

Explore a Garden or Park

Here are some ideas of how you can use the beautiful outdoors in a fun and safe way. Please ensure you have read the [Introduction to Norfolk Summer Outdoors](#) for some important safety tips to help you along your way.

We have made this guide interactive so please click on the blue underlined section to follow the website links.



Give back (and care)

- Look at ways you can improve your garden for wildlife
- Aid Nature research by feeding back to the [RSPB surveys site](#) about plants and creatures you see in your area
- Help an older person enjoy the outside
- Have a garden sale with proceeds going to charity
- Make afternoon tea for someone you care about – it could be a family member, friend or one of your toys
- Clean or fix another person's bike



Take notice of nature

- Spot some [bees](#)
- Listen carefully to the sounds of nature
- Are there flowers or blooms to smell?
- *Safely* lay on the floor and watch for flying creatures and [fun clouds](#)



Connect with others

- Play frisbee or [garden games](#) with friends and family
- Do the [gardening together](#) (or research and ask others about local volunteer gardening projects/group)
- Paint a picture of your garden or park and share it with the Lands Trust's [#WLTBiggerpicture project](#)



Be active in the outdoors

- Grow a [wild patch](#) or make a [raised bed](#)
- Make an [insect hotel](#), [bee hotel](#), [wormery](#), [home for a hedgehog](#) or a [bird feeder](#)
- [Build a den](#) - could be from an old sheet or tarp, maybe you could [sleep out in your den?](#)
- Develop your [PE skills](#)
- Clean (and perhaps oil) your bike
- Visit a [National Trust property](#) or visit [Holkham Park](#)
- Plant some seeds. Grow carrot tops or cress indoors. Grow radishes or salad leaves outside
- Visit a [Norfolk park or playground](#) you have not previously visited
- Make an [animal footprint trap](#), [moth trap](#) or a [minibeast pitfall trap](#) to record night time visitors in your garden



Keep learning

- Learn about the wonderful work done by [earthworms and Charles Darwin](#)
- Learn about the types of birds in your garden by using this [bird spotting guide](#)
- Search for [mini beasts](#) to find out what lives in your garden
- Learn to [fix a bike](#)

For further resources please see;

- Norwich [parks, gardens and open spaces](#)
- South Norfolk [play areas and open spaces](#)
- West Norfolk [play areas](#)

Garden activities

- [BBC Gardening with Children](#), [National Trust](#), [Kids Gardening](#), [GrowingFamily.co.uk](#), [WonderAdventures.co.uk](#), [Royal Horticultural Society](#),