

we love  
alice holt  
forest

## Discovery Trail Active Kids Extra!

Children of all ages can start the trail by walking as fast as they can without running, all the way to the first post. Let's go!



Have a rest and stand still for a while. Peep through the hidey holes then use your fingers as peep holes while you hop and skip along to the listening post. Use your nose to smell the scents as you go.



Stop here and listen for a while. Now walk tall on tip toes across across the forest road. At the other side, jump up and down ten times before running all the way to the next post.



Stretch up towards the sky like the trees and wave your branches in the wind. Now let's concentrate! Skip 20 paces, then run 30 paces, now crouch then jump up! Repeat again and again until you get to the next post.



Head back the way you came, run 20 steps, pretend to pick up a heavy log and 'carry it' for 10 steps. 'Put it down' carefully then start again. Keep doing this until you reach the path junction.



Now relax, catch your breath and look at the leaves around you. As you walk on, look for birch, oak and rowan leaves. Every time you find a matching leaf, hop three times on each foot.

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Time for some great, giant footsteps and super sideways skips all the way to the next post. But look before you leap! Remember to watch out for vehicles and other people on the forest road.



Now it's time to march like a minibeast! Grab your ankles with your hands and crawl along the path.



Walk in circles just like the rings in the tree stump – go both ways or you'll get dizzy! Make circles with your arms too, forwards, backwards, one at a time and both together.



Now take a quiet breather and walk as silently as you can along this part of the trail – tip toeing or very soft footsteps help.



Run with little steps then jump just like a squirrel. Stop suddenly and look around, then run again. Keep being a squirrel until you reach the path junction.

**Well done!** Now you've really earned a rest so just relax and walk back to the car park.



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