



## Rivers & Waterways

In this activity we want you to enjoy being outdoors close to rivers or canals and explore these natural / manmade environments.

Take your pick from the list of suggested ideas, which may have come from existing resources (e.g. Roundabouts / Handbooks / Badges / GFIs / Octants and other Girlguiding publications or choose your own activity).

You can gain your badge by challenging yourself to do something new and participating in activities involving being outdoors near rivers and waterways.

### All Age Activity ideas

- > Adopt a section of a river or canal and visit it in each season. How does it change from season to season?
- > Do a sponsored walk along a towpath and donate what you raise to Water Aid
- > Take a ride along a river or canal on a pleasure boat and enjoy the tranquillity of the trip
- > Visit a mill that uses water power

### Rainbow ideas

- > Go on a boat ride and enjoy the sun, wind and movement
- > Choose a safe space to play Pooh Sticks
- > Find a leaf that floats and see which Rainbows leaf travels the furthest
- > Have fun seeing what you can find in a net



## Brownies

### Brownie ideas

- > Find a picnic spot along a river course or canal towpath and explore the area once you have eaten
- > Look for water birds, take photos of them and make your own identification book for others to use
- > Build a small raft, place a night light on it and sail it along a stream
- > Go river dipping and identify the insects that you find
- > Make a water biosphere

### Links /Extensions

#### Badges:

Wildlife Explorer

Water Safety

## Guides

### Guide ideas

- > Take part in a residential on a narrow boat
- > Go and watch the University Boat Race. Which blue will you support?
- > Take part in a canal conservation day
- > Visit an area where there are residential boats/barges and see how people have adapted to living on the water
- > Look at the patterns and pictures painted on narrow boats and then design your own. Then transfer your design to an old jug/dish/wooden spoon
- > Make a shadoof to lift water from the river
- > Learn and demonstrate on a riverbank how to throw a lifeline safely
- > Find a suitable place, build a raft and race another Patrol
- > Find out the difference between a frog and a toad and hunt them out
- > Go river dipping and identify the animals that you find
- > Filter river water
- > Skim a stone, see who can get the furthest and most skips

### Links /Extensions

#### Badges:

Water safety

#### GFI:

Camp Out

Animal Active

With a Splash

### The Senior Section ideas

- > Using expert help, try your hand at fishing. Clean, gut, and cook your fish. Enjoy!
- > Go and watch the University Boat Race and then try rowing in an eight
- > Take part in a canal conservation day
- > Devise an identification chart of the creatures which can be found in your local river or canal and offer it to another group to use
- > Undertake a litter pick along a stretch of your local towpath
- > Join a local fishing club

## The Senior Section



## Websites

### How to / Activities

- > [makezine.com/2007/08/10/make-labs-biosphere-more/](http://makezine.com/2007/08/10/make-labs-biosphere-more/)
- > [www.pooh-sticks.com/](http://www.pooh-sticks.com/)
- > [www.just-pooh.com/poohsticks.html](http://www.just-pooh.com/poohsticks.html)
- > [www.theenchanted100acrewoods.50megs.com/poohsticks.htm](http://www.theenchanted100acrewoods.50megs.com/poohsticks.htm)
- > [www.naturedetectives.org.uk/packs/water\\_pack.htm](http://www.naturedetectives.org.uk/packs/water_pack.htm)
- > [www.wildlifewatch.org.uk/Activity-Sheets](http://www.wildlifewatch.org.uk/Activity-Sheets)
- > [www.theboyandme.co.uk/2013/08/05/how-to-make-a-stick-raft-43/](http://www.theboyandme.co.uk/2013/08/05/how-to-make-a-stick-raft-43/)
- > [yellowfieldscamping.co.uk/2012/05/20/penknife-and-string-no1-the-mini-raft/](http://yellowfieldscamping.co.uk/2012/05/20/penknife-and-string-no1-the-mini-raft/)
- > [www.canaljunction.com/narrowboat/art.htm](http://www.canaljunction.com/narrowboat/art.htm)
- > [www.canalmuseum.org.uk/education/teacher/keystage2-activities.htm](http://www.canalmuseum.org.uk/education/teacher/keystage2-activities.htm)
- > [educade.org/lesson\\_plans/ancient-egypt-and-the-shaduf](http://educade.org/lesson_plans/ancient-egypt-and-the-shaduf)
- > [www.canoekayak.co.uk/Articles/How-to-use-a-throw-line---canoe-and-kayak-rescue-techniques/\\_ft337\\_tp34\\_cat9](http://www.canoekayak.co.uk/Articles/How-to-use-a-throw-line---canoe-and-kayak-rescue-techniques/_ft337_tp34_cat9)
- > [www.wikihow.com/Skip-Rocks](http://www.wikihow.com/Skip-Rocks)
- > [www.nationaltrust.org.uk/article-1356393409859/](http://www.nationaltrust.org.uk/article-1356393409859/)
- > [www.brighton-fish-sales.co.uk/how-to/clean-and-gut-a-fish/](http://www.brighton-fish-sales.co.uk/how-to/clean-and-gut-a-fish/)
- > [www.ardmoor.co.uk/blog/2012/june/how-to-gut-a-fish](http://www.ardmoor.co.uk/blog/2012/june/how-to-gut-a-fish)

### Information Websites

- > [www.hertswildlifetrust.org.uk/wildlife/habitats/rivers-and-streams](http://www.hertswildlifetrust.org.uk/wildlife/habitats/rivers-and-streams)
- > <https://canalrivertrust.org.uk/canals-and-rivers>
- > [en.wikipedia.org/wiki/List\\_of\\_watermills\\_in\\_the\\_United\\_Kingdom](http://en.wikipedia.org/wiki/List_of_watermills_in_the_United_Kingdom)
- > [www.nationalmillsweekend.co.uk/watermills.htm](http://www.nationalmillsweekend.co.uk/watermills.htm)
- > [www.wateraid.org/uk](http://www.wateraid.org/uk)
- > [www.pooh-country.co.uk/ep\\_poohsticksbridge.php](http://www.pooh-country.co.uk/ep_poohsticksbridge.php)
- > [www.rbkc.gov.uk/pdf/pond\\_pack\\_2010.pdf](http://www.rbkc.gov.uk/pdf/pond_pack_2010.pdf)
- > [www.opalexplornature.org/identification](http://www.opalexplornature.org/identification)
- > [www.rospace.com/leisure-safety/water/advice/pond-dipping/](http://www.rospace.com/leisure-safety/water/advice/pond-dipping/)
- > [https://en.wikipedia.org/wiki/National\\_Community\\_Boats\\_Association](https://en.wikipedia.org/wiki/National_Community_Boats_Association)
- > [https://en.wikipedia.org/wiki/The\\_Boat\\_Race](https://en.wikipedia.org/wiki/The_Boat_Race)
- > <https://canalrivertrust.org.uk/news-and-views/features/canal-folk-art>
- > [www.canalmuseum.org.uk/](http://www.canalmuseum.org.uk/)
- > <https://canalrivertrust.org.uk/explorers/teachers>
- > <https://canalrivertrust.org.uk/explorers/resources>
- > [www.anglingtrust.net/fl/mapping/map.asp](http://www.anglingtrust.net/fl/mapping/map.asp)

Let us know what you've been up to on the **Growing Up Wild** website!

