

Things to do in Waterlow Park (24 March 2020)

During the current health emergency, the advice on how to act in public has changed, and will probably change again, so **be sure to look at the latest government advice and follow it** before you try any of the activities suggested below.

Remember to keep your distance at two metres from other people. You can go out alone or in small family or household groups but keep your distance from other people. Bear in mind that the park is for everyone and different areas will suit different people more. Leave the Kitchen Garden, the Orchard and the Parterre for people who want peace and quiet, unless that is what you would like too.

Finally, please don't get so absorbed in what you're doing that you forget to watch out for other people.

- Take a picnic or but remember not to stay out too long. We will need to take turns using the park.
- Download one of our trails/guides/quizzes/scavenger hunts from www.waterlowpark.org.uk
- Play in the tree shelter which is near the 'carriage way', on the right going up to the Upper Pond.
- See how many times you can run around the tarmac. Watch out for other people and don't go too close.
- Time how long it takes to visit all 7 gates.
- Do a penny walk.
Toss a coin and the first person decides which direction to go. At the next intersection, toss it again and the next person decides which way to go and so on. Where did you start? Where did you end up?
- Make a souvenir.
Find a stick and wind sticky tape around it 'backwards', so you have a sticky stick. ;-). Find things to stick on it - feathers, leaves, petals and so on. Remember not to pick flowers or break things and be careful to avoid anything sharp or which may hurt you.
- Lie down on your back, somewhere clean and dry, close your eyes and listen for what you can hear.
- Set up an orienteering course.
You will need a compass and paper for instructions. At the starting point write how many paces you are going in which direction and leave it there. When you've walked that many paces; leave another piece of paper giving the direction and the number of paces and so on. The person who follows the trail, should pick up the instruction papers as they go.
- Take a photo, draw a picture, write a poem, write some music, make up a song, or write a story about the park. Hopefully we will be able to gather them all together one day and they will serve as positive memories of Waterlow Park in 2020.

Let us know of any more good ideas we can add to the list