

10 things to do with a stick!

Core exercise: Sit back to back with your dad and twist your upper body to pass the stick around your bodies. Continue for 12 repetitions.

Lay sticks on the ground in various places. Close your eyes and have your dad guide you around the sticks.

Put a stick on your head and balance it as you walk from one place to another. See who can walk the furthest.

Make a Kite



Why not re-use some newspaper

- Tie a small stick to a large stick in a cross shape.
- Using the points of your cross, cut out a diamond shape from newspaper.
- Tie or stick it to the 4 points of the cross.
- Tie each end of a piece of string to each end of the short stick. In the middle of this piece, tie one end of a long piece of string.
- Cut strips of newspaper for a tail & fix to bottom of the cross, ready to fly!

Stretch: Sit with your feet straight out in front of you and with the stick in your hands above your head fold down and stretch as far as you can towards your feet. Put the stick down. Reach back up to the top. See if you can reach past the stick on your next fold.

Using two sticks, pick up another stick and move as fast as you can to the designated area to put down the stick. Continue picking up sticks with just the two sticks until all have been moved. If you drop a stick, start over.

Core exercise: Laying on your back hold the stick between your feet. Keeping your legs straight, raise them up and pass the stick to your hands. Slowly lower your legs back down, then back up, passing the stick back to your feet. Continue for 12 repetitions

Crawl on the ground keeping one or more sticks balanced on your back. See who can crawl the furthest with the most sticks.

Use sticks to make stick people on the ground. Build a house around them and come up with funny stories for the stick people.

Make a Stick Raft



- Collect some sticks that are about the same length.
- Place them in a line and secure them together using twine.
- Place another stick into the base for your mast.
- Make a sail from a leaf and attach to the mast.



#KEEPBCPMOVING

UPTON COUNTRY PARK'S FOX & CUBS

TREE ACTIVITY BOOKLET

This booklet belongs to: _____

uptoncountrypark.com

HELLO!

Welcome to January's Fox and Cubs club.

This month will be all about Trees!
In this pack you will find lots of things to make, get you moving and connect with your outdoor space.

Some things here are ready to do now, others may need a little bit of making or are simply suggestions for you to have a go at.

Firstly, you will need to find a good stick!

Whether it is long, short, smooth, bumpy, wiggly or straight will be completely up to you! Once you have it, start exploring and let us know how you get on.



Take photos and send them to us at uptoncountrypark@bcpcouncil.gov.uk or post them to Facebook or Instagram and tag [@uptoncountrypark](https://www.instagram.com/uptoncountrypark)

We hope to be able to see you in person in February for the next club, keep an eye on our website for updates.

This club has been developed as part of our Discovery Project. If you enjoy this pack, and if you can, please consider donating to help us reach our target of £30,000. Every penny helps!

Go forth and have fun!

The Green Man



The Green Man is found in many forms throughout history, but his unique feature is his face, which is covered with leaves, twigs and acorns. He is often found carved in wood or stone, including in medieval churches.

What do you think
The Green Man
Symbolises?

- a) Death
- b) Rebirth
- c) Nothing



The Green Man Poem, by Joanne Kavanagh

He runs through the forest, breathing life into all that he can,
Whispering to the trees, he's known as the Green Man
Passing on his vibrant energy, to all living things green

Create a Green Man Sculpture

You will need

- A mixing bowl
- Soil
- Water
- Acorns
- Twigs
- Leaves



In a mixing bowl, use your finger tips to squish together some soil and water until it forms a ball of squishy mud.

Go outside and find a suitable area to sculpt your Green Man face. You can decorate your mud sculpture with leaves, twigs & acorns, or why not add pine cones stones and feathers.

Once you have completed your artwork make sure you take a picture and tag us in it!



@uptoncountrypark



Leaf Art

Dog Rose

Did you know Rose-hip oil is a popular skincare product. While the hairs inside the hips are an irritant and are extracted to make an itching powder.



Ash

It is the 3rd most common tree in Britain. Their airy canopy and early leaf fall allows sunlight to reach the woodland floor, providing optimum conditions for wild flowers such as dog violet, wild garlic and dog's mercury.



While out exploring and identifying trees, collect some leaves and twigs that you find on the floor.

Once you get home let the leaves dry out, before using them for crafts.

You can use the leaves to make leaf prints, stick the leaves onto paper to make shapes or make leaf rubbings.



