

Water is an essential part of our lives

The rivers and streams that carry it from the mountains to the sea give us everything from drinking water to peaceful places to explore and escape and helps wildlife live.



Riverflies are freshwater insects that spend most of their lives as larvae on the bed of rivers and ponds and are a vital part of the food chain.

Caddisfly is a type of riverfly and they live where water is clean. **Caddisfly larvae** go through a big change to become adults with wings. Before they can do this, they need to build a protective coat from things they find in the river.

See what you can find and help the caddisfly larvae make a coat.



Follow the trail around the garden and find out about the **Caddisflies** who live in Blickling's stream.



1 What does the caddisfly larvae use to stick its coat together?

2 What do plants make which helps wildlife?

3 True or False: it is good for river beds to be covered in a layer of soil?

4 What animals like to eat caddisfly larvae?

5 What does the caddisfly larvae like to eat?

6 How many chalk streams are there in the world?

7 What sort of plants grow on a river meadow?

8 What do you call a fast-flowing part of the river?

9 What colour is flag iris?

10 When caddisflies become adults, it is known as...

