

Become an outdoor adventurer



Hapa Zome

Try your hand at the Japanese art of Hapa Zome. Take a piece of cotton fabric such as an old white t-shirt or pillowcase and place petals and green leaves on one half. Fold the other half over and use a stone to hit the leaves and petals into the fabric. Open the fabric up, peel off any debris that may be remaining and you'll be left with some fantastic prints which can be made into bunting, flags or even bookmarks.



Mud sprites

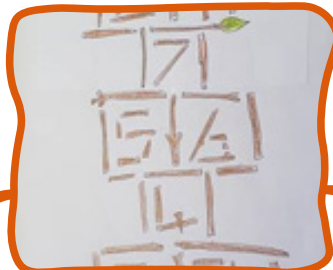
Bring the park alive with this fun activity. Create some mud tree faces and add sticks or natural objects such as leaves, stones, nuts and berries to make your very own mischievous sprite.



Dreamcatchers

Make nightmares a thing of the past with your very own handmade dreamcatcher. Use a thin piece of willow to make a hoop and then using wool or string create a web pattern in the circle. Add decoration using feathers, leaves and flowers found in the park.

Eight free ways to enjoy the great outdoors at Lee Valley Regional Park



Natural games

Take it back to the old school and create your own hop scotch and noughts and crosses board using sticks or chalk.

Mini shelters/ fairy villages

The park is home to an abundance of mythical creatures including fairies, pixies and sprites. Why not use sticks and other natural objects to create mini shelters and villages for these cheeky characters.



Scavenger hunts

Create your very own scavenger hunt and explore the park to discover natural objects described in the list below.

- Something that's soft
- Something that's round
- Something that's fluffy
- Something that's hard
- Something that's smooth
- Something that's rough
- Something that a bird might use for a nest
- An animal footprint
- An animals home
- A seed
- A flower
- A leaf
- A bird
- A feather

Journey sticks

As you explore the park why not create a record of your journey. Look for a large stick and use some string to attach natural objects that you've discovered throughout the day.



Natural art

Get imaginative and create some natural art. Explore the park for fallen leaves, berries, twigs and flowers and make pictures on paper or even on the ground itself.