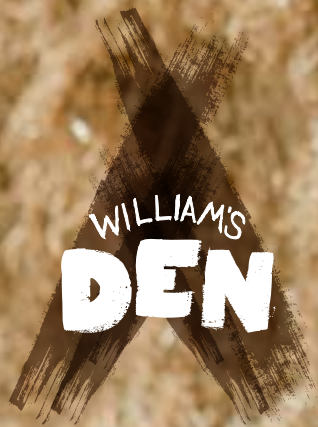




# THE WILLIAM'S DEN GUIDE TO ADVENTURES



# Hello :)

**WHETHER YOU'RE PLANNING AN AMAZING DAY OUT, A KID'S PARTY, SOME ADVENTUROUS DEN BUILDING, OR A CAMPING ADVENTURE. OR SIMPLY WANT TO GIVE YOUR FAMILY SOME FRESH AIR AND A FUN DAY OUTDOORS. WE'VE PUT TOGETHER SOME OF OUR LITTLE VISITORS' FAVOURITE GAMES AND TOP TIPS TO HELP YOU GET THE BEST OUT OF YOUR DAY AT WILLIAM'S DEN.**

**THESE ACTIVITIES ARE NOT ONLY INSPIRED BY ALL THE FUN THAT TAKES PLACE AT WILLIAM'S DEN, THEY'RE ADAPTABLE SO THAT EVERY CHILD CAN JOIN IN THE FUN – ALL KID-TESTED!**





Kids are in awe the moment they arrive!

# GETTING THE BEST OUT OF YOUR DAY AT WILLIAM'S DEN

You'll want to be prepared for a day of fun and adventure at William's Den. Our play areas are the stuff that kids only dream of! Huge trees to climb, massive rock & wood stack climbing, tunnels, swings, water, sand the list goes on...

First, make sure you have all the right gear for the day ahead. It's worth checking the weather forecast and it can get muddy and messy so here are our top tips!

## WHAT TO WEAR?

1. Bring spare clothes for the kids and don't wear your best gear!
2. There's loads of climbing and crawling so always think about robust clothes and ones without lots of dangly bits.
3. Lots of wet wipes are good for cleaning muddy hands.
4. Wellies are great for rainy days, coats & gloves, plus hats & sun cream for sunny days.

## WHAT TO BRING?

Leave your techy stuff at home as William's Den is all about switching off - literally! Getting amongst nature, climbing, playing, and having fun together. Kids will get tired out and grown-ups will get worn out too!

You'll need plenty of energy to join in with the kids so take advantage of the amazing home-cooked food on offer. You may want to bring a mid-morning snack for the kids and some water to keep hydrated as all this playing means plenty of refuelling.

There's a secret woodland to explore plus huge hay bales to jump all over. Kids tell us that our den building stuff is awesome!

We've also made the great outdoors come alive inside too with a huge custom-made climbing experience built inside a ginormous play barn!



# MOUNTAINS & MOLEHILLS

This is a great area to hide and have lots of fun, balance on log beams or crawl beneath the hills! Be sure to have good footwear on for this game too! This also helps kids build movement skills and improves balance.

## **CATCH THE MOLEY:**

The idea of the game is a bit like Tag with a difference - One person is the Farmer. (It's good if you can use something like a hat for the Farmer to wear) the others in the group are the Moles.

The idea is for the Farmer to catch as many Moles as he can by Tagging them before they hide in a tunnel. Once a Mole enters a tunnel the Farmer is not allowed to tag them.

If a person (Mole) is tagged, then they must sit out at the side until the other Moles are caught. To start the game the Farmer counts to 20 and the Moles hide nearby. The Farmer then shouts, "I'm coming to catch you Moley's".

Then the Moles must try and get into their tunnels before getting Tagged by the Farmer, once Tagged the Moles become Farmers and join in with the chase for the other Moles! The winner is the last Mole left to get to the tunnel without being caught out.

## **MOUNTAIN RUNNER:**

This is a game of balancing and competition! This is a bit like the zip wire time trials where you'll need a watch or smartphone to time yourselves.

Someone must be the timekeeper and records the time each person takes to run the gauntlet of the mountains and molehills.

Each person takes a turn at running the obstacle course - but first, you need to mark out your route using small sticks for arrows (these can be collected in the Woodland beforehand) or simply just remember the route.

