

Naturally active this summer



This booklet belongs to:



City of Westminster



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

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Change4Life Kensington and Chelsea and **Change4Life Westminster**, in collaboration with partners and with the support of Kensington and Chelsea Council and Westminster City Council, have created this booklet full of ideas for games and activities for the whole family to get naturally active this summer.

What is Change4Life?

Change4Life is a national campaign from Public Health England that's all about supporting children and families to eat well, keep active and lead healthier lifestyles.

To find out more about how the campaign is put into action locally, please check:

Westminster City Council

www.westminster.gov.uk/change4lifewestminster

Kensington and Chelsea

www.rbkc.gov.uk/change4life



Staying safe and active outdoors during COVID-19

Did you know that health experts recommend that children be active for at least 60 minutes each day?

This has been hard to do during lockdown, but with the easing of the rules, you can now go outdoors with your family and be more physically active while social distancing and having fun. Being in nature and spending time outdoors in green spaces is also important for your emotional and physical wellbeing as it helps you reduce stress, increase happiness and unleashes creativity in children.

How to be safe when doing an activity outside your home:*

- ✓ The advice from the Government is to continue to stay alert and limit your contact with others to help stop the spread of coronavirus (COVID-19).
- ✓ You can spend time outdoors with people you live with, with one other household or others in a small gathering, provided you follow social distancing guidance.
- ✗ Avoid close contact games with people outside of your household.
- ✓ By far the most important thing you can do to stop the spread of the virus is to follow social distancing guidance and wash your hands regularly with hot water and soap, or hand sanitiser where soap and water aren't available.
- ✓ Please visit www.nhs.uk/coronavirus for the latest government advice.
- ✓ By following the Government's guidance, you are helping to protect yourself, your family, and your community.

*Disclaimer: These guidelines were correct at the time of printing, but they may change so please do follow the latest guidance when you are using this booklet. Please visit www.nhs.uk/coronavirus for the latest advice and information.

Why do we need to get active this summer?

Research shows that there are many good reasons to get moving as being active:

- Improves health and fitness and maintains a healthy weight
- Improves our mood and make us feel good
- Helps us sleep better
- Strengthens our muscles and bones
- Develops coordination
- Improves behaviour, self-confidence and social skills

Spending time in nature and green spaces can help you:

- Reduce your blood pressure, muscle tension and stress
- Feel calm and relaxed
- Increase self-esteem
- Enhance creativity

This booklet has a list of games and activities to do with your family at your own leisure. They are just suggestions to get you started and include options for under fives up to 11 years old.

We hope they will inspire you to adapt them to your own taste and to create and try new ones! There's space to write your own list of games and activities on page 27.

Complete five activities from the booklet and send us pictures of you doing the activity to **enter our prize draw**. You could win one of five £20 Sainsbury's vouchers! Just use the email addresses below.

We'd also love to hear from you! So please tweet us **@RBKC** or **@CityWestminster** to share a picture. Use the hashtag **#NaturallyActive**

You can also email: **change4life@westminster.gov.uk** or **change4life@rbkc.gov.uk**



Under 5s

Move like an animal

Purpose:

Understand how animals move and develop strength and coordination of the body.

Why this activity?

- It increases body awareness and how exercise affects the body.
- It helps children explore new movement and understand the different ways animals move.
- The tag game is fun and keeps children active.

Participants

Two or more.

Steps

- 1 Find an open space.
- 2 Capture the children's imagination by telling or reading a story featuring different animals.
- 3 Prompt children to show how the different animals can move e.g. a dog may move on its hands and feet, a crab in reverse with tummy facing upwards, a rabbit or kangaroo with jumping feet or a lizard may slither on their tummy.
- 4 Prompt children to explore animals moving or rolling at different speeds or directions, or tag games running away from a predator.



What do I need?

Nothing extra – some might like to wear large adult socks on hands.

