



The countryside charity
Lancashire, Liverpool City Region
and Greater Manchester



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EDIBLE
KNOWSLEY



CPRE Countryside Challenge



Complete the challenges in this booklet to become a countryside champion and earn your certificate!

Challenge 1: use your senses

Our senses help us to explore the world we live in, and to experience the world more fully. When we concentrate on each of our senses in turn, we can become more aware of our environment and notice things that we might have missed. We will focus on the senses in every session.

Senses in your green space:



Look around and describe something that you can see. What colour is it? What shape? How big or small? Is it moving or staying still?



Close your eyes and **listen**. What sounds are you aware of? What is producing them? Are they loud or soft? Are they close or far away?



Open your eyes, reach out and **touch** something in your environment. How does it feel? Smooth or rough? Warm or cold? Soft or hard?



Take in a deep breath through your nose and think about what you can **smell**. Is it a good smell or not? Where is the smell coming from?



Our final sense is **taste** - never taste anything you find in your environment unless a responsible adult says it is ok!

Visit our website for supporting resources:

<https://tinyurl.com/CPRE-countryside-challenge>



SCAN ME



Challenge 2: Exploring my local greenspace

A greenspace is an area of grass, trees or other plants set aside for people to use or for nature. Do you have a greenspace near to home that you like to visit? Perhaps to play sports, watch nature, have a picnic, or just to enjoy being outside.

How far is your nearest green space from your front door? Next time you go, count how many steps it takes. If you measure the length of your normal step, you will be able to work out the distance. It can be hard to keep count, so you might want to do it with someone else to help!

My green space is steps from my home.

My green space is called

My top three activities to do there are:

1.....

2.....

3.....

Use the back of your extension sheet to draw a map showing your local green spaces, school, and home, and bring it to the next session.

What's that noise?

Next time you're in your local greenspace, or out in the countryside with an adult, take two minutes to close your eyes, keep silent, and listen to the sounds that you can hear all around you. See how many you can identify - are the loudest sounds from nature or man-made? Make a list of all the things you have heard, and see if you can describe some of the sounds.

Tranquillity (when a place is peaceful and calm) is one of the qualities that makes the countryside different from the town, but sometimes both domestic and wild animals can also make a lot of noise!

Try to repeat this activity in different places so you can compare the different sounds you hear.

Green spaces near our homes make the environment better by cleaning the air and helping people to feel more relaxed. They are also places for people to exercise, play and enjoy themselves. Lots of different creatures and plants also make their homes near to us, in parks and gardens as well as the countryside. How many different ones can you spot?

If you have access to a mobile phone, you could use the Seek app to identify and find out more about what you have seen! This is also a great way to find out more about the plants, insects, birds and animals you see. You just have to point the camera at the plant or creature, and it will tell you what it is. Download at https://www.inaturalist.org/pages/seek_app

I visited my local green space on / /

Tick any of the following that you spotted:

Tree		Flower		Grass	
Insect		Spider		Worm	
Butterfly		Bird		Squirrel	
Snail		Bee		Hedgerow	

Think about using your senses to describe one of the things that you saw. How did it look, sound, or smell?

- Remember: Stay Safe! Always be aware of your surroundings.
- Don't eat anything you find in the wild, unless an adult says it's ok!
- Respect, and don't touch other living things. Some plants or insects can sting.

Use the extension sheet to write more about what you spotted, or to draw a picture of some of the things you saw in your trip to your green space.

This week: if you have an old yoghurt pot or loo roll at home, and a plastic bottle used for milk or water, clean it, save it and bring it to the next session!



Challenge 3: cutting down on waste

If you want to help the planet, the first thing to do is to cut down on waste by always being guided by the phrase ‘reduce, reuse, recycle’. The problem of waste (including litter) is one of the biggest issues facing the world today, and making single-use disposable items also damages the planet by using resources wastefully.

How can I help?

- the first thing to do is to think, when you’re buying something, do I really need it?
- if you do, you could then think, could I buy it secondhand? and if not, could I buy something that I can use again and again (eg. a reusable bottle instead of single use bottles of drinks)
- if you are buying something like food which has to be packaged, then think about the kind of packaging - can it be recycled? If so, make sure you recycle it!

Litter pollutes the planet and causes lots of problems for wildlife, so always put your rubbish in a bin, or take it home with you if there is no bin.



Reuse challenge: reuse household recycling to grow plants!

