



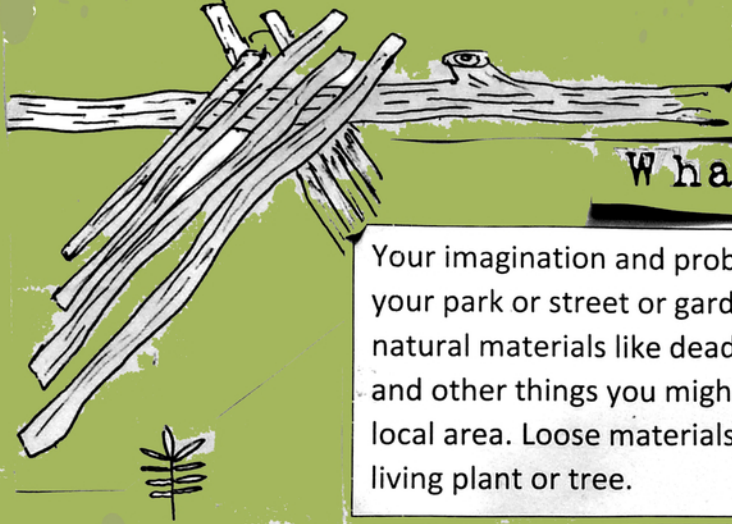
TINY WORLDS AND

MINI DENS

3 Things to remember to keep us safe and healthy:

Look after yourself,
Look after each other,
Look after the place
you are in!

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What you need

Your imagination and problem solving skills. You can do this in your park or street or garden. You will need to collect some loose natural materials like dead leaves, small stones, bark, small sticks and other things you might find in a park, garden or walk in your local area. Loose materials mean they won't be attached to a living plant or tree.

What can you make ?



Begin by finding a nook of a tree or a tiny hiding place in a wall or between some plants and think who might live there, insects, small mammals, or other creatures? Think what would they need to live there, food? Or Something cosy to sleep on.

You could try making a tiny tepee shape with sticks or weaving some materials together into a wall. Or you might have a different plan, like balancing leaves on top of sticks for a roof? You might have dinosaurs or farm animals that you want to build a home for!

Where this might lead

This is just a starting point, you could; write or tell stories about the creatures that might live there, constructing big dens for bigger creatures including you!

Nature Connection

- Spending time in nature and being around trees helps reduce stress hormones in the body. Just 20 minutes outdoors a day gives benefit to children and adults.
- Encouraging care for animals and plants, like feeding the birds, develops the critical social skills of empathy and awareness.

For more downloads go to

www.penrithtowncouncil.co.uk

www.stompingground.org.uk



PENRITH IN BLOOM



Penrith Town Council



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#natureconnection #penrithinbloom

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