



Ten forest challenges for summer

Challenge 1 Get off the main tracks and find a special place deep in the forest to have a summer picnic.

Challenge 3 Stand completely still with your eyes closed – what can you hear? Are the sounds close or far away? Are they sounds of people or of animals?

Challenge 5 Make something out of sticks – a picture frame, a magic wand, a walking stick... How many other things can you think of that are made of wood?

Challenge 7 The forest is not all trees – find an open sunny place and look for butterflies.

Challenge 9 The Forestry Commission often leaves fallen trees and branches on the ground because they provide fantastic homes for minibeasts – find some dead wood and see what lives on, in and under it.

Challenge 2 Visit the forest on a warm summer evening and see if there are any bats flying around.

Challenge 4 Play hide and seek among the trees and other forest plants.

Challenge 6 Make shadow puppets of forest animals with your hands.

Challenge 8 Be in the forest at dawn – how does it feel to be the only person there?

Challenge 10 Find a forest cycle trail, and ride a bike.