It's a good idea to do a few test-runs of the obstacle course you make before you do the real game; you can run over the logs and crawl through the tunnels, the choice is yours. The winner is the person with the best time to complete the course, so it works best if you do this one by one.



# KING OF THE ROCK STACK

How to play: **ROCK STACK TAG!**

This involves trying to reach the top of the Rock Stack to conquer the Rock Tower.

It works like normal tag, but you have to climb to the top of the Rock Stack without being tagged.

One person is the Chief Tagger (The Keeper of the Rocks) and the rest aim to reach the top of the Rock Stack without getting tagged!

If you get tagged before you reach the top rock, you'll need to continue to be chased by the Rock Keeper (tag person)!

Once you tag a new person - they become the Rock Keeper and the game starts again.

The person who gets to the top of the Rock Stack without being tagged is the Winner!



# ZIP WIRE CHALLENGES

Play this game in pairs or teams – and be prepared to go fast!

## 1ST CHALLENGE – ZIP RACE TIME TRIALS

How to play:

We love to see how far we can get on the zip wires and race each other! See who can go the furthest while racing against the clock.

One of our favourite games is Zip Wire Time Trials - where you see who can reach the end of the zip wire in the fastest time! All you need is a smartphone to time each ride and you're away!

## 2ND CHALLENGE – FURTHEST FLYER!

This is about who can travel the longest distance (without being pushed!) Just grab a stick to mark your spot that you reach and measure yourself against the rest of your gang - simple but lots of fun!

## 3RD CHALLENGE – ZIP BUCKET DROP!

For this game you'll need to ask at the Welcome Desk for a bucket and balls - the idea is to get the ball into the bucket mid-flight on the zip wires!

Place a bucket on the ground ahead of the zip wire in the direction that the players will travel, when the player is in mid-flight - the aim of the game is to get the ball into one of the buckets while zipping along! How cool!



# BRING THE OUTSIDE IN!

## THE INSIDE DEN IS THE BEST PLACE EVER TO PLAY HIDE & SEEK.

1. The seeker must close their eyes and ideally should face a wall away from the other players. (A great place in the Inside Den is by the big tree or in a corner of the Den).
2. While the seeker counts (you can choose how long you count for) usually 30 seconds is a good number and gives time for others to find good hiding places in the Den.
3. The other players look for cool hiding places and once they are positioned in their great hiding spot, they cannot move.
4. The seeker finishes counting, and the hiding players stay as quiet as possible until they are found.
5. Or if they want to be brave – they can try and make it back to base (where the seeker started from before they are caught).
6. The last player to be found becomes the new “seeker” and the game begins again.



# LET'S MAKE A MESS

## SAND & WATER PLAY

Kids love playing in the sand especially when there is water at hand to make castles and all sorts of creations! Not only does sand and water play provide kids with endless hours of digging and splashing fun, but it enhances their learning and development in key areas improving their social skills, language, motor skills, and cognitive ability.

Sand and water play expands kids' creativity and imagination stimulates their senses and introduces them to new textures and concepts that help them make sense of the world around them.

### What you need:

Bucket and spade! (These can also be purchased at the Welcome Desk).

Kids love to make sandcastles so don't forget to bring some sand toys when you visit.

A top game is to make a huge mote around a castle - at the bottom of the outdoor sandpit area is ideal, dugout at the end of the water pump area where the water flows naturally over the sand.

Hours of fun can be had digging and making patterns with the water and sand.

## SAND HOPSCOTCH

Bring the popular hopping game to the outdoor sandpit area!

1. Using a stick, draw a square grid on the sand don't forget your shoes.
2. Throw a small stone, twig, beanbag, or another marker into the first square. (If it lands on a line, or outside the square, you lose your turn.
3. Pass the marker to the next person and wait for your next turn).
4. Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on.
5. At the next square jump with both feet.
6. At the last square, hop with both feet, turn around, and head back toward the start.





# MUD KITCHEN IMAGINARY FUN

## MUD GLORIOUS MUD!

Mud play is fun! Making mud pies has been a kid's favourite game for many years. There's also a scientific benefit to mud- it's meant to calm and relax you, which is why some people pay for mud baths.

Mud kitchens are also great for fine motor skill development – all that mixing, and measuring is great to develop this. But ultimately, we shouldn't focus on learning too much – mud play should be spontaneous and enjoyable!

