



Welcome to your



Wild Child Adventure Pack

Dear Adventurer,

Thank you for supporting Staffordshire Wildlife Trust through your purchase of this Wild Child Adventure Pack. You have taken the first steps on your journey to becoming a Wild Child.

You must work your way through all the different activities starting at level 1 and finishing at level 5. Each level is more advanced than the one before it. You can complete the activities at home, in a park or a local green space or Staffordshire Wildlife Trust nature reserve.

Upon completing your final activity in level 5 please send us a photo of your completed Wild Child Adventure Pack tracker to getwild@staffs-wildlife.org.uk.

We will then be able to release your Wild Child Adventurer certificate to prove to everyone you are an official Wild Child.

Your first task is to locate the kit list in this pack and follow the instructions.

Happy adventuring!





Adventure Pack Kit List

Before you embark on your journey every adventurer needs a pack to take out with them.

Fill a backpack with as many items on the list you can find in your house and see if you can come up with some of your own!


- | | |
|---|---------------------------------------|
| <input type="checkbox"/> String/wool | <input type="checkbox"/> Chalk |
| <input type="checkbox"/> Pen/pencil | <input type="checkbox"/> Tape |
| <input type="checkbox"/> Paper | <input type="checkbox"/> Flower seeds |
| <input type="checkbox"/> Paint brush | <input type="checkbox"/> Magnifying |
| <input type="checkbox"/> Binoculars | glass |
| <input type="checkbox"/> Water | <input type="checkbox"/> Bowl |
| <input type="checkbox"/> Spoon | <input type="checkbox"/> Picnic |
| <input type="checkbox"/> Scissors | blanket/yoga |
| <input type="checkbox"/> Pot with a lid | mat |





Minibeast hunting



You will need from your adventure bag 

A spoon, a magnifying glass and a pot with a lid.

If you don't have these find a stick to dig with instead, use your eyes to look and if your feeling brave hold the minibeast gently.



What to do:

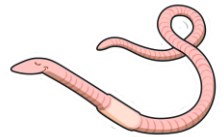
Use your spoon to dig through the mud and through leaf litter on the ground to find minibeasts.

Use the pot to collect any you find. Remember to return them to the wild.

Use a magnifying glass to get up close to them

Tip: turn over logs and stones

Can you find:



- | | | |
|------------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> Snail | <input type="checkbox"/> Millipede | <input type="checkbox"/> Ground |
| <input type="checkbox"/> Ladybird | <input type="checkbox"/> Slug | <input type="checkbox"/> beetle |
| <input type="checkbox"/> Ant | <input type="checkbox"/> Woodlouse | <input type="checkbox"/> Spider |
| <input type="checkbox"/> Centipede | <input type="checkbox"/> Worm | <input type="checkbox"/> Earwig |

Tip: check out the minibeast spotter sheet to help with ID





Minibeast Spotter



Earthworm



Millipede



Spider



Woodlouse



Ladybird



Earwig



Centipede



Slug




Ground Beetle





Make a Mud Pie



You will need from your adventure bag 

A spoon, water, bowl and a paint brush.

Don't worry if you don't have these, sticks make great spoons and find a puddle for water.



What to do:

Mix the mud to create some mudtastic recipes!

Tip: use grass and natural items to decorate your cakes and pies!




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Barefoot Walk



You will need from your adventure bag 

This one needs no equipment



What to do:

Take off your shoes and socks and feel the ground beneath your feet.

Create your own walkway by placing different items on the ground to walk along.

Try grass, soil, pebbles and anything else you can find.

Tip: try closing your eyes as you walk across and guess what you are walking on!

Items I have barefoot walked on:

- | | | | |
|--------------------------|---------|--------------------------|-------|
| <input type="checkbox"/> | Grass | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Soil | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Gravel | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Pebbles | <input type="checkbox"/> | _____ |





Bird Watching



You will need from your adventure bag:

Binoculars

Don't have binoculars? Don't worry! You don't need them to bird watch.



What to do:

Either sit in a bird hide or somewhere with trees and hedges. Even sit in your garden or local park and take time to look around you. You will start to see birds dancing in the trees and on rooftops.

Once you have your eye in use the spotter sheet to work out what you can see.

