



My passport First name: What I look like: Surname: Age: Places I have visited:

Hello

Learning in lockdown is hard. For children, for schools and for parents and carers. I have two primary school-aged children - the juggle is real and personal!

At YHA, we want to do our bit. We are supporting staff who have parental and caring responsibilities. Right now, we're changing hours and using furlough. When it's safe to reopen hostels, through our staff-stay programme, our people will be able to get away on breaks at our properties.

For schools, we continue to offer maximum flexibility on booking transfers and refunds for residentials and YHA Day Stays. Our Project90 programme is offering free breaks to school staff in recognition of their work on the front line. And for families that have found lockdown particularly challenging, we are working with partners to offer free stays.

We know we can always do more. Many have reflected on the importance of digital learning during lockdown - rightly so. But there's nothing like connecting to nature. Or looking up at the stars. Or a little bit of glue and colouring. We hope this activity pack, aimed at primary school-aged children, provides a few fun moments.

Last year 200,000 children at primary school missed out on a residential with YHA. Many families missed their only holiday. We look forward to welcoming them all back soon.

Fellow parents, carers and teachers, I salute you!



Anita Kerwin-Nye

Director of Strategy & Engagement

Winter wonders

It might be the chilliest time of year right now, but that doesn't mean you can't have fun outside.



Make a picnic for birds

Winter can be a difficult time for birds. They need to eat lots of food, for energy and warmth, but the days are colder and darker. We can help by leaving out things for them to feed on.

If you have a bird-feeder, remember to keep it nice and full with nuts and seeds. You can also get creative by making your own bird snacks. Try these ideas:

- Thread a piece of garden wire through some apple slices, then hang them from a tree in your garden or park. Birds like apples, even when the fruit's turning brown!
- Make your own snack mix with oats, unsalted peanuts, lard, grated mild cheese and sunflower seeds. Squash it into an empty orange half, a pine cone or a small net, then hang it from a tree.
- Cook some unsalted, unbuttered popcorn, then ask an adult to help string them together using a needle and thread. You'll be left with a nibble chain for birds! Remember not to leave salty snacks, as salt isn't very good for birds.
- Don't forget that birds need water too, especially in winter when it might be frosty. You can help them by leaving out fresh water in a bowl or dish.



Try our scavenger hunt and see how many things you can find.

Look for a spider's web. Can you see a spider too?

Look for a pine cone. Can you see which tree it fell from?

Spot a bird flying in the sky. Is it big, or small? Do you know what kind of bird it is?

Find a holly bush. Feel how smooth the leaves are – and how spiky the prickles are!

Search for footprints in the ground. Are they human prints, or animal prints?

Listen for the sound of the wind. What kind of noise does it make?

Spot an animal tunnel. Rabbits, badgers and foxes all live in holes. Do you know what they're called?

Deciduous trees lose their leaves or needles in winter. Evergreen trees don't. Can you find one of each?

Is it a snowy day? Try making a snow angel! You can even do it in the frost!

Get muddy! Try making a mud face on a tree.







Ice art

Have you ever made your own ice sculpture? First, take a small plastic bowl and fill the base with grass, pebbles, moss and bits of twig. Then carefully add enough water to cover them all, and loop a short piece of string so that the two ends are in the water.

Leave it outside overnight (or in the freezer, if the weather's not cold enough). The next day, carefully push it out of the bowl. You have your very own ice art!





A snow lantern

Has it been snowing? Brilliant! To make a snow lantern, you'll need flat ground and lots of snow. Make lots of snowballs - try to keep them the same size, and pat them down well to keep them solid.

Then build a snowball pyramid. You can do this by laying some of your snowballs out in a ring. Keep building higher, making each ring slightly smaller than the one below.

Before you reach the top, put your light on the ground inside the pyramid. You can use an electric tealight, or, if you've got a grown-up to help you, a real tealight with a flame. Then finish building. Hey presto! A snow lantern!

What is hibernation?



Some mammals, like hedgehogs and dormice, hibernate in winter. This means that they spend the coldest months of the year resting somewhere safe and warm. Their heartbeat and their breathing both slow down. Hibernation is a bit like a really long sleep, where the animals only wake up occasionally, to go to the toilet or find food.