## MAKE A MUD KITCHEN CAFÉ

You can use your imagination and some paper cups and some bits from our mud kitchen to play café!

## SET UP AN OUTDOOR SHOP

Use one of the nearby bench tables to make a shop and why not make some mud pies to sell. Price them up and make some pebble currency and you're ready to go!

## MAKE HERBAL TEA

A firm favourite for our little visitors is to collect petals and herbs that are growing in the play bale meadow and infuse them with water from the nearby hand pump to make pretend nature tea. (Not for drinking though!)

## MUD PIE CAKES

Kids will delight in being given the chance to make a spectacular Mud Pie Cake!

## MUD PIE RECIPES

We are always on the lookout for new recipes so please ask the Welcome Desk for some paper and a pencil so that you can leave us your best recipe creations. Or share them on Facebook for us to see.



# DEN BUILDING AT IT'S BEST!

*Making your own Den is the ultimate fun!*

## **What you need:**

Den Sticks / Suitable Frame / Leaves or a Covering

1. Select a suitable area in the woodland between trees or at the specially made Den Building area.
  2. If you're using the wild branches in the woodland - check for any loose branches – you don't want them falling off into your den.
  3. Start stacking the branches against the den frame or tree.
- Tip: watch out for sharp edges or nobbles that may be sticking out. And be extra careful when moving the branches and sticks making sure you have enough room to manoeuvre, and no one is in the way.
4. Once the frame is built you can make it more private and cool by finding leafy branches to lay over the top.
  5. Finally, theme your den. Add blankets or anything else to make the den cool and fun.



# WOODLAND FUN!

If you want to get the best from your day at William's Den and be wild, then you must explore the secret woodland!

## HIT THE TARGET WITH PINECONES

Get the kids to find three pinecones each. Now find an area of bare ground and mark out a square with branches or twigs, then another larger square around it, then another. Players stand a distance away from the target and try to throw their pinecones into the target square. Score higher for the inner square.

## WOODLAND ARTISTS

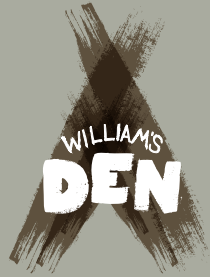
Find an area of bare earth and create an earth 'canvas' of about 1m x 1m with a stick. Now the kids try to make a picture within the canvas using what they can find such as earth, bark, grasses, and stones.

## TOUCHING TREES

Take blindfolds with you to the woods. You can use a scarf instead. Pick an area where there are plenty of trees but no hazards underfoot like nettles, thorny bushes, holes etc. Have everyone pair up with one person wearing the blindfold. The other person leads the blindfolded person by a complicated route to one of the trees. Once there, the blindfolded person must feel and smell the tree until they know its texture and features. They are then, led away, the blindfold is removed, and they must try to find 'their' tree. Then the kids swap over. You might need to set boundaries so there aren't too many trees to choose from for this one.

## CATCH A FALLING LEAF

This is a game for the Autumn, on a windy day. Get the kids to look up into the sky and watch the trees, waiting for a gust of wind. When leaves fall, it's a race to catch them. The winner is the person who catches the most leaves.



**WILLIAM'S DEN IS AN INSPIRING OUTDOOR AND INDOOR BESPOKE ADVENTURE PLAYScape OFFERING CHILDREN AND THEIR FAMILIES THE FREEDOM TO GET ACTIVE AND EXPERIENCE THE OUTDOORS IN THE MOST SPECTACULAR SETTING.**

**MAKING MEMORIES AND BUILDING BRAVE, RESILIENT KIDS WHO WANT TO LEARN, EXPLORE AND BE THEMSELVES IN A SAFE AND HAPPY PLACE THAT'S BEEN BUILT WITH LOVE AND THE ENVIRONMENT IN MIND. A PLACE TO RUN FREE AND ESCAPE!**

**WILLIAM'S DEN HAS WELCOMED THOUSANDS OF FAMILIES FROM ALL OVER THE COUNTRY HELPING THEM TO RAISE HAPPY, HEALTHY, RESILIENT KIDS.**

**[WWW.WILLIAMSDEN.CO.UK](http://WWW.WILLIAMSDEN.CO.UK)**

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