

Active Kids Extra!

Kids of all ages can start the trail by walking as fast as you can without running –all the way to the first post. Let's go!



Have a rest, stand still and listen for a while. Now walk tall on tip toes across the forest road. At the other side jump up and down 10 times before running until you reach 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, jump in the air, walk 20 paces, crouch down, run 30 paces, crouch and jump up!....repeat again and again until the next post!



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 3 times on each foot.



Time for some great giant footsteps and super sideways skips all the way to the next post. Remember to watch out for vehicles 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 and jumps just like a squirrel. Stop suddenly and look around, then run again– keep being a squirrel until you find the picture of the den.



Run 20 steps, pretend to pick up a heavy log and 'carry it' for 10 steps. 'Put it down' carefully and run another 20 steps. Keep doing this until you reach the bench (taking care of the forest road). Jump up and down and cheer when you find it!

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