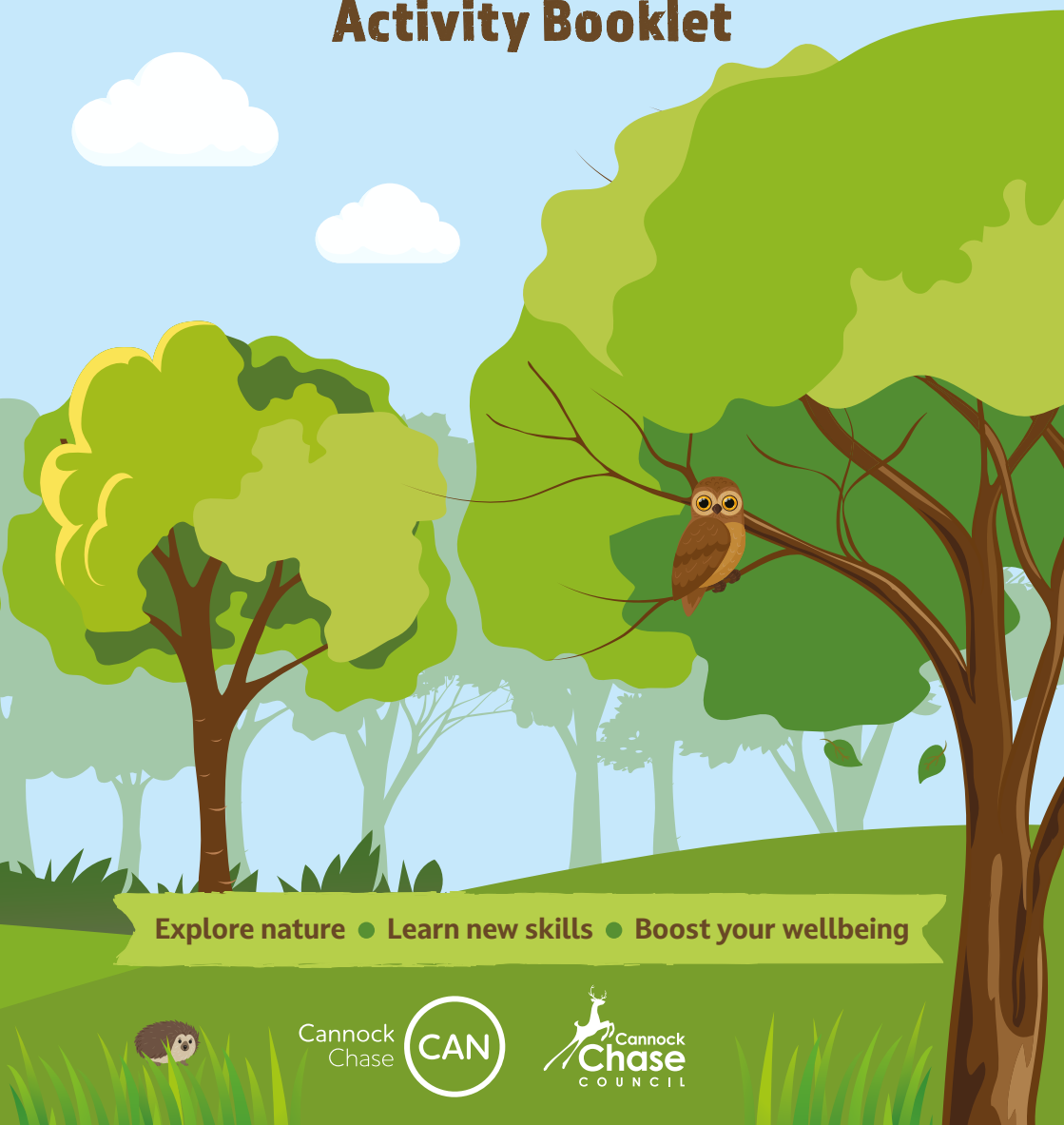


Woodland Wonders



Activity Booklet



Explore nature • Learn new skills • Boost your wellbeing



Cannock
Chase



Welcome to your Woodland Adventure!

**Get ready to step into the wonderful world
of your local woodlands!**

This activity booklet is packed with fun challenges, creative tasks, and questions to help you discover more about the animals, trees, and plants living all around you. As you work through each activity, you'll explore how our woodlands change through the seasons and how important they are for wildlife - and for us too.

These activities aren't just fun... they're great for your health and wellbeing. Getting outside, being active, and learning new things can help you feel happier, stronger, and more connected to nature.



Want to keep the adventure going?

Download the [Cannock Chase Can app](#) to take on more exciting challenges, earn rewards, and discover new ways to stay active and healthy - right here in your local area!