Horse Chestnut

The most famous use of horse chestnut is in the game of conkers. The first record of the game is from the Isle of Wight in 1848.

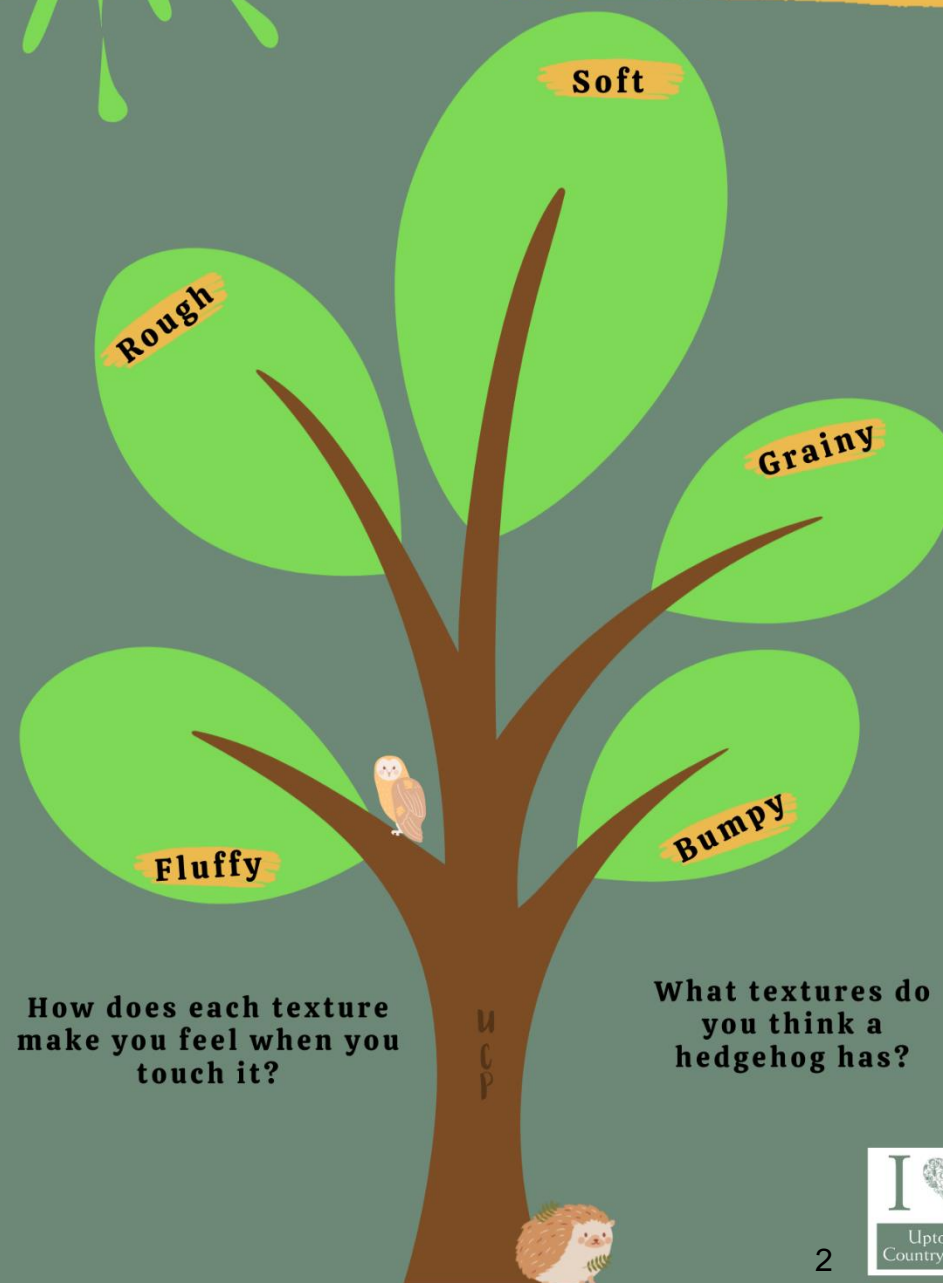
The flowers provide a rich source of nectar & pollen for insects. Caterpillars feed on its leaves which provide food for blue tits. Deer and other mammals eat the conkers.



Texture Tree



What textures can you find?
Add the things that you find to the tree



How does each texture make you feel when you touch it?

What textures do you think a hedgehog has?

