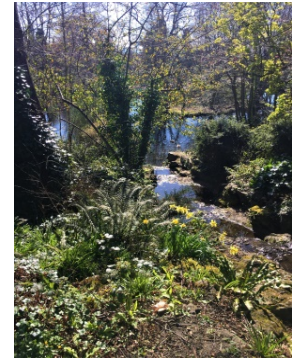


## Things to do in Waterlow Park 14th April (2020)



**This advice keeps changing, and will probably change again, so be sure to look at the latest government and Camden advice and follow it.**

Remember to keep your two metre distance. You can go out in small family groups but keep your distance from other people. At the moment the park is for your once a day exercise outing. These ideas can help to make the time more interesting.

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

- Measure 2 metres. How many things can you find that are 2 metres long?
- Download one of our trails/ guides/ quizzes/scavenger hunts at [www.waterlowpark.org.uk](http://www.waterlowpark.org.uk) Click Activities, under Play Areas click publications/things to do.
- Play in the tree shelter, near the 'carriage way', on the right, going up to the Upper Pond.
- Follow the trail around the Upper Pond. Have you seen the large terrapin?
- How many times can you run round the tarmac? Watch out for others: don't go too close.
- Time how long it takes to visit all seven gates.
- Do a Penny Walk:- Toss a coin; the first person decides which way to go. At the next intersection, toss it again; the next person decides which way to go ..... and so on. Where did you start? Where did you end up? Can you find the route on the map?
- 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.
- Set up an Orienteering Course for your family. You 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. Whoever 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, write a story about the park. Hopefully we will be able to gather them all together one day and it will be a positive memory of Waterlow Park in 2020.

Let us know of any more good ideas we can add to the list. [www.waterlowpark.org.uk](http://www.waterlowpark.org.uk)

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