## $\operatorname{sen}$ THE TAME Family Activity Trails VALLEY <br> 

## Twig Towers

Gather some twigs and create a twig tower. It doesn't have to be big... It could have a square base or a triangular base, or design your own.

## How tall can you build it?

Remember to never break twigs off living trees and always dismantle and return twigs.

## Tracks and trails

This is great fun if you and your friends make two teams. One team sets off and lays a trail of arrows and signs for the other team to follow. You can use twigs and stones or whatever is available. You can invent your own signs, but make sure everyone agrees them before you set off.


Use twigs, leaves and stones to play woodland 'Noughts and

Crosses'.
Scan the QR code


## For older children...

## How many triangles can you make with 10 sticks?

(They don't have to be the same length).

## Host your own Woodland Olympics



Event 1: Stick slalom. Poke a long line of sticks into the ground for competitors to weave around.
Event 2: Picnic rug tunnel. Selflessly hand over your rug for the brave athletes - to crawl under, just like those netting things they use in the Territorial Army.
Event 3: Hurdles. Balance a thin stick across two logs to create a hurdle to jump over, or crawl or limbo under.
Event 4: Gymnastics. How far can our brave athletes go without touching the woodland floor? Extra points for arms held straight. Or little jumps.

Event 5: The sprint. There's just time to let competitors know that the overall Gold Medal will go to the child who runs/walks/skips back to the main gate the fastest.

Anything to get them home quickly (especially if it's starting to ran!!)

## Friends of

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