all shapes and sizes and keep them safe in your rucksack. At the end of the walk, lay them all out to spell your name. Maybe you have enough to spell out #TeamShootingStar

Flower pressing

Pick some wildflowers on your walk (please don't remove the whole plant, just one or two flower stems), make sure that none of the petals have gone brown. When you're back home, place the flowers between two sheets of kitchen roll and weigh down with a big, heavy book. Leave for 10 days - no peeking before!



Feeding the ducks

If you pass any lakes, canals or rivers, take along food to feed the ducks. Tasty and healthy snacks for your feathered friends include sweetcorn, lettuce, rice, peas, seeds and oats. Yummy!

Finish your walk with a picnic in your garden or even in your living room. Lay out a blanket and celebrate your successful walk with your favourite treats.

