

Ideas to get active

- Get arty – bring some crayons and a piece of paper. Create some rubbings of the illustrations on the education posts. What else can you make rubbings from?
- Collect some twigs and autumn leaves of different colours – create a picture on the woodland floor of a snake slithering between the trees or a colourful flower.
- Go on a treasure hunt – either tick off from a list the things you find or collect things from the woodland floor. You could lay a trail for others to follow using arrows made of twigs or stones.
- Animal charades – do an impression of a creature you have caught or observed, imitating the way it moves. Others have to guess 'who you are'.
- Build a den out of sticks and pretend you're explorers. The den could be for you or on a smaller scale for a small animal to use.



- See how many insects you can spot – do you know what they all are? Use old spoons to pick them up. Make sure you are very gentle and return them to where you found them.
- Collect twigs, leaves and pine cones and create a woodland mobile, collage or staple them to a strip of card to create a woodland crown.
- Find a spot on a clear patch of ground, lie down and close your eyes. Can you count 10 natural sounds? Try and describe them. Can you identify any bird calls?



Herons Way Spinney is a small wood in the heart of the Whitecroft area of St Albans. A Natural Play Trail creates a circular route through the spinney and down the bridgeway.

Wooden posts along the route provide information about the plants, animals, insects and birds that can be found here.



For more ideas and information on any of these sites visit the Natural Play section on the St Albans City and District Council website: www.stalbans.gov.uk/naturalplay or telephone **01727 819366**

The Countryside Management Service works with communities across Hertfordshire to help them care for and enjoy the environment. Visit the website: www.hertslink.org/cms or telephone **01462 459395**



St Albans
City & District Council

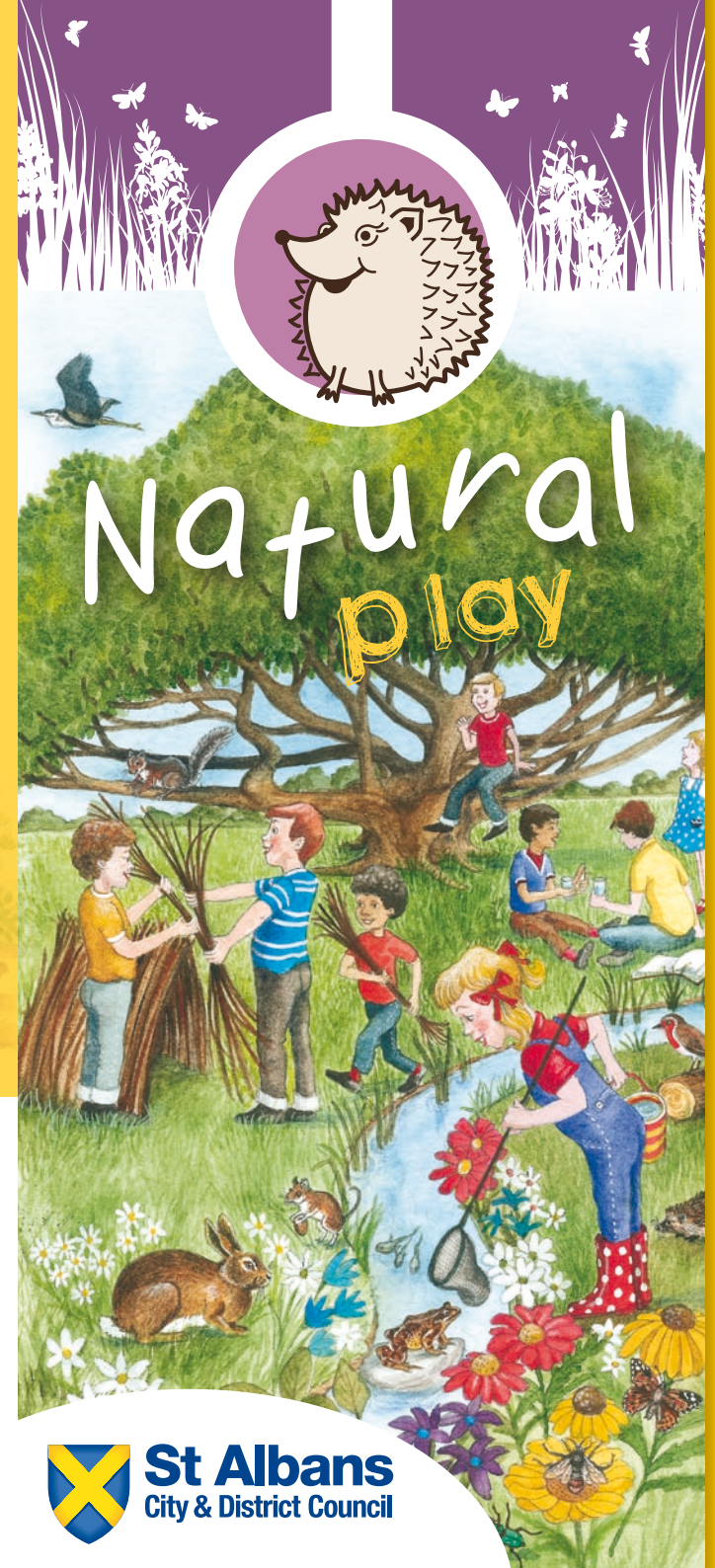


WHITECROFT RESIDENTS
ASSOCIATION



St Albans
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Produced by Fitzpatrick Woolmer creative - 0800 130 3630



Fun ideas for playing outdoors at sites across St Albans District

Playing outside should be an integral part of every child's life. Natural play allows children's imaginations to run wild, and helps encourage a fit and healthy lifestyle by running about and being active in the fresh air.



Climbing tree on Nomansland Common

This leaflet is designed to inspire children to play in the great outdoors at some of the many wonderful green spaces that St Albans District has to offer. Visiting the same green space at different times of year will provide new and exciting adventures as the seasons change. Why not head to your local green space and play spot the difference?



Key

- Woodland
- Grassland
- Water

0 Kilometres (approx.) 8
0 Miles (approx.) 5