The clever part is that while they're hibernating, they don't need much food. Hedgehogs, for example, eat as much as they can in autumn, filling their tummies with worms and beetles. This gives them the energy they need to survive through the winter.

Animals hibernate in places where they won't be disturbed, like compost heaps or log piles. Then, when spring arrives with its warmer weather, the animals appear again – and they're usually ready for a nice big meal!





Wordsearch

Can you find these wintery words in the grid?

- Snowman
- Gloves
- Scarf
- Carols
- Frosty
- Reindeer
- Mince pies
- Bobble hat

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Stargaze



There's no need for any equipment - just your eyes and a clear sky.

Here's what to look out for.



Ursa Major

The Plough is a great place to start with your stargazing. Better known as the Big Dipper (because it looks like a big spoon) or the Plough, it's one of the easiest groupings of stars to find. The Ancient Greeks identified Ursa Major as a bear - its name is Latin for 'the greater bear'.



Taurus

You can only see Taurus in winter or spring as it disappears behind the sun from May to July. It's one of the oldest constellations, dating back to Early Bronze Age. Taurus is Latin for 'the Bull'.



You don't need to travel to a mountain or field to stargaze. Getting a clear view of the stars from the middle of a city is possible too.

Choose a clear, cloudless evening. Winter evenings are best as the heat in the summer can make it hazy.

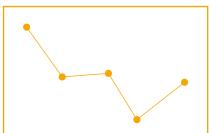
Moonless nights work better for seeing the stars, although gazing at a full Moon can be an awesome experience.

Stay away from street lights and make sure you have a clear line of sight with no trees in the way.

Find the biggest bit of sky you can or look out of the window at the highest point of your house.

If you're in your garden, turn off outside lights.

Once you're ready, allow 10 minutes for your eyes to get used to the dark.



Cassiopeia

Try and find a W shape in the sky. This is the constellation (constellation means a group of stars that make up a pattern). You should be able to see Cassiopeia all year round in UK skies.



Orion

The Orion is known as the great hunter because it looks like a mighty hunter with a bow. It is the only constellation with a line of three bright stars, they represent Orion's belt. The two stars to the north are his shoulders and the two to the south his feet.



Wherever you are, wrap up warm and enjoy our solar system.

How to climb trees

Are you a tree-climber? Follow these tips to make sure you stay safe!

Choose the right sort of tree, always using a grown-up to help you. The best climbing trees are healthy, with strong trunks and lots of thick branches close to the ground. Don't climb if you see nests or rotten branches.

Climb slowly, putting your feet and your hands in places that feel

secure. Choose branches which are close to the main trunk. On your way up, always have at least three points of contact with the tree - two hands and a foot, or two feet and a hand.

Don't climb too high! The best tree climbers know when it's the right time to stop. Always make sure you can get down safely - it's best to come down the same way you went up.

Wordsearch

Can you find these words in the grid?

- Daffodil
- Hatch
- Rainbow
- Blossom
- Springtime
- Bluebell
- Green
- Season

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Wildflower spotting checklist

Wildflowers are very important, because they help provide food for pollinators like bees. Here are three of the most common - how many will you spot this year?

Daisy

Usually appears: late spring to summer.

Facts: This cheery white and yellow flower is always easy to recognise. Its name comes from the expression 'day's eye', because its petals close at night, then open again in the morning.



Daffodil Usually appears: from late winter onwards

Facts: The appearance of the daffodil, with its nodding head, bright petals and yellow trumpet, is one of the clearest signs that the seasons are changing. It's also the national

flower of Wales.

Bluebell

Usually appears: mid-April to late May.

Facts: One of the best known wildflowers to be seen each year, the bluebell appears in huge numbers, usually in very old woods. Its sap is so sticky that people once used it to bind books!

You can visit the Grow Wild website for lots more information on wildflowers - as well as tips on how to grow your own.

growwilduk.com



Make a Rainbow

You don't need a paintbrush or felt tips to make a picture. Some of the most creative pieces of art don't even use drawing at all. A rainbow collage is a great example - and it's also a lot of fun to make!