1. Find a container that would be a good size to grow seedlings. Maybe a yoghurt pot, or spread carton. Or if you have an old coffee or jam jar, this could be used as a seed sprouter.
2. Find an old milk or water bottle.
3. Fill your container with compost, and plant a seed.
4. Prepare your watering bottle by using a push-pin to poke holes in the lid - always be careful with sharp things and ask an adult to help!
5. Check your plant twice a day, and if the compost has started to dry out, give it some water from your watering bottle, but make sure you don’t drown it!

If you’d like to do more to help, why not see if there is a local litter picking group in your area? It’s a fun way to get involved and make a difference.



Starry Sky Challenge!

Dark skies are one of the things that also make the countryside different from the town. Light pollution can make it hard to sleep and also has a damaging effect on birds and insects.

How can I help?

Always make sure that you **switch off lights that are not being used**. That will save energy as well as reducing light pollution!

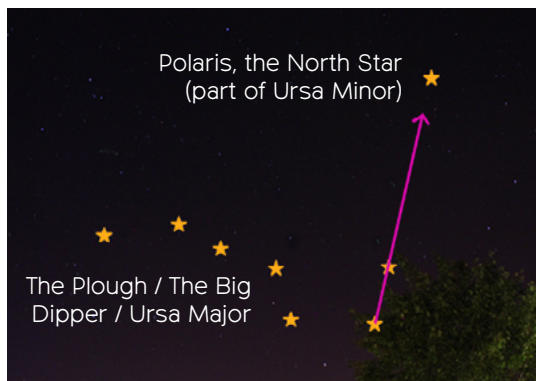
Download CPRE's Dark Skies activity pack to find out more about light pollution and the night sky:

<https://www.cpre.org.uk/resources/star-count-2021-family-activity-pack/>

Find your way using the stars!

Did you know that you can always tell which direction is north at night, using Polaris, the North Star? First of all, look for the constellation called The Great Bear (also known as The Plough or The Big Dipper). It looks a bit like a large pan. It is one of the **circumpolar constellations** which means you can see it in the night sky all the year round. Follow the shape of the constellation round from the end of the handle to the last two stars, and then imagine a straight line going up from there. The next bright star you will see is Polaris, the North Star, which will always show you which way is North!

Find out more about what you can see in the night sky using the free SkyView Lite app, if you have a mobile phone. Visit our website to find out more (link on front cover!)



Challenge 4: Investigate local and seasonal food

How far has your food travelled before it reaches your plate?

All plants grow best in a particular **climate**. Some crops, like potatoes, carrots, lettuces, strawberries or apples, grow really well here in the UK. Others, like bananas or oranges, need much warmer weather, so they will have travelled many more **food miles** before they reach your plate.

Fruit and vegetables are also harvested at different times of the year - which is why if you see strawberries in the supermarket in the middle of winter, they will have been grown abroad - so if you want to reduce the **carbon footprint** of your diet, you need to think about **local, seasonal food**.

What's in season when in the UK? Tick the ones you've tried!

Autumn Term:

- ☐ courgette
- ☐ blackberries
- ☐ apples
- ☐ sweetcorn
- ☐ runner beans
- ☐ potatoes
- ☐ red/white cabbage
- ☐ brussels sprouts

Spring Term:

- ☐ carrots
- ☐ kale
- ☐ leeks
- ☐ savoy cabbage
- ☐ spring cabbage
- ☐ cauliflower

Summer Term:

- ☐ strawberries
- ☐ raspberries
- ☐ cherries
- ☐ plums
- ☐ lettuce
- ☐ cucumber
- ☐ peas
- ☐ broad beans

Leafy salad crops can be grown at home on the windowsill all the year around. Use the extension sheet to follow the instructions to look after your lettuce seedling at home, and perhaps you could use the list of seasonal foods above to come up with a seasonal salad recipe to enjoy your home grown lettuce! If you've taken any photos of your lettuce plants growing, or any other food plants you've grown at home, you could send them to us at info@cprelancashire.org.uk and we will add them to our gallery!





If you have some fruit or vegetables at home, have a look at the labels to see where they were grown, then use the internet to find out the distance they have travelled to reach your plate, and fill in the information in the table below, as the example in the first line.

Name of food	Country of origin	Distance in miles
eg. Apples	New Zealand	11,427

After you complete the food miles table above, find out if any of the foods that have travelled from other countries can also be grown in the UK. If you have some space at home, you could try growing other plants. **Courgettes** and **cucumbers** are quite easy to grow in pots or growbags - you just need to remember to water them when the compost dries out. **Beans** are another crop that grows really quickly and the plants can thrive in a big plant pot.

If you prefer colourful plants, you could grow some **nasturtiums** like in the photo - all parts of this plant including the seeds and the flowers are edible!

You can also try **sprouting lentils** or **alfalfa** in a coffee jar for a quick and easy salad snack. But always make sure that an adult says it's safe before eating anything that you have grown at home.