This activity was provided by,
www.healtheducationpartnership.com

Catch the bubble

Purpose:

To catch the bubbles flying in the air before they touch the ground.

Why this game?

- It's fun, easy and children love running after the bubbles.
- It encourages running and coordination of the body.

Participants

One or more.

Steps

- 1 Find an open space.
- 2 Blow bubbles from your bottle in different directions.
- 3 Encourage children to run and catch the bubbles.
- 4 If age appropriate, ask children to count how many bubbles they can catch each turn or in total.

What do I need?

A bubble bottle.

*This game was suggested by
Antoneta Horbury, RBKC
Transport Policy Team*





Under 5s

Musical statues in nature

Purpose:

Dance to the music when it's playing and 'freeze' when it stops. If you move when you are a statue, you lose one life.

Why this game?

It encourages children to move their bodies and be aware of the music.

Participants

Two or more.

Steps

- 1 Find an open space.
- 2 Play the music, encourage children to dance around while the music plays.
- 3 When the music stops, they must 'freeze' and stand as still as statues. The twist is this statue should resemble something they'd find in nature – such as a tree, a flower, a squirrel or bird.
- 4 Anyone seen moving after the music has stopped, loses one life. You can decide at the beginning how many lives you will have. Once you've lost all your lives you're out of the game.



What do I need?

A radio, phone or tablet to play songs.

If you do not have a phone or connection, you can sing songs. This is a fun technology-free twist on the game.

Right way wrong way

Purpose:

Turn the objects the right way up in the quickest time possible.

Why this game?

It helps develop stamina and alertness.

Participants

One or more.

Steps

- 1 Find an open space.
- 2 Lay out objects across the space, making sure they are all upside down. These can be things you brought from home such as toys, a water bottle or a rucksack.
- 3 On the word 'go', how long does it take to turn all the objects the right way up?
- 4 You can also play against an opponent and see who can turn all the objects around the quickest? Or why not try spreading the objects across a larger area.

What do I need?

A few toys or items from home that you wouldn't mind laying on the floor.

A timer.

This game was adapted from the Youth Sport Trust, www.youthsporttrust.org, and provided by Active Westminster in partnership with Change4Life Kensington and Chelsea, and Change4Life Westminster.





Under 5s

Fast fun

This page lists three quick activities that children can do on their own or with others. They encourage children to get closer to nature, while developing their skills and giving them opportunities to try new things.

What's missing?

Ask your child to pick three objects from nature for this game – a pebble, a stick, and so on. Lay the three items out on the ground and ask your child to cover their eyes while you take one away. Which one is missing?

Sensory exploration

Wander around a green space with your child and see what catches their attention – acorns, leaves, seeds, pinecones, sticks. Encourage them to feel the different textures with their hands: bark, the leaves, the grass – how does it feel? Is it warm or cold? Smooth or rough? Soft or hard?

Make shapes on the ground

Collect sticks and leaves and use them to create different shapes on the ground e.g. a square with a triangle on top could make a house. Experiment with different shapes to see what your inventors can create.

These activities were adapted from
www.naturallylearning.co.uk



Wacky races

Purpose:

Can you race against a partner using different ways of moving?

Why this game?

- It encourages running and improves stamina.
- It encourages foolishness and it's fun.

Participants

Two or more.

Steps

- 1 Find an open space and mark out a start and finish line.
- 2 Between the participants, take it in turns to suggest a different way you could move from the start to finish.
- 3 On the word 'go', everyone races, moving in the same way to reach the finish line.

Ideas

- Can you move on your hands and feet?
- Can you move backwards?
- What is the quickest way of moving?
- What is the slowest way of moving?
- Can you move like different animals e.g. a crab in reverse with tummy facing upwards, or kangaroo with jumping feet. Which animal is the fastest?



This game was adapted from the Youth Sport Trust, www.youthsporttrust.org, and provided by Active Westminster in partnership with Change4Life Kensington and Chelsea, and Change4Life Westminster.

