



Free Children's Activities 30 Things to Do



Yeovil Country Park free activities checklist handbook.

Challenger Name:

YOUR Name



LOTTERY FUNDED

Can you rise to the challenge and complete these activities? Can you complete all 30 within one year? Some are seasonal so can only be completed in the spring or summer. Get outside, have fun and explore!



**Pick up a sticker sheet at
Ninesprings Café to mark off
the activities you have done**

Are you ready for the challenges?



They do not have to be completed in numeric order and don't forget to place a sticker on the circle when you have achieved each challenge. Let's go outside and play!

01

Listen to the birds



Stop in the woods & find a tree to lean against and listen. How many different birds can you hear around you?



02

Be a nature detective



Hunt for poos and clues of the animals that live in the woods; can you find the evidence the animals leave behind; their homes or droppings? Keep a note or take a photo of what you find but **do not disturb their homes or touch their droppings.**



03

Spot a tadpole



MAR
MAY

Can you see the tadpoles swimming in the ponds or streams? These are the young of frogs and toads. **You can spot these from March-May.**



04

Play conkers

SEP
NOV

There are horse chestnut trees at Ninesprings and Penn Hill. Can you find conkers in the autumn and challenge a friend or family member to a game of conkers?



05

Count the springs



Can you count all 9 springs? Can you even find more than 9? Some come and go with the weather and you may get a different number every time you count.



06

Follow the stream



Can you follow the water through the park? Start at the spring at the very top of the valley gardens, along the streams and through the ponds to the lake. Can you follow Dodham brook to the river Yeo.



07

Track an animal



Find an animal track and see where it leads.



08

Spot a man-made animal home



While you're exploring can you see a bat box, or bird box, or an insect hotel?



09

Feed the ducks

Bird seed, sweetcorn, oats, grapes, peas and lettuce are their favourites but **please don't feed the birds bread**, as it's bad for them.



10

Make a nature collage



Collect fallen natural items from the ground (stones, leaves, seeds, sticks) and make a pattern or picture with them, take a photo and leave it for everyone to see.

11 Splash in the puddles



On a wet day jump in the puddles and watch the water running down the slopes.



13 Draw nature

Sketch something you can see in the park.



12 Cloud watch



On a dry day, lie on your back on the grass and hunt for shapes in the clouds.



14 Plant a nut

Find a handful of acorns, hazelnuts or beech nuts, then find a clear area in the woods, make a hole with your finger and plant one in the ground.



15 What is your favourite place in the park?

Tell someone about your favourite place of Yeovil Country Park. Describe it, what it looks

16 Climb the hills





like, what grows and lives there.



17 Test your balance



Visit the woodland play areas at **Ninesprings and Riverside** and test your balance on the beams.



Go to the very top of **Summerhouse Hill or Wyndham Hill** and see how far you can see. What can you spot?

18 A game of tag

Play tag on the meadows or hide and seek in the woods. **Be safe and watch your surroundings while running in the park!**



19 Look through a tree



Can you find one of the hollow trees which you can look right through? You may even be able to stand inside it! **[Clue: try Wyndham Hill or Ninesprings]**

20 Make a sculpture

Collect items from the ground to make a standing sculpture, use twigs, sticks, leaves, rocks and mud to help it stand up – or make a snow sculpture if you're lucky enough to visit on a snowy day.



Scavenger Hunt

Can you find something...

- partly eaten by an animal
- from an animal
- which will grow
- soft
- tiny
- brightly coloured

More activities to



YCP Nature Trail Activities
Ranger Rik's Adventure

- Pick up this leaflet from Ninesprings and complete the nature trail around Ninesprings
- **Ranger-led sessions**
- Book on to one of our fun ranger-led events or come along with your school or community group to a ranger led session.

21

Find tree creatures



When you are exploring in the woods look for creatures in the trees. Can you see faces in the bark or creatures in the branches?



22

Go on a smell scavenger hunt

Use your nose and see how many different smells you can find on your walk. Can you work out what is causing the smells?