What you need:

 Go outside and find as many small things as you can, in as many different colours as you can. Look for things like fallen leaves, nut-shells, bits of bark, sweet wrappers and even dropped bottle-tops. Don't pick rare flowers though.

What you do:

When you've got as many things as you can gather, arrange everything by colour: reds in one pile, greens in another, and so on.

Then you can start making your collage. It's up to you how you want to do it - you can make it on the ground, on a table or even by sticking things onto a large piece of card.

Remember, making a collage like this means you're not just a clever artist - you're also a litter hero!



H^{ow} to help hedgehogs

Hedgehogs start to appear again in the spring, after their winter hibernation. But how much do you know about these adorable spiky mammals - and how can you help them?

Top facts

- Hedgehogs are solitary, which means they spend their time alone. They sleep during the day and feed at night.
- 2. They're very good walkers, and can travel up to 12 miles in a single night searching for food and drink.
- They like eating creepycrawlies such as worms, beetles, slugs and earwigs.
- **4.** Baby hedgehogs are called hoglets and a group of hedgehogs is called a prickle!
- Hedgehog numbers are getting lower, so it's important we do all we can to help them.

Ways to help

- 1. Turn your garden into a 'hedgehog highway', by making sure there are gaps in the fence for them to get in and out.
- **2.** Leave out piles of leaves and fallen logs for hedgehogs to nest in.
- **3.** If you have a pond, put rocks or netting around the edge so that hedgehogs can get out easily.
- **4.** Don't give them milk leave out water instead.
- **5.** Ask grown-ups to check for hedgehogs in the long grass before mowing, and in bonfires before lighting them.

Take a slow safari

Ants? Woodlice? Worms? Beetles? Bees? Ladybirds? Or maybe even rabbits? Bats? Birds of prey?

It's very easy to rush through life - to charge about the place like a hare in a hurry, dashing here and darting there, never standing still. After all, everyone loves adventure. But sometimes, slowing down can show us things we would normally miss. When was the last time you looked where you were walking? As in, really looked?

What can you spot?

A slow safari is an outdoors walk where it's not about how far you go, but how much you see. You can try it in the woods, along the coast, in a field or even just in the local park. The aim is to try and notice as many living creatures as you can – and the slower you walk, the more you'll find you discover.

Look around you!

When you find a creature, stop and watch it for a while. Is it busy? If you hear birdsong, try to work out where the bird is. Why do you think it might be singing? Take your time with your slow safari walk. Maybe even take a magnifying glass with you. How many creatures can you spot – and what are they doing?





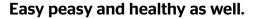








W Get cooking Eat the Rainbow



What you need:

- Kebab sticks
- Fruit we used blackberries, blueberries, grapes, kiwi, pineapple, orange, and raspberries - but you can use any fruit that's a colour in the rainbow!

What you do:

Load a kebab stick with fruit in the order of the colours of the rainbow, starting with the blue fruit at the bottom - we used a blueberry. Move up through the colours, adding green, yellow, orange and a red fruit at the top to complete your colourful treat!













Why are lambs born in the spring?

Many animals, such as cats and dogs, can have their babies at any time of year. But sheep are different. In this country, most lambs are born in the springtime, although some can arrive as early as December and as late as June. So why are they only born at this time of year?

It's all to do with when female sheep, known as ewes, become pregnant. Ewes are only 'in season' once a year, in the autumn. This is the time when male sheep, known as rams, can make them pregnant. Five months later, in the spring, the ewes' lambs are ready to be born.

By having their babies at this time of year, it also means the ewes have lots of fresh grass to eat, which helps them make milk for their new-born lambs.



Make your own

hostel

You are an architect, and this is your very own hostel. You have the power to make it exactly the way you want. You get to design the doors, paint the walls, and make it your own special space.