Challenge 5: travelling sustainably

How do you get to school/college?

There are lots of different ways to get to school or college. Some people walk, some people ride bikes or scooters, or take the bus, or get a lift in the car. There are positive and negative things about all of these methods, both for your health and for the planet, but can you think of any?

Fill in your answers in the table below. We've given you an example on the first row.

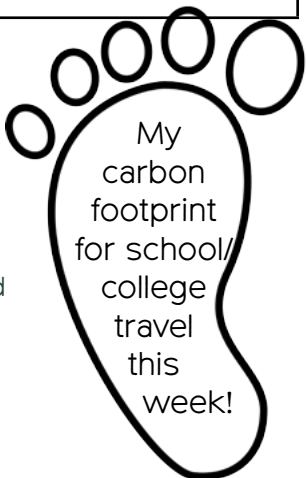
Type of transport	positives	negatives
scooter	it's fun, it gives me chance to exercise	I sometimes get wet when it rains

This week, fill in one of the toes every day depending how you get to school/college!

If you walk, ride a bike, take a scooter or travel in a wheelchair, colour in the toe in green. You are helping the planet, and you are keeping fit!

If you walk some of the way and get a lift some of the way, or take the bus, colour the toe in orange. Public transport is a great way to get to places and has less of an impact than using the car.

If you drive to school, colour the toe in red. Driving is very convenient and for some people it's the only way they can get around, but it isn't as sustainable as some other forms of transport.



How much space do we need for different types of transport?

Next time you're out and about, think about the amount of space that each method of transport takes up, compared with how many it can transport.

For example, a bus takes up a lot of space on the road, but it can carry a lot of passengers.

Bicycles can only carry one person, but they take up a very small amount of space, and don't produce any kinds of pollution.

Do a traffic survey

Watch traffic going by for half an hour, and note down how many of the following you see by keeping a tally of your results in the table below.

type	how many? tally	total
bus		
lorry		
taxi		
pedestrian		
cyclist		
scooter		
car		

What is your favourite way to get around, and why?



Challenge 6: Survey a hedgerow!

Hedgerows are like a road network for wildlife, giving birds, bugs and animals shelter to move safely from place to place. Tick the box if you spot any of the plants below – you'll find more on our website!



☐ I've spotted hawthorn



☐ I've spotted holly!



☐ I've spotted brambles!



☐ I've spotted field maple!



☐ I've spotted blackthorn!



☐ I've spotted elder!



☐ I've spotted hazel!



☐ I've spotted ivy!



How old is your hedgerow?

If you want to find out how old a hedgerow might be, you can use Hooper's Law. Find an easy to recognise landmark in your hedgerow, and then pace out 40 steps (30 metres) and stop! Turn round, and on the way back to your starting point, count how many different species (different types) of trees and bushes you can see. Multiply that by 100 and that might be about the age of the hedgerow. So if you count 3 different types of plant, it could be 300 years old!

My hedgerow survey

Date: _____

Hedgerow location: _____

I counted ____ species of trees and shrubs.

Multiply the number of species by 100 to get the approx age of the hedgerow

The hedgerow was approximately _____ years old

The hedgerow was about ____ metres tall and ____ metres wide

Had it been cut? Yes/No Had it been laid*? Yes/No

Were there any gaps? Yes/No

Did you see any other plants/insects/animals when you were surveying your hedge? If yes, list them below.

Use the extension sheet to write more about the hedgerow that you surveyed!

* Find out more about hedgerow management on the Countryside Challenge web page: <https://tinyurl.com/CPRE-countryside-challenge>

What else lives in a hedgerow?

There are lots of other hedgerow plants that you can spot. If you can use a mobile phone, why not try the Seek app to help you to identify the other plants, bugs, birds and animals that live in the hedgerow? www.inaturalist.org/pages/seek_app

Did you know? - Hedgerows Facts

- England's oldest known hedgerow is Judith's Hedge, in Cambridgeshire, which is over 900 years old!
- Catkins get their name from an old Dutch word for kitten, because they look like tiny cats' tails!

Always follow the Countryside Code

Respect everyone

- be considerate to everyone who lives in, works in, or is enjoying the countryside
- leave gates and property as you find them
- do not block gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths

Protect the environment

- take your litter home – leave no trace of your visit
- take care with BBQs and never light fires
- always keep dogs under control and in sight
- dog poo – bag it and bin it
- care for nature – do not cause damage or disturbance

Enjoy the outdoors

- check your route and local conditions
- plan your adventure – know what to expect and what you can do
- enjoy your visit, have fun, make a memory