23

Find a meadow mini-beast



Look in the long grass in the meadow area, among flowers and leaves. Can you find, beetles, ladybirds, grasshoppers, spiders, bees or butterflies?

Watch out for stinging nettles! They're great for bugs but not very nice to touch!



24

Find a woodland mini-beast



Look under logs and leaves or stones, around the base of trees or dead trees and see if you can find woodland minibests such as slugs, snails, woodlice and beetles.



25

Ride along the cycleway



Cycle, scooter or skate along the cycleway. **Watch out for other people and dogs that may be using the path too.**

26

Hide in the willows





Hide in the willow arches and domes at **Ninesprings and Riverside.**

You will find the willow domes next to the play trail at Riverside and on the grassy area outside Ninesprings Cafe.



27

Meet a tree blindfolded



Put a scarf over your eyes and ask a friend to lead you to a tree.

Hug it and feel its leaves and bark. Remember what it feels like. When they lead you away from the tree and take the scarf off, can you find your tree again?



29

Relax in nature



Find a spot where you can just sit and enjoy the world around you, listen, watch, smell your surroundings. **How still and quiet can you be?**



try!

Tracker pack for hire

You can hire a family tracker pack to try some of the above activities such as pond dipping and bug hunting. Ask for more details at Ninesprings café.

Keep fit and get active

If you want to try something to help you keep fit and get active why not try one of the Run England 3,2,1 3km running routes marked in Ninesprings or Riverside or have a go at the Blackburn Fitness Trail at Ninesprings.

28

Hug a tree



Measure a tree with your friends. How many of you does it take to reach around the whole tree, fingertip to fingertip? **One child arm stretch is roughly 50 years and an adult's is 100.**



30

Collect leaves



See how many different shape and colour leaves you can find as you explore. **[Hint: Complete this with challenge 10]**



Orienteering pack to download

You can download an orienteering pack and discover more of the country park.

W: southsomersetcountryside.com

Why not try cycling along the cycle path from one end to the other-see the 'Easy Access Trails' leaflet for a map of the flat cycle path. Or visit one of our play spaces to test your strength, coordination and balance. See the 'Exploring the Park' leaflet for details on where to find them.

More to read...

Further trail leaflets are available at Ninesprings Café to discover easy access routes, wildlife, heritage, art and more:



Yeovil Country Park
Exploring the Park



Accessibility Guide
Easy Access Trails



Wildlife Guide
Wonderful Wildlife



History & Heritage
Journey through Time

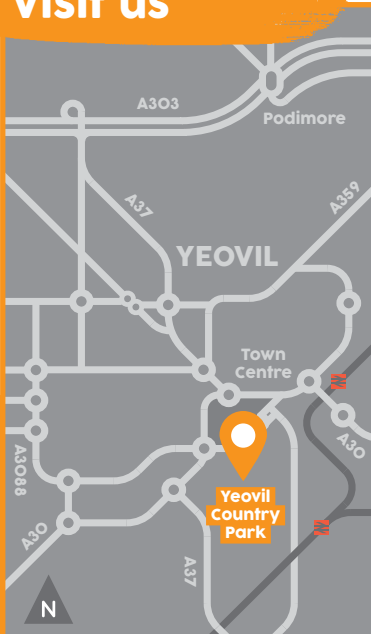


Artistic life outside
Art in the Park



Nature Trail Activities
Ranger Rik's Adventure

Visit us



Further information

Follow us on social media for up to date information and photos:



Yeovil Country Park

If you would like more information about the country park, Ninesprings Café, our events & activities, the volunteers or Friends group please contact us:

W: www.yeovilcountrypark.co.uk

T: 01935 382424

E: Parks@yeovil.gov.uk

A: Ninesprings Café,
Brunswick Street,
Yeovil, Somerset,
BA20 1QZ

A: Yeovil Town Council,
The Town House,
19 Union Street,
Yeovil, Somerset,
BA20 1PQ

P Goldenstones Car Park
BA20 1QZ