Treasure hunt

Purpose:

To work out clues, find new things in your area, work alone or as a team. There could also be a race against other teams or against the clock!

Why this activity?

- It's fun and challenging.
- It's adaptable for different ages.

Participants

Two or more.

Steps

- 1 Find an open space.
- 2 Make up clues for a child or team to reach a place, item, person, or thing. You can give clues in person or place them where they can be found.
- 3 Ask them to take a picture of themselves by the above (or to show you the answer if you don't have access to a camera or phone).
- 4 There they will find (or be given) the next clue and so on.
- 5 Do this until the end and, if held as a competition, announce the winner!

What do I need?

Optional: A phone to take pictures.

This activity was provided by Ellen McRae, Golborne Community Champions.



You name it!

Purpose:

Identify plants, flowers and trees.

Why this activity?

- It encourages walking and observing and recognising plants, flowers and trees that you often see in your local park.

Participants

Two or more.

Steps

- 1 Walk around your local park or public garden.
- 2 Point to a tree, plant or flower that you can all see.
- 3 Ask children to say the name if they know it.
- 4 Whoever says the name first and it's correct, they get a point.
- 5 Take it in turns to point to a tree, plant or flower and keep counting your points.

Optional – **PictureThis** is a free app you can download to help you identify trees, plants and flowers. Simply take a close-up picture of the leaves and the app will tell you the name.

What do I need?

Nothing extra.

A smart phone if you'd like to use the app.



Hanging sculptures

Purpose:

To have fun finding different shaped and coloured objects in the park and create a beautiful artwork with them.

Why this activity?

- It's a fun activity to do together.
- You can practice counting and shapes with your children.
- It encourages interesting discussions about things you see in the park.

Participants

This is a great activity to work individually or for a family to do together. You could even have a competition.

Steps

- 1 Create a list together of objects you need to find in the park and how many of each object you need to find.
- 2 You can increase the difficulty, and the number of objects to find according to the age of your child.
- 3 Visit the park and collect the objects from your list (remember to wash your hands afterwards!)
- 4 Either in the park or back at home, use a stick as the hanger and attach your new treasure to it using some string. Experiment with hanging things at different heights.
- 5 Find a place to exhibit your hanging sculpture at the park or in your home.
- 6 If you are having a competition – have a vote to decide the winner!



What do I need?

- String
- Scissors
- A bag to collect the objects in

This activity was provided by Lisa Nash, Programme Manager, ACAVA, www.acava.org

Make a neighbourhood map

Purpose

To make a map of your local neighbourhood, identify places of interest and places your family would like to visit.

Why this game?

- It encourages walking and observation.
- Map skills can help children understand distance and time.

Participants

Two or more.

Steps

- 1 Look at a few maps of different areas so the children joining in understand how maps work.
- 2 Take a walk together around your neighbourhood. Starting from your home, note places of interest like shops, schools, parks and houses (like a friend's house). You could also include trees or plants that are memorable.
- 3 As you walk, discuss what they'd like to include in the map and if you can, jot down things as you go along to help remember later.
- 4 When you are back home, get a large piece of paper and some pens or pencils, and start drawing your map together. Colour in the map and make it personal by giving your own touches.
- 5 Take a walk together after you finish and see if you can follow along with your map.

What do I need?

- Paper
- Pencil
- Coloured pencils or pens to decorate

This activity was adapted from www.kidspot.com.au



Beat the streets eye-spy history treasure hunt

Purpose

To encourage children to explore, be observant and consider the history of their own area.

Why this activity?

- It teaches us about the history all around us.
- It allows children to discover things for themselves, just by walking and being observant.
- There are no right or wrong answers: everyone will find something on this list.

Participants

Two or more.

What do I need?

When we think of the 'environment', we usually think of the planet, but people have also shaped our environment and have helped to create the spaces we live in, which continues to change over the years.