Experiment with Play-dough

1. Mix 8 tbsp plain flour with 2 tbsp salt in a large bowl.
2. Mix together 60ml warm water with 1 tbsp vegetable oil in a separate jug, then add this to your mixture.
3. Give it a good mix with a spoon.
4. Dust the work surface with a little bit of flour and knead your dough until smooth.

Why not try adding some food essence or food colouring at stage 2.



Start creating different texture play-dough!

What textures do you get when you create a beach inspired dough by adding sand and stones?



What textures do you get when you roll pine cones over the dough?



Why not try adding fresh herbs, flowers, fruits, seeds and spices for a gorgeous array of scents and textures.

Try hiding some items in the dough and see if you can guess them.



Use your Tree ID Sheet to Make A Leaf Dial

1. Cut around the black lines on your Tree ID sheet to cut out the circle and the arrow.
2. Make a hole through both of the grey circles.
3. Place the arrow on top of the circle and push a split pin through the holes you just made.
4. Go explore outside and identify trees with your new dial.

Record the Trees you find

Keep a tally of the trees you find during your trip. Once you get home make a bar graph to show your findings by colouring in the boxes on the graph paper to match you tally total.

Tally

Type of Tree	Tally Count	Total
Field Maple		
Beech		
Hazel		
Horse Chestnut		
Blackthorn		
Dog Rose		
Oak		
Ash		

Poem

Have a go at writing your own acrostic poem about trees.

T _____

R _____

E _____

E _____

S _____

Graph

Number	Field Maple	Beech	Hazel	Horse Chestnut	Blackthorn	Dog Rose	Oak	Ash
15								
14								
13								
12								
11								
10								
9								
8								
7								
6								
5								
4								
3								
2								
1								
Type of Tree	Field Maple	Beech	Hazel	Horse Chestnut	Blackthorn	Dog Rose	Oak	Ash









FOX & CUBS

Feedback

A group of foxes is called a skulk. This group can be made up of Vixens (female foxes) and Dog Foxes (male foxes). Baby foxes are known as cubs.

Fill in the information about your skulk that took part in this Fox & Cubs session:

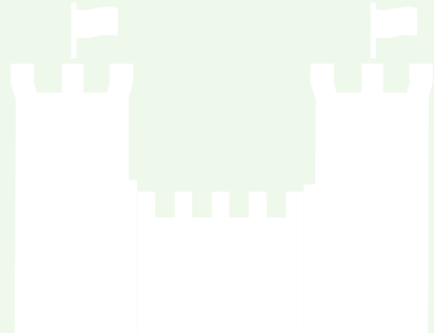
					
Age:	Age:	Age:	Age:	Age:	Age:
Fox / Vixen / Other	Fox / Vixen / Other	Fox / Vixen / Other	Fox / Vixen / Other	Fox / Vixen / Other	Fox / Vixen / Other

A foxes home is known as its Den. It can be a hole in the ground or elsewhere, such as under a garden shed. What is the postcode of your skulk's den?

What did you learn about the landscape at Upton Country Park? What inspired you? Fill in the leaf below to show how you feel.



What did you learn about the heritage at Upton Country Park? What inspired you? Fill in the castle below to show how you feel.



How satisfied were you with this session?

Place a cross on the line to show how you found this Fox & Cubs Activity session

Very bad ←  ————  ————  → Good

Okay

BOO!

Pull out page

YAY!

Tree ID

How many trees can you identify?

Can you find an evergreen & a deciduous?

Record how leaves change throughout the seasons.



Pull out page



Pull out page



Upton
Country Park



Pull out page

Write down one thing you loved about this session, one thing you learnt and one thing you would bin. If you enjoyed it all and don't want to bin anything cross out the bin symbol.



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Adult Section

- Do you consider yourself or anyone in your group to have a disability? Please circle

Yes / No

- Have you visited Upton Country Park before downloading The Fox & Cubs activity booklet? Please circle

Yes / No

- How often do you visit Upton Country Park? Please circle one answer below

Once a year / Once a season / Once a month / Once a fortnight / Once a week / Most days / Everyday

- Would you like to be kept updated about events and activities at UCP by joining our mailing list?
If so please leave your email address here:

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Once you have completed this feedback form, send us a photo or a copy of your completed form to uptoncountrypark@bcpcouncil.gov.uk
Alternatively, hand your copy into the Tea Rooms the next time you buy yourself a refreshment.

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