

"I SPY in the WOODS today!"

Spotting Tip!

Start the Route to Health, and see if you can spot these plants and animals on your way round.

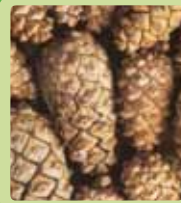
You could quietly creep round the trail. This will encourage some of the shyer animals to venture out of their hiding places. Tick off each of the animals and plants as you see them. Remember they may be anywhere on the route!



South Staffordshire
Primary Care Trust



Birds Nest



Pine Cone



Rabbit



Squirrel



Oak Leaf



Robin



Birch Tree



Beetle

PENKRIDGE ROAD

CAR PARK

FOREST

ROUTE TO HEALTH




PLAY AREA

SHOP

TOILETS

OPEN AREA

Key for Map

-  Route to Health Start
-  Route to Health Finish
-  Rest Areas

Next Time - Bring a camera and see how many different animals and plants you can photograph. Make up a scrapbook of your photos.