For this activity, you only need your eyes and the photos on the pictures on the next page, and a pencil or pen. It's very simple and you can do it on the way to the park, or the shops, or just by walking around.

Steps

- 1 Look for the images of common street fixtures on page 17 and see how many you can count on your walk.
- 2 Put a tick beside the item every time you see one.
- 3 Find out a little bit more about the fixtures you've spotted by reading the resource sheet.
- 4 If you see faded images of large murals or adverts on walls, look them up on: www.ghostsigns.co.uk

This activity was provided by London Environmental Educators Forum (LEEF), with thanks to member David Dixon, www.leef.org.uk

Beat the Streets eye-spy history treasure hunt resource sheet

1



2



3



4



What are you looking at?

- 1 Water hydrant: the top number shows the diameter of pipe in millimetres and the bottom number shows the distance from the plaque to the hydrant in metres.
- 2 This street telephone works cover was installed before 1984. The post-office controlled the telephone service until 1984 and then it became the responsibility of British Telecom (BT).
- 3 MWB stands for Metropolitan Water Board which existed from 1903-1974. It became the Thames Water Authority until privatisation in 1989, when it became part of Thames Water.
- 4 A Thames Water hydrant cover.

Mini dens

Purpose:

A great alternative to building full-scale stick dens and perfect for young children.

Why this activity?

- It's a brilliant way for children to get all the benefits of den building but on a smaller scale.
- Mini-dens also work well for younger children as small sticks and twigs are easier to handle and carry.
- It's wonderful for imaginative play, resourcefulness, motor skills and problem-solving.

Participants

Two or more.

Steps

- 1 Look for small twigs and sticks – a small bundle should be enough for one mini den.
- 2 Find an open space to build the den. Experiment with different shapes and sizes. While creating the den, encourage your child to be as imaginative as possible. Ask questions like – Who is the den for? How will they use it?
- 3 Encourage your child to add their own figurines, soft toys, or create creatures from natural objects you find, like leaves, pinecones, mud and stones, to create their own mini-den world and adventures.



What do I need?

A space with trees.

This activity was provided by Katie Mills, Founder of Forest & Family, www.katiemills.co.uk

Air balloon challenge

Purpose:

To keep the balloon up in the air for as long as you can. If the balloon touches the ground you lose a life.

Why this game?

It's good for body coordination, and it's fun for all the family.

Participants

Two or more.

Steps

- 1 Find an open space.
- 2 Start by standing three steps apart from your partner.
- 3 Throw the balloon to each other, trying to keep the balloon from touching the ground.
- 4 If the balloon touches the ground when you were trying to catch it, you lose a life. You can decide at the beginning how many lives you will have. Once you've lost all your lives you're out of the game.

What do I need?

- A balloon
- If you do not have a balloon, use scrunched up tissue paper or a soft ball!



We are going on a bug hunt!

Purpose:

Make it your mission to go out and search for these fantastic minibeasts.

Why this activity?

Invertebrates (animals that don't have a backbone or a spinal column like insects, worms and slugs) are all around, but sometimes we have to look quite hard to find them. Children will need to be fast, quiet and alert when hunting bugs, just like a real spy.

Participants

Two or more.

Steps

- 1 With your child, turn over logs and stones and look for invertebrates underneath them. Spiders, centipedes and woodlice all enjoy living in this kind of environment. You can also look in bushes, trees and around flowers.
- 2 Encourage your child to draw their favourite minibeasts or keep a list of all the different invertebrates they find. You can identify their names by downloading the 'Naturalist' app on your phone: www.inaturalist.org

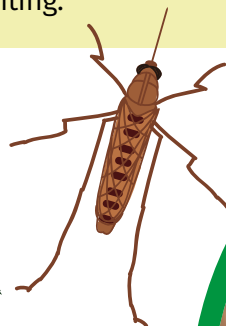
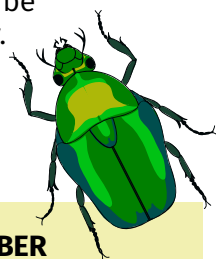
THINGS TO REMEMBER

- Be gentle when handling your finds as, compared to the invertebrates we're searching for, we are giants.
- Always put the invertebrates back in their homes before you head back to yours.
- When moving logs and stones be sure to put them back how you found them.
- Make sure children are always accompanied by an adult while bug hunting.

