

SW Lakes

101

things to do this Summer!



How much can you do?

Do more this Summer!

- 1) Identify trees
- 2) Go pond dipping
- 3) Find a ladybird
- 4) Find an acorn
- 5) Climb a tree
- 6) Try grass whistling
- 7) Make a daisy chain
- 8) Make a mud pie
- 9) Fly a kite
- 10) Make a wish
(dandelion blowing)



—Did you know?

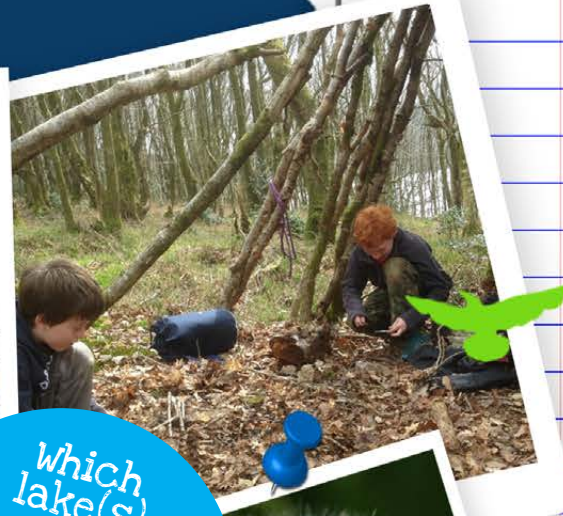
You can download free children's activity sheets from our website. Get your kids identifying trees, discovering bugs and learning with our playful quizzes.

www.southwestlakes.co.uk



Spark your children's imagination for the outdoors - tick each activity completed and remember to share your adventures with us.

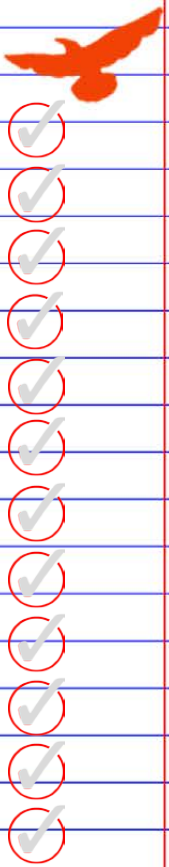
@swlakes #swlakes



Which lake(s) have you visited?



- 11) Jump in puddles
- 12) Go on a mini-beast hunt
- 13) Play pooh sticks
- 14) Make a stick trail
- 15) Do tree/ leaf rubbings
- 16) Build a rock sculpture
- 17) Have a stick duel (fight)
- 18) Build a nature hopscotch
- 19) Make a leaf crown
- 20) Go stargazing
- 21) Camp outdoors
- 22) Toast marshmallows



Spot something blue

What things can you find?

A large blue rectangular frame containing several horizontal lines for writing answers to the 'Spot something blue' challenge.

23) Spot birds from a hide

24) Find a pine cone

25) Spot a butterfly

26) Pick blackberries

27) Spot 3 types of fungi

28) Have an outdoor picnic

29) Walk somewhere new

What animals have you spotted?

Draw one of the animals you spotted

Roadford Lake is home to an endangered species, the Hazel Dormouse. By visiting one of our lakes and simply paying our car parking fee you are making a valuable contribution to our charitable work.





Did you know?
 There is two main types of tree: deciduous and evergreen.
 Deciduous trees lose all their leaves in Autumn.
 Evergreen trees keep their leaves all year.

- 30) Build a den
- 31) Go geocaching
- 32) Try fishing
- 33) Spot shapes in clouds
- 34) Track animal footprints
- 35) Make a nature mandala
- 36) Throw a big pile of leaves
- 37) Spot a frog
- 38) Have a snail race
- 39) Find a yellow flower
- 40) Listen for an owl hoot
- 41) Take a photo at the sundial
(only at Roadford Lake)



Can you identify these leaves?











Try something new!

- 42) Shout ARRR! from a boat
- 43) Explore the lake by canoe
- 44) Go on a mini sailing quest
- 45) Kayak in a circle 10 times
- 46) Tie a bowline knot
- 47) Do a figure of eight knot
- 48) Learn a reef knot
- 49) Do an overhand knot
- 50) Kneel and kayak
- 51) Spot wildlife from a canoe
- 52) Have a sailing race
- 53) Learn how to paddle board
- 54) Take a selfie with an instructor
- 55) Race to a buoy

Share photos from your adventures with us!
@swlakes #swlakes

**YAY
YOU'VE
MADE IT
HALFWAY!**

Do you know your knots?



No 56 only available at Roadford and Wimbleball Lake
No 69 only available at Roadford and Wimbleball Lake



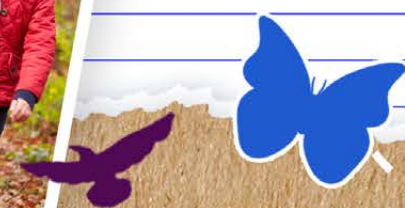
ARRRR!!

- 56) Shoot an arrow
- 57) Play tag on a paddle board
- 58) Put on a buoyancy aid
- 59) Do your best pirate pose
- 60) Get wet on a sit on kayak
- 61) Stand up on a sit on kayak
- 62) Identify trees from a canoe
- 63) Race on paddle boards
- 64) walk to the mast and back
- 65) Chase the leader in kayaks
- 66) Stand up in a canoe
- 67) Backwards race in a canoe
- 68) Star jump on a paddle board
- 69) Hit the bullseye in archery
- 70) Paddle in a circle backwards
- 71) Dance on a paddle board
- 71) Learn how to turn a sail boat
- 73) Build a mini stick raft
- 74) Learn how to sail upwind

Draw a tree



Did you know?
Trees are great for our environment, they breathe in carbon dioxide and breathe out oxygen.



Visit our play areas!

75) See how high you can swing

76) Climb a boulder

77) Get dizzy on the roundabout

78) Go down a fireman's pole

79) Climb the rigging

80) Walk the plank

81) Crawl through a tunnel

82) Win at noughts and crosses

83) Complete the monkey bars

84) Go down the tunnel slide

Visit these lakes to complete our play area challenge.

75, 77, 78, 79, 81, 82, 83, 84 at Tamar Lakes

75, 79, 83 at Roadford Lake

75, 76, 80 at Siblyback Lake

75, 79, 80 at Stithians Lake

75, 76, 79 at Wimbleball Lake

Get active in nature!

- 85) Walk your dog at the lake
- 86) Run up and roll down a big hill
- 87) Bring a ball and play football
- 88) Run through woodland
- 89) Skip along a nature trail
- 90) Join Tamar Lakes ParkRun
- 91) Cycle off-road
- 92) Play tag in a woodland
- 93) Dance on a tree stump
- 94) Hug a tree

Collect a leaf

Find a leaf and stick here.



BE OUR TOP DOG!

Special places for the whole family and the dog.



Learn about the lake!

- 95) How deep is the lake?
- 96) when was the lake built?
- 97) How much water is in the lake?
- 98) Where does the water go?
- 99) walk to the dam
- 100) Find our logo at the lake
- 101) Have a well-deserved ice-cream



YAY,
YOU'VE
DONE IT,
WELL DONE!



Name:

Write a story about your summer:

WELL DONE!

We hope you had the best summer ever!
.....what will you do next year?



@swlakes #swlakes
www.southwestlakes.co.uk
info@swlakestrust.org.uk



Front page : Cycling image by Staurt Bailey Media
Front page and page 7: Stand up Paddle Board images by Dave White