

Little Stream or Running Water

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.



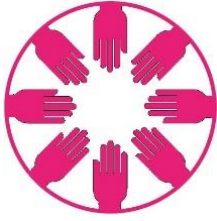
Give back (and care)

- Find out how to take care for [freshwater habitats](#). Why is it [important](#) we look after them?
- Ensure everyone stays [water safe](#) near deeper water
- Safely collect litter to leave the area cleaner
- How to be a [water hero](#)
- Make a picnic to eat by the stream



Take notice of nature

- Listen to the [sound](#) of the water
- Spot a [Damselfly or Dragonfly](#), [Whirligig Beetle](#), fish or [other creatures](#)
- *Safely* feel the cold water.
- Smell [water mint](#) (Don't eat it unless you've washed and cooked it).
- Notice [plants](#) that grow in and around the water



Connect with others

- Visit a stream/river with family and friends.
- Take photos to remember the day – share with family or friends who cannot be there
- Create a group poem or [story](#) about the stream/river.



Be active in the outdoors

- Research online and ask others about suitable streams and running water in your area that public can visit.
- Look at the water, do the [waterside safety challenge](#)
- Drop leaves/twigs in and different places. Where do they go? Where do they slow down and speed up?
- Play with water in your garden. Make a mini stream or pour some water into some guttering.
- Take a [walk along a waterway](#) to see how it changes.
- *Safely* look for [creatures](#) under a rock
- Photo the birds and plants
- Play [pooh-sticks](#).
- Make a [mini boat or raft](#) to float down the stream
- *Safely* make a mini dam with sticks or stones.



Keep learning

- Discover the differences between [flushes](#), [ditches](#), [streams](#) and [rivers](#). Can you visit examples of each?
- Learn in detail about [rivers](#).
- What is the [Water Cycle](#)? How does this link with weather?
- Find out about the [creatures](#) living in freshwater streams. How can we care for them?
- Learn about Norfolk Chalk Streams (Listen to [The Wensum Story](#) – narrated by Stephen Fry)

For further resources please see;

- Check out [Norfolk Rivers Trust](#) map to discover more places to visit
- River [activity sheets](#)
- Understanding [river pollution](#) and WWF [Protecting freshwater environments](#)
- Learn about [canals](#) and builds your own canal or river from [Lego](#)
- [Canal and river activities](#) and [games](#) to do at home