What do we need?

Paper and a pen or pencil, and a magnifying glass if you have one.

This activity was provided by The Royal Parks Mission: Invertebrate project.



Nature scavenger hunt

Purpose:

To be inquisitive and find natural objects that you can return safely and without damage.

Why this activity?

- It helps children pay attention to the natural world in more detail.
- It encourages observation, touch, imagination and motor skills.
- It can be adapted to different ages.

Participants

Two or more.

Steps

- 1 Devise your scavenger list before heading to a green space.
- 2 Add things on the list to make children think creatively or look very closely. Here's an example:

What do I need?

Your own scavenger list.

This activity was adapted from "Sharing Nature with Children" by Joseph Cornell, Dawn Publications (1998)

Scavenger list

- 1 A feather
- 2 A leaf
- 3 Three different kinds of seeds
- 4 Something round
- 5 Something perfectly straight
- 6 Something beautiful
- 7 Something that is of no use in nature
- 8 Something that makes a noise
- 9 Something white
- 10 Something that reminds you of yourself
- 11 Something soft
- 12 A sun trap*

*12 – A sun trap is anything that captures the sun's heat (water, rocks, etc.)





Family mission: get to a new place

Purpose:

To find a new place in your local area for your family to visit on foot, scooter or by bike.

Why this activity?

To get to know your local area better as a family and get there by travelling actively.

Participants

Two or more.

Steps

- 1 Check information about your local area and decide on a new place that you haven't been to before. It can be a green space, a shop, a library, a historical building, etc.
- 2 Discuss with your family how you are going to get there and plan your journey.
- 3 The following links can help you plan your journey:

app.traveltime.com –

You can add your postcode, specify the mode of transport you are planning to use (walking or cycling) and the time you want to spend travelling. It will show on a map how far you can go in any direction from the postcode provided.

www.cleanairroutes.london –

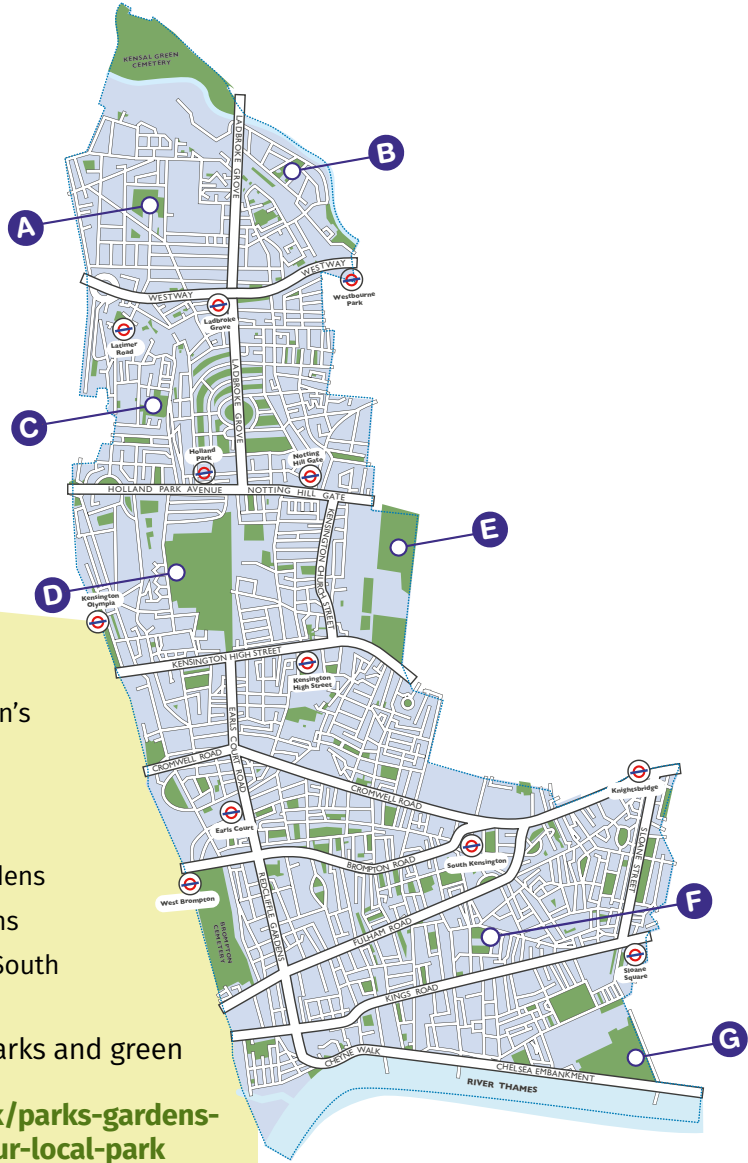
Some streets have cleaner air than others. Find a clean air route for walking and cycling to reduce your exposure to air pollution.