**You can find a printable version of these activities on the
Cannock Chase Can App under the Naturally Well section.**

Woodland Activities



AUTUMN


Autumn is a time of change in the woodland. Leaves turn red, orange and yellow before falling to the ground, and animals start getting ready for winter. The forest floor becomes crunchy with leaves - perfect for exploring!

Leaf Challenge


Autumn leaves make the best compost!

Collect fallen leaves to make leaf mould for your garden.

Try building a scarecrow using old clothes stuffed with leaves.

Two hedgehogs, one brown and one lighter brown, are perched on a large pile of autumn leaves. A small red berry is also visible on the leaves.

Only build bonfires on the day you burn them - hedgehogs and insects may hide inside!

A scarecrow stands in a large pile of autumn leaves. It wears a blue hat, a red long-sleeved shirt with white buttons, and blue trousers with white stripes. Its arms are outstretched, holding branches with yellow leaves. A black crow is perched on its right arm.

There's even a scarecrow competition every year with the Friends of Heath Hayes Park!



WINTER



In winter the woodland becomes quiet and still. Many animals hibernate or rest, and trees lose their leaves to save energy. It's a peaceful time to explore and spot hidden signs of wildlife.



Ladybird Tree Maze

Help the ladybird find its way out of the tree maze.



Did you know?

Ladybirds hibernate in tree bark and leaf piles during winter.



SPRING



Spring is when the woodland wakes up! Trees start growing new leaves and blossoms, and insects are buzzing about collecting pollen and nectar.

Insect Explorer

Look closely at bees, butterflies and other insects visiting flowers.

Count how many you see in 5 minutes.



Did you know?

Insects are super important to the food chain and help pollinate our plants.



Build an Insect

Draw an insect and label its body parts.

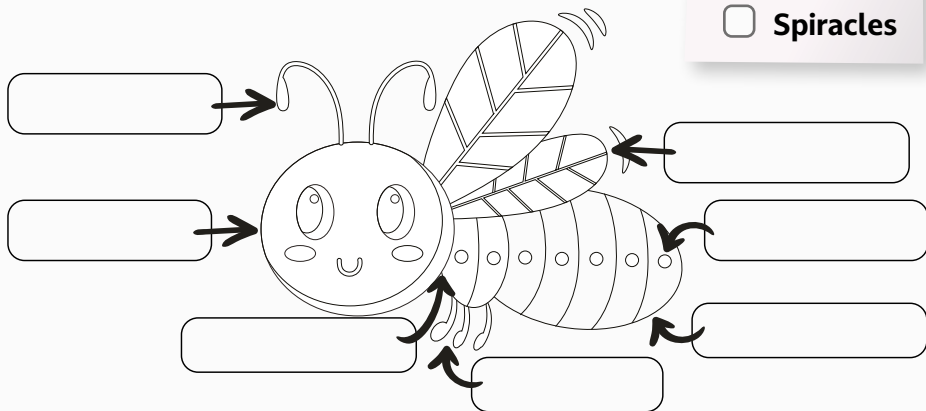


Spiracles are holes down the side of an insects body that they breathe through.

What makes an insect an insect?



- ☐ Head
- ☐ Thorax
- ☐ Abdomen
- ☐ Six legs
- ☐ Antennae
- ☐ Wings
- ☐ Spiracles



SUMMER

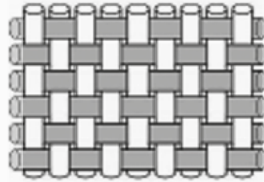
Summer is a busy time in the woods!
Trees are full of green leaves, flowers
turn into fruits, and new twigs and
shoots are growing everywhere.

Woodland Weaving

Trees give us wood, twigs, bark and leaves - and we can
use them creatively!

**First try weaving strips of
coloured paper**

**Then see if you can weave some
real twigs or grasses**



Watching the woodland all year round will teach you about wildlife and help scientists learn about climate change. Have a look at the link below and see if you could help by getting involved.

Visit naturescalendar.woodlandtrust.org.uk



Remember...

Leave no litter and look after wildlife

**Have fun, breathe the fresh air, and
enjoy your woodland adventure!**



Keep the fun going with the Cannock Chase Can App!



- Take on more nature challenges just like these
- Explore local parks and woodlands near you
- Earn rewards while boosting your health, fitness, and wellbeing
- Join friends, family, and your community in staying active

Download the **Cannock Chase Can App** for **FREE**
at [Google Play](https://play.google.com/store/apps/details?id=com.cannockchasecan) or the [App Store](https://apps.apple.com/gb/app/cannock-chase-can-app/id1538444444).



More information visit www.cannockchasecan.co.uk

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