Construction

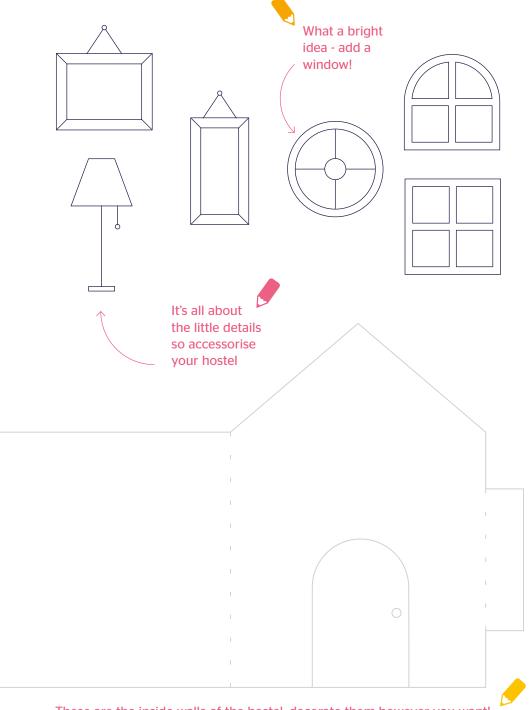
- cut along the solid lines
- 2. fold along the dashed lines
- glue the tab and stick your hostel together
- **4.** pop on the roof