What do I need?

A scooter or bike if you're not going by foot.

Where can I get active in Kensington and Chelsea?



- A.** Kensington Memorial Park
- B.** Emslie Horniman's Pleasance
- C.** Avondale Park
- D.** Holland Park
- E.** Kensington Gardens
- F.** St Luke's Gardens
- G.** Royal Hospital South Gardens

For a list of all parks and green spaces go to:
www.rbkc.gov.uk/parks-gardens-and-ecology/your-local-park

Where can I get active in Westminster?



- A.** Paddington Recreation Ground
 - B.** Regent's Park
 - C.** Kensington Gardens
 - D.** Green Park
 - E.** Hyde Park
 - F.** St James's Park
- For a list of all parks and green spaces go to:
www.westminster.gov.uk/parks-gardens-and-open-spaces

How else can I get active in Kensington and Chelsea and Westminster?

Please check the following sites to find out more about local activities to do this summer:

Active Westminster:

www.active.westminster.gov.uk

Family Information Service in Kensington and Chelsea:

www.rbkc.gov.uk/fis

Family Information Service in Westminster:

fisd.westminster.gov.uk/covid-19

Further resources for games and activities

Plenty of free 'Nature at Home' activities by Holland Park Ecology Centre in collaboration with Sayers Croft:

www.rbkc.gov.uk/subsites/wildlife/natureathome.aspx

Home blog full of ideas, activities and tips for getting creative at home by ACAVA:

www.acavaathome.tumblr.com

Royal Parks' free learning and play resources for families and adults:

www.royalparks.org.uk/learn/learn-online

Physical activities and games by Youth Sport Trust:

www.youthsporttrust.org/60-second-physical-activity-challenges

www.youthsporttrust.org/pe-home-learning

Walks in London by Transport for London:

www.tfl.gov.uk/modes/walking/top-walking-routes?intcmp=2424

30-second to one-minute videos with cycling games by British Cycling (scroll down):

www.britishcycling.org.uk/getinvolved/article/20200325-getinvolved-Getting-the-most-out-of-HSBC-UK-Ready-Set-Rid-0

Acknowledgements

We'd like to thank the following organisations for their contributions to this booklet:



My games and activities to get naturally active

Write your ideas for more ways to get naturally active this summer!



For more information, please visit:

www.westminster.gov.uk/change4lifewestminster

www.rbkc.gov.uk/change4life

How to contact us

You can email us at:

change4life@westminster.gov.uk or

change4life@rbkc.gov.uk