

INTRODUCTION

The 20 activities in this pack are suitable for all age groups all and abilities. They can be adapted for long or short visits, or combined to make a session at each site throughout the Tees Heritage Park.

Great for any group size. Families, schools, child-minders or nurseries; no particular knowledge is needed to carry them out. Minimal equipment is required most of what is needed will be found in homes / settings already.

Some things to remember when exploring the Tees Heritage Park and taking part in the activities are:

- Some areas of Tees Heritage Park are nature reserves, which provide safe spaces for our wildlife. Extra special care needs to be taken to not cause disturbance in these areas.
- The natural world is there to explore, enjoy and learn from. To say thanks for this how about giving something back, such as providing some seed for the birds, or pile up some logs to provide a habitat for hedgehogs. More ideas for helping local wildlife can be found from wildlifetrust.org or rspb.org.uk
- All activities carry minimal risk but it is still advisable to be aware of what could happen and how to reduce these risks by carrying out a risk assessment. Be aware of plants and animals that could sting, cause skin allergies or burn such as Giant Hogweed.

To view to online version of this document, go to www.teesheriatgepark.co.uk or scan the qr code below:



**Scan the QR code for
the smartphone version**

(Internet signal required)