

Summer Edition

Kids Activity Pack

Packed full of family friendly fun activities and challenges for everyone!



Trans Pennine Trail

www.transpenninetrail.org.uk

Let's become a...

Sun Safety Superhero



Complete this Sun Safety Challenge for Mandy Mole

Your Mission:

Tick off each step when you're about to go outdoors in the sun to become a Sun Safety Superstar:

- ☐ Slip on a T-shirt to cover your shoulders
- ☐ Slap on sunscreen (SPF 30 or higher)
- ☐ Slap on a hat to shade your face
- ☐ Slide on sunglasses to protect your eyes
- ☐ Sip water regularly to stay hydrated
- ☐ Seek shade when the sun is strongest

Design Your Own Superhero!

Draw yourself as a Sun Safety Superhero in the frame (use a separate page if you would like more space)

Quick Quiz:

Circle the correct answer:

When is the sun strongest?
a) Early morning
b) Midday
c) Evening

Trail Tip:

Even on cloudy days, the sun can still be strong - so stay protected every time you head out!

| 60 minute activity with drawing |

answer: Midday

Finished your sheet? Take a photo and send it to Mandy Mole at info@transpennine trail.org.uk and show her how you're staying safe in the sun.

Trans Pennine Trail

Let's play...

Summer i-Spy

Take a walk with Rebecca Rabbit and see what amazing things you can spot

Tick each one when you spot it



Something green



A Bird



A bug



A wildflower



Something rough (tree, bark, stone)



Something smooth (Snail's shell, smooth stone)



Water (puddle stream, canal)



Something you can hear (birds, wind, footsteps)



Something that makes you smile

Tell us what makes you smile when outdoors:

_____

_____

| 60 minute activity |



Finished your i-Spy challenge? Take a photo of your completed sheet & send it to info@transpenninetrail.org.uk - Rebecca Rabbit would love to see what you discovered!

Trans Pennine Trail

Let's make...

A Wind Catcher

Can you help Hannah the Horse make this colourful decoration for the garden?



You will need:

- wire circle or wreath ring - you can buy these from crafts shops or on Amazon.
- garden string
- different coloured ribbons - again head to the craft shops or buy bundles from Amazon.
- handful of lavender stems **(optional)**
- scissors

1. Tie two lengths of string to the top of the wire circle, that will be used to tie the decoration to a tree.

2. Cut the ribbons into different lengths and tie them on to the wire circle so they hang down.

3. Use string to tie lavender bunches to the top of the wind catcher wire ring - which will give off a nice smell every time the breeze catches it.

4. Hang your wind catcher in the garden from a tree or other suitable structure.



| 60 minute activity |

You can make your wind catcher even more fun by going on a nature hunt! Collect things like twigs, feathers, or pine cones, then tie them onto the bottom of your ribbons to decorate it your own way.

Send a photo of your wind catcher hanging up, to info@transpennine trail.org.uk - we'd love to see your creation!

https://daisiesandpie.co.uk/kids-summer-crafts-make-a-wind-catcher/

Trans Pennine Trail

Let's make some..

Trail Mix

Help Ford the Fox mix a Trail snack to fuel your next outdoor adventure

You will need:

- 100g/3½oz dried banana chips
- 100g/3½oz raisins
- 75g/2⅔oz dried apricots
- 75g/2⅔oz whole (unblanched) almonds or hazelnuts
- 50g/1¾oz golden raisins
- 50g/1¾oz dried cranberries
- 50g/1¾oz red-skinned peanuts or unsalted pistachios
- 50g/1¾oz coconut chips
- 50g/1¾oz walnut or pecan halves
- Mixing bowl
- Air tight boxes or jars for storage

1. Tip the banana chips and raisins into a large mixing bowl.
2. Cut the apricots into halves or thirds and add to the bowl with the remaining ingredients. Mix to combine.
3. Serve or store in an air tight box or jar for 3–4 weeks.



Recipe tips
Add or swap in dried apple slices, pears, dried tropical fruit such as mango or papaya, dried strawberries, blueberries or cherries. Red-skinned peanuts or hazelnuts are also a good addition or substitution.



| Takes less than 30 mins | No cooking required | Makes about 6 portions |

Send us a picture of your snack, to info@transpenninetrail.org.uk – Ford the Fox would love to see your mix.

Trans Pennine Trail

Credit: https://www.bbc.co.uk/food/recipes/trail_mix_09526

Get busy with some...

Summer Challenges

Can you help Bob the Badger with these challenges?

Tick each one as you complete it

Find 5 different colours in nature

Spot five leaves, flowers, insects or stones in different colours.

Discover signs of wildlife

Look for footprints, feathers, nests or burrows– note what animal you think made them.

1 minute Sound Safari

Close your eyes and count how many different sounds you can hear (birds, wind, bikes, people).

Find 3 clouds that look like something interesting.

Lie down or look up and describe what shapes you can see in the clouds (e.g. animals, faces, objects). Tell someone what you spotted!

| allow 15 minutes per activity |

Become a Step-Count Explorer

Walk 100 steps and see what you discover along the way - what did you notice?

Measure a tree using your body!

Find a big tree and see how many arm-spans it takes to go around a tree and compare with your family.



Trans Pennine Trail

Let's get creative with some...

Colouring In



Cool facts about owls

- Owls can turn their heads 270 degrees! They can look behind themselves without moving their body. They do this because their eyes can't move in their sockets.
- Their hearing is incredible! Some owls can hear a mouse moving under a foot of snow. One ear is often higher than the other, which helps them pinpoint exactly where sounds come from.
- Owls fly almost silently! Special wing feathers muffle sound so they can sneak up on prey.
- Not all owls hoot! Different owls make different sounds. Some screech, some whistle, and some make barking sounds!

| 60 minute activity |

Once you've finished your work of art, take a photo and send it to us, at info@transpennine trail.org.uk we'd love to see your masterpiece.

