

# Active Discovery

Reconnecting Our Young People

Try as many as you can...discover new activities...  
let's be active and let's reconnect together!!



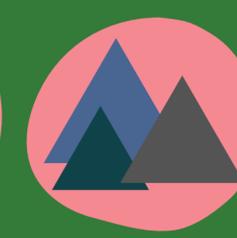
Explore your green areas to gain this badge



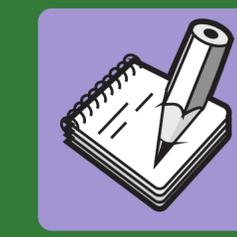
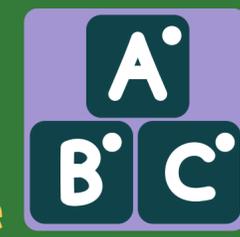
Explore your towns, cities and buildings for this badge



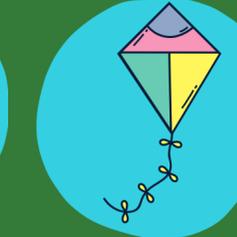
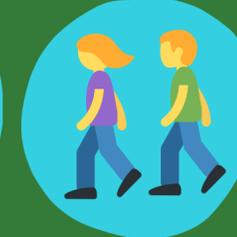
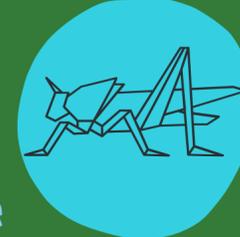
Explore your active side for this badge



Explore being helpful and sharing for this badge



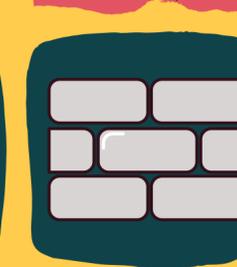
Explore by helping our planet for this badge



Explore your creativity for this badge



Explore new activities and challenge your skills for this badge



Check out our activity descriptions, they're great!!! Try one at a time or combine with others, you'll have a blast!!



Active Gloucestershire



# Active Discovery

## Reconnecting Our Young People

Try as many as you can...discover new activities...

let's be active and let's reconnect together!!



Explore your green areas to gain this badge

Search for animals and their prints, how many can you spot?

Listen in for sounds, what can you hear, from what, how many different sounds?

Find a rainbow, can you find items that are red, orange, yellow, green, blue, indigo & violet?

Whilst walking try to find at least 3 things you've not seen before

Bird watch, what can you see, what colours, breeds, sounds, sizes?

Make a dam, dip your toes in, spot wildlife, jump a puddle, explore water



Explore your towns, cities and buildings for this badge

How many numbers can you spot whilst you're out? Find the biggest number or find your age

Search for colours on your walks, what can you see? How many did you see?

Search for patterns on buildings, nature, vehicles, what can you see?

How many landmarks can you spot on your trips and walks?

Whilst out walking take notice of road signs, what do they mean? how different are they?

Wheels on wheels, get on your wheels to spot different types of vehicles and transport



Explore your active side for this badge

Hop, skip, jump, scuttle, leap and other moves when you're active

Try to complete 60 minutes of physical activity in one hit, c'mon you know you can

Penny hike, nominate left or right to heads and tails, flip the coin to determine your next move

Choose your favourite physical activity, can you do 30, 60, 90 mins? Go on you'll love it

Where's your biggest hill/ climb? let's get up there and enjoy the view

Obstacle walk, avoid cracks, leap puddles, climb trees, squeeze through gaps



Explore being helpful and sharing for this badge

Share spelling words of things you see..crow, wall, trees, church, caterpillar, whatever you see

Play a counting game..10 cars, 10 trees, 10 dogs, 10 benches, ten chimneys and more

How many waves and smiles can you get when you wave and smile at others? Brighten yours and others' day

Pen a note to family member, friend, teacher or neighbour and deliver the note, let's make a cheery gesture

Let's dig a plot or grab some pots and plant some seeds..either for food or flower

What do you see that's lovely or pleasing and what isn't? Share your thoughts with others



Explore by helping our planet for this badge

Using wood, branches, twigs, rocks, soil, leaves, create a bug hotel in your garden

Take pride in your community by combining a walk with a good tidy up, rid your area of waste

Pick some recyclable waste when out and help them be recycled

Replace a normal car journey with a walk. Is it to the shop, school, post box, town?

Feed the birds, build a bird feeder, pop it in your garden, local park or woodland

Can you make a kite out of plastic bags and try to fly on a windy day?



Explore your creativity for this badge

Walk around your neighbourhood or further afield, how many house names can you spot?

Photo scavenger hunt- photograph different items on the walk, set a theme or be free to capture

Spot the letters, can you see shapes in nature, structures or anything that looks like letters?

Can you make words, patterns, animals, mandalas with foliage when you're out and about?

How many different leaves can you find? Take photos of them, can you name the trees they're from or create art with them?

When on a walk etch your name or push a coin into a bark, or create directions with etching in trees



Explore new activities and challenge your skills for this badge

Start the clock, time your activity and see if you can be quicker when you repeat the activity

Find the longest/ shortest stick, big/small flower, tallest/ smallest fence, biggest and smallest stone and more

Direct yourself on your walk using a map, maybe create a tourist route for visitors too

Texture finder, how many can you find? Rough, smooth, spikey, bumpy, slippy, grippy

Activity diary, record when you're active, compare from week to week, can you explore more ways to be active?

Create a target, see how many times you can hit with different techniques in 30 secs, try to beat your score

It's time to explore, to discover, to connect, to share, to adventure, and be together. You can link activities together, which badge will you achieve first?