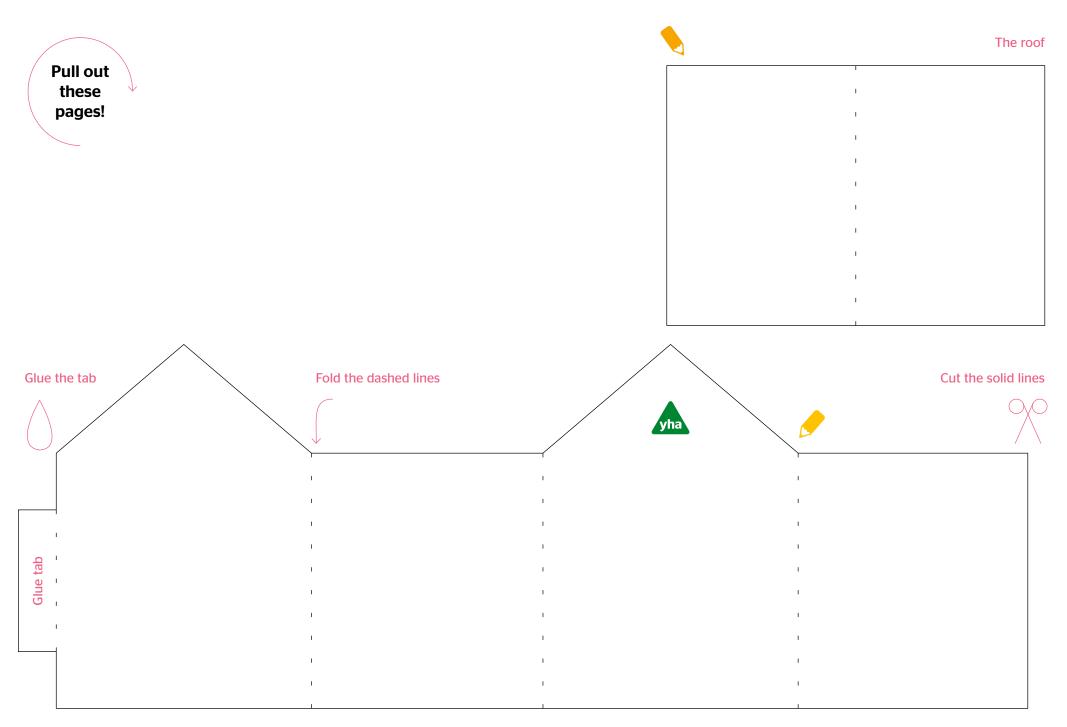
Interior design

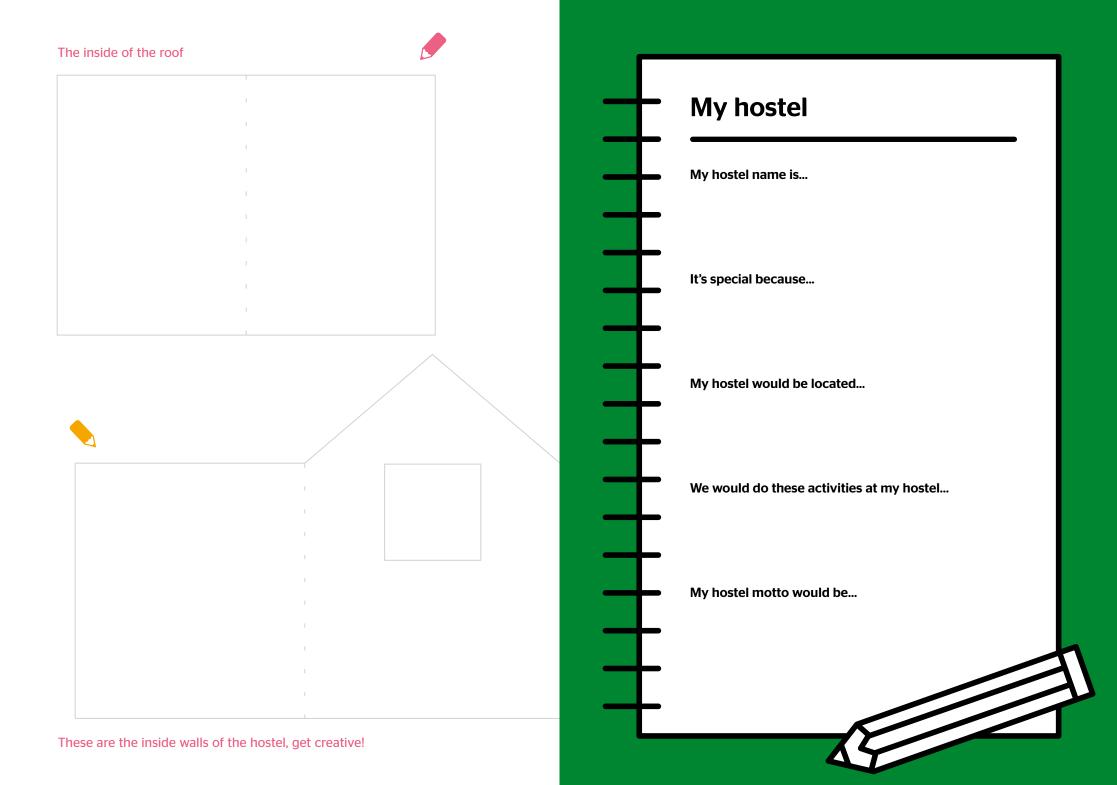
Have you considered what the inside of your hostel will look like? What about your windows and doors? Have you considered portholes? Is this the sci-fi hostel of the future, or a quaint cottage with lots of historical features?

The next page contains some inspiration. Use the items as templates or draw your own.

We can't wait to see your design #LiveMoreYHA







Amazing animal journeys

Each year some animals travel thousands of miles. These long trips are called migrations. Here are four extraordinary animals who make incredible journeys...



Leatherback sea turtles

When these enormous turtles arrive in the Caribbean each year to lay their eggs, they've made an epic journey across the Atlantic Ocean to get there. Year after year, the same turtles come back to the same beaches - their memories are excellent!



Arctic terns aren't big birds – they weigh less than a bar of soap – but twice a year they fly from one end of the world to the other. Every spring, they fly 44,000 miles from Antarctica to Greenland. Then, every autumn, they fly back!

Red Admiral butterfly

Have you ever seen a Red Admiral butterfly? These handsome insects can be seen across the UK in the summer, but although they're only tiny, many of them have fluttered over the sea to get here, all the way from Europe or North Africa!



Match these English and Welsh landmarks to their locations on the map

- The Shard
- Mount Snowdon
- Anfield Football Stadium
- Lake Windermere
- The Eden Project
- Hadrian's Wall
- Canterbury Cathedral
- Dartmoor National Park
- Royal Shakespeare Theatre



Can you find these hostelthemed words in the grid?

- Adventure
- Outdoors
- Pillow
- Breakfast
- Discovery
- Toothbrush
- Activity
- Duvet



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make trail mix

When you're going for a walk, it's always a good idea to carry water and snacks - and this recipe is perfect for keeping your energy levels up.





