



National  
Trust

# Ways to have a mini-adventure

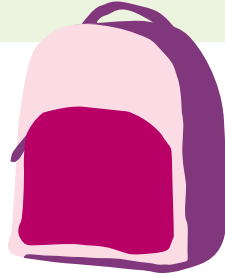
Prepare yourself  
for some **wild**



exploration with  
these top tips.



## Things to take with you



1. **Backpack** for storing  
any found treasures



2. **Water and snacks** to keep you  
going, like dried fruit and nuts

3. An **envelope** or a **scrapbook**  
to keep the things you find  
on the ground such as leaves,  
feathers and petals.



4. **Coloured pencils and crayons**  
to take leaf rubbings and notes.



5. A **piece of string** to attach  
objects to your journey stick.



## Make a journey stick

- **Find** a twig or stick to collect things that will remind you of your walk.
- **Use the string** to attach feathers, leaves petals or different types of grass.
- *Where* did they come from? **How** did they end up on the ground?
- Please don't pick something off a living plant.



## Ways to explore

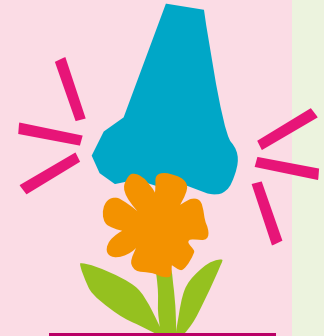


### What can you hear?

Can you collect  
fallen feathers  
from birds who  
are singing?

**Feel** as many different  
textures as you can –  
soft, rough, smooth,  
crinkly, squishy

### Create a rainbow with found objects



### Smell

the flowers

### Get down

into the grass and see  
if there are any hidden  
bugs or flowers ...



## And remember ...

These fun top tips for exploring the wild  
have been created with your safety in mind.

Remember to wash your hands properly  
and follow social distancing guidelines.

Wildlife can be *shy*, so it's best to look at  
animals, birds and bugs **without** touching.  
Always ask an adult if you're unsure.

Please **take your litter home**.