Can you find:



Blackbird

Wren

Blue Tit

Jackdaw

Wood Pigeon

Song Thrush

House Sparrow

Goldfinch

Great Tit

Other.....

Tip: check out the bird spotter sheet to help with ID





Bird Spotter



Wood Pigeon



Blue Tit



Robin



Jackdaw



Goldfinch



Song Thrush



Wren



House Sparrow




Blackbird





Rainbow Hunt



You will need from your adventure bag. 

Tape and paper.

If you don't have those create your rainbow on the ground for some natural art and leave for others to discover.



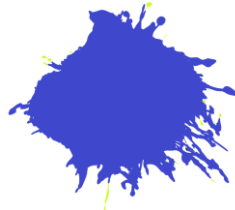
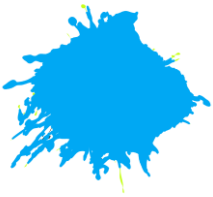
What to do:

Find all the colours of the rainbow in nature and using your paper and tape create a rainbow collage.

Using the scavenger hunt below find as many different colours in nature

Tip: rather than picking up living plants, unless there are lots around, pick up things off the ground.

Colours to find:





Scavenger Hunt



You will need from your adventure bag: 



Paper, and a pencil

What to do:



Take your scavenger hunt and head to a local greenspace or Staffordshire Wildlife Trust nature reserve and see if you can tick everything off!



Why not try:

Creating your own scavenger hunt for others to try too

- | | |
|---|---|
| <input type="checkbox"/> A bird | <input type="checkbox"/> A colourful rock |
| <input type="checkbox"/> A spider web  | <input type="checkbox"/> A flying insect |
| <input type="checkbox"/> A feather | <input type="checkbox"/> Something smooth |
| <input type="checkbox"/> Moss | <input type="checkbox"/> Something prickly |
| <input type="checkbox"/> A funny shaped cloud | <input type="checkbox"/> A footprint |
| <input type="checkbox"/> A yellow flower | <input type="checkbox"/> Crunchy leaves |
| <input type="checkbox"/> A woodlouse | <input type="checkbox"/> Something purple |
| | <input type="checkbox"/> 3 sticks the same length |





Wild Art



You will need from your adventure bag 

Paper, paint brush, and chalk

If you don't have those create your masterpiece with some wild art on the ground.

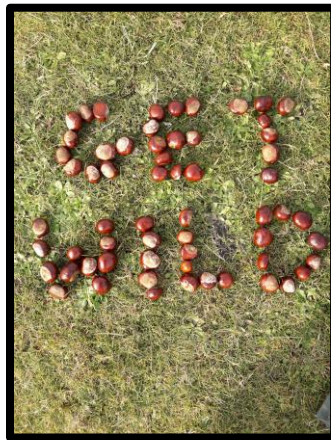


What to do:

Use natural materials and the items of the adventure bag to create works of art.

Why not try:

Painting with mud, drawing with chalk, creating a picture made from sticks and leaves. Let your imagination run wild.





Seed Bursts



You will need from your adventure bag 

Bowl, spoon, water, flower seeds

Sticks make great alternatives to spoons, not got a bowl?
Why not try an empty food container.

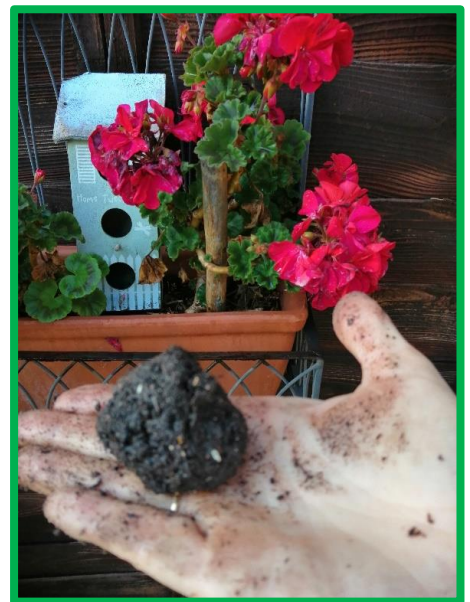


What to do:

Mix soil and flower seeds together in a bowl. Add a little bit of water to help bind the mix together. Sometimes adding flour helps!

