




Forestry England

# Join our summer challenge

Put your **forest skills** to the test this summer with six challenges and become the ultimate summer superstar

 Forestry England

[forestryengland.uk](https://forestryengland.uk)




## Challenge 1

# Forest animal workout

Create a forest animal-themed workout to help you keep active and connected to nature.

### Instructions



'Set an interval timer for 30 seconds and do as many reps of your chosen animal move before the time runs out. Have a break then move onto the next.'

Here are some ideas to get you started, can you think of a few of your own?

- Squat and leap like a frog
- Wriggle on the ground like a worm
- Long jump like a grasshopper

### Level up your summer skills:

Choose one of your favourite forest animals and research what it eats or how fast it can run or fly.

Draw a picture and share it with us on Facebook or Twitter using the hashtag **#ForestSummerChallenge**





## Challenge 2

# Timber Bingo!

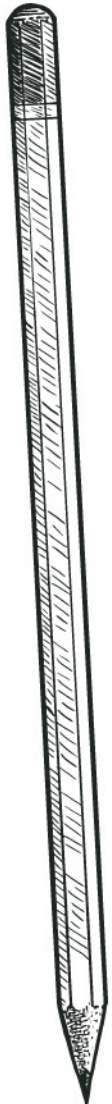
Did you know that the trees we grow provide timber which is part of your everyday life?

Play a game of timber bingo to see who can **find all these items in your house** that are made from wood. The first to tick off all the items **shouts "Bingo"** and is crowned champion!



Can you find three more items made from wood? Fill in the spaces below and see if it gets you any extra points.

Spoon	Chair	Toys	
	Door	Table	Draws
Wardrobe	Pencil	Bench	





## Challenge 3

# Make a leaf tile

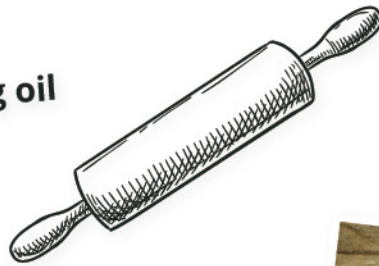
### You will need:

- 2 x cups plain flour (not self-raising)
- 1 x cup salt
- 1 x cup water
- 2 x tablespoons of cooking oil
- 1 x leaf

### How to make your tile

- 1 Mix the ingredients together.
- 2 Roll the 'clay' into a ball and roll it out until it is a couple of centimetres thick.
- 3 Press your leaf, vein side down, onto the clay to leave a mark and peel it off.

How many different leaves can you find to make tiles from?



Take a picture of your leaf tile and share it with us using **#ForestSummerChallenge**



## Challenge 4

# Forest superpowers

Test your superpowers against our forest creatures:

### Hearing

Deer are known for their large ears. Make your ears bigger by cupping your hands behind them.

**Put your own hearing to the test:**

- **Sit by an open window** or outside.
- **Cup your ears**, close your eyes, and listen.
- **How many sounds can you hear** in 30 secs?
- Who heard the most? **What did you hear?**



### Stealth

**How often do you see a fox?** Have you noticed that they are extremely swift on their feet? See if you can match their stealth with a game of **Sly Fox**:

- **Choose one player to be the fox**, they stand facing away from the other players.
- **The other players sneak up gradually on the fox** with the aim to touch their back before the fox turns around to catch them.
- When the fox turns around all **the other players must freeze**.
- If the fox spots a player moving, or falling over, **that player must return to the starting point again**.
- **The winner is the first person to reach the fox** without being caught.





## Challenge 5

# Summer spotters



**Time for a summer spotter treasure hunt!**  
Play by looking out your window, in your garden or on a walk.

Can you see or hear the following:

- Something green
- Flowers in full bloom
- Chirping grasshoppers
- Busy bees
- Fluttering butterflies
- Blue skies
- Scavenging squirrels
- Humming of a lawnmower
- Paddling pool
- Birds perching on a roof



## Level up your summer skills:

Download and use the **iNaturalist app** to help identify wildlife you see.

Take a picture of your favourite spot and share it with us on Facebook and Twitter using

**#ForestSummerChallenge**





## Challenge 6

# Become a Forest Master

### Time to become the ultimate Forest Master!

Elect someone to be the judge and complete this set of forest-themed games to see who will be crowned the **Forest Master champion**:



## Game #1

Without lifting your pen from your page draw the most ambitious woodland creature. You have 100 seconds.

The judge must recognise what it is before picking **the most ambitious and recognisable creature as the winner**.

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## Game #2

Make a tree using an A4 piece of paper. You can only use your hands. No other tools allowed. **The most beautiful tree wins.**

Can you make your own Forest Master game?

Why not share with family and friends and have a Zoom **Forest Master party**.

Share your favourite game with us using **#ForestSummerChallenge**



Forestry England



Well done!

Summer challenge

superstar

Name: .....

has completed all of the Forestry England summer challenges



Take a picture of your certificate and share it with us using **#ForestSummerChallenge**