Trans Pennine Trail

Can you solve the...

Word Search

Can you help Sophie Squirrel find all the words in the word search?

Look at the puzzle and cross off all the words as you find them!

G	J	A	K	F	B	D	S	W	J	G	S
P	I	C	N	I	C	R	I	F	D	S	U
S	E	C	G	W	E	L	V	A	L	R	N
T	T	V	H	L	D	O	N	X	Z	E	S
S	E	S	E	L	S	D	O	O	W	K	H
W	K	E	I	S	E	S	R	O	H	L	I
T	H	F	D	L	R	E	W	T	G	A	N
W	E	G	I	T	C	S	Y	I	X	W	E
F	P	O	W	U	C	Y	U	V	G	M	L
I	N	O	N	C	L	Q	C	L	D	A	G
Y	L	F	R	E	T	T	U	B	W	Z	H
S	Q	U	I	R	R	E	L	F	K	O	N



BUTTERFLY
CYCLISTS
DANDELION
HORSES
OWL
PICNIC
SQUIRREL
SUNSHINE
WALKERS
WHEELERS
WILDLIFE
WOODS

| 30 minute activity |

Send us a picture of your completed Word Search, to info@transpennine trail.org.uk and show us how many words you managed to find!

Trans Pennine Trail

Read all about Mandy Mole's...

TPT Adventure

Mini story 4: Family Fun on the Trails

One bright summer morning, Mandy Mole was walking along the Trans Pennine Trail when she heard laughter drifting through the trees. "That sounds like families having fun!" said Mandy Mole.

Soon, Hannah the Horse trotted up beside her, and Bob the Badger arrived with his camera hanging around his neck. "Let's see what everyone is enjoying today," said Bob the Badger.

The three friends set off along the Trail. Before long, they spotted a family enjoying a picnic beside the path. The children were playing games while their parents relaxed on a blanket.
"What a lovely place to spend time together," said Hannah the Horse.

Further along, they saw another family cycling. The children rang their bells happily while their grandparents rode behind them. "Ding-ding!" went the bells.

Bob the Badger quickly took a photograph. "Everyone looks so happy," he said.

As they continued, they passed families walking their dogs, grandparents sharing stories with their grandchildren, and young children searching for butterflies among the wildflowers.

Near a pond, Mandy Mole noticed a family watching ducks paddle across the water. "They're discovering nature together," she said.

At a nearby resting spot, another family was reading an information board about the history of the Trail. "They're learning something new as well," said Hannah the Horse.

Bob the Badger smiled. "The Trail is full of adventures. You can walk, wheel, cycle, ride, explore wildlife, learn about history, or simply spend time with the people you care about."

As the afternoon sun warmed the path, Mandy Mole looked around at all the smiling faces. "I think the best thing about the Trail is that it brings people together," she said.

Hannah the Horse nodded. "Every family enjoys it in their own way."



Bob the Badger took one final photograph of families laughing, exploring, and making memories. "Now that's a real treasure of the Trail," he said.

And as the three friends continued their adventure, they knew that some of the happiest moments on the Trans Pennine Trail were the ones shared with family and friends.

Help Mandy Mole to answer the questions about her adventure.

1. Who are the three main characters in the story?
2. What was the first family doing when Mandy Mole, Hannah the Horse, and Bob the Badger saw them?
3. What did Bob the Badger use to capture memories of the day?
4. What did Mandy Mole think was the best thing about the Trans Pennine Trail?
5. Name two activities that families were enjoying on the Trail.

Challenge Question: What do you think Bob the Badger meant when he said that families making memories was a "real treasure of the Trail"?

Trans Pennine Trail

Have you enjoyed doing the activities? Let us Know!

We'd love to hear your stories and see your photos! Please send them to us by email or tag us on social media!

When sending in pictures of family enjoying the activities, please confirm you are happy for us to use them in our marketing materials (such as on social media, leaflets and press releases)

Did you know that we can send you a digital certificate for completing the activities?

Interested? Get in touch!

Meet our TPT family



Mandy Mole – small but mighty, popping up with fresh summer surprises along the Trail.
Hannah the Horse – strong and graceful, enjoying brighter days and longer Trail adventures.
Bob the Badger – dependable and curious, ready to explore anew.
Rebecca Rabbit – quick and curious, bounding into summertime challenges.
Connor the Caterpillar – bright and cheerful, bringing a burst of colour and new beginnings.
Sophie Squirrel – lively and full of summertime energy, perfect for summertime puzzles.
Ford the Fox – clever and playful, leading the way with tasty recipes and nature trails.

Each Friend has been beautifully redesigned to bring colour, personality and fun to your activities. Together, they'll lead you through seasonal hunts, wildlife quizzes, and so much more.

Find out more and explore their other fun activities at: **https://www.transpennine trail.org.uk/children/**

We are proud to be a validated Learning Destination for Barnsley Children's University.

BARNSLEY children's UNIVERSITY

For children registered with the Barnsley Children's University, follow the instructions that appear at the bottom of some of the activity sheets to claim your credits.

For further details, email us at info@transpennine trail.org.uk

The **Trans Pennine Trail** is a special path that stretches all the way across the middle of England, coast to coast, from the Irish Sea in Southport to the North Sea in Hornsea! It's a giant adventure route where you can walk, cycle, ride horses, use a wheelchair or even push a buggy!

For more information, visit our website at: **https://www.transpennine trail.org.uk/**

Trans Pennine Trail

If you'd like to make a small donation to the Friends of the Trans Pennine Trail, please scan the QR code:

info@transpennine trail.org.uk
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