Roll the mixture into balls and throw them on the ground!

Tip: throw on patches of bare earth to get the best results





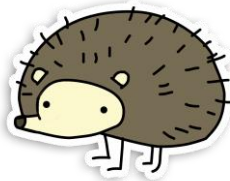
Wild Construction



You will need from your adventure bag 

Wool and scissors

Not got these? See how you get on just using natural materials



What to do:

Use natural materials to build your creation. Use the string/wool to help tie sticks together.

Remember: Only use branches found on the ground and take away all string/wool once you have finished building/playing

Try building:



- A freestanding stick tower
- A mini hedgehog house
- A survival shelter
- A mini raft



Tip: check out the mini raft activity sheet to find out how to build one





Wild Construction



Mini Raft Activity Sheet

Step 1:

Select sticks that are straight and the same length.



Step 2:

Use the wool and tie it to the first stick



Step 3:

Tie the other sticks to the wool. Then repeat for the other end.



Step 4:


Add a sail and then test if it floats!



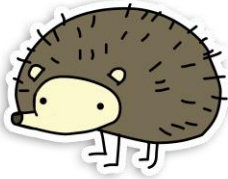


Tracks and Trails



You will need from your adventure bag 

Natural materials



What to do:



Use natural materials to set a trail through a wild place using wild materials.

Remember: Only use natural materials found on the ground



Some clue ideas:

- Stick arrows
- Mud arrows
- Draw the number of steps in mud
- No entry signs
- Left and right arrows out of stones



Tip: check out the tracks and trails activity sheet to find out how to lay your clues





Tracks and Trails



Wild Tracking Activity Sheet



Go straight on

Don't go this way



4 steps this way:

Turn right



Turn left

Go home





Wild Yoga



You will need from your adventure bag:



A yoga mat or picnic blanket.

Don't worry if you don't have those some soft squishy grass will do!

What to do:

Try out different yoga poses and turn the yoga wild. The yoga guide contains lots of poses inspired by different wildflowers.

How many poses can you master?

Wildflower Yoga I have mastered::

- Foxglove
- Cow Parsley
- Wildflower meadow
- Mud mound
- Ragged Robin





Wildflower Yoga Guide



Foxglove



Wildflower meadow- Use your hands to make flower bursts!



Ragged Robin- Step forward onto one leg, hold your arms out to the side like wings and lift your back leg. Keep looking straight ahead at your drishti spot for balance!



Cow Parsley



Mud mound





Garden Bioblitz



You will need from your adventure bag:

Pen and paper to write down what you can see

Don't have a garden? This activity can be done by sitting by a window and looking outside.



What to do:

Go around your garden and record (write or draw) all the different wildlife you can see.

From birds to minibeasts everything counts. If you want an added challenge see how many plants you can get too.

Tip: check out the garden wildlife spotter sheet to help with ID



Are you lucky enough to see any wildlife like the ones on this page?





Garden Wildlife Spotter



Earthworm



Garden Tiger Moth



Blue Tit



Common Frog



Slug



Starling



Hedgehog



Peacock Butterfly



Wood Pigeon



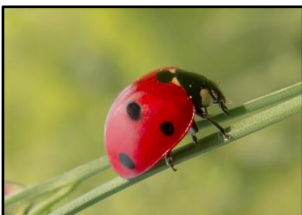
Grey Squirrel



Garden Snail



Garden Spider



Ladybird



Robin



Orange Tip Butterfly



Common Toad





Wild Child Adventure Pack Tracker



Don't forget to tick off and date each Wild Child Adventure you have. Make sure to take it a level at a time.



Adventure
Pack Kit List

Date:

Minibeast
Hunting

Date:

Barefoot
Walk

Date:

Make Mud
Pies

Date:



Rainbow
Hunt

Date:

Wild
Art

Date:

Scavenger
Hunt

Date:



Wild
Construction

Date:

Bird
Watching

Date:

Seed
Bursts

Date:



Wild
Yoga

Date:

Tracks and
Trail

Date:



Garden
Bioblitz

Date:



Send a photo of your finished tracker to getwild@staffs-wildlife.org.uk with your Wild Child name and age to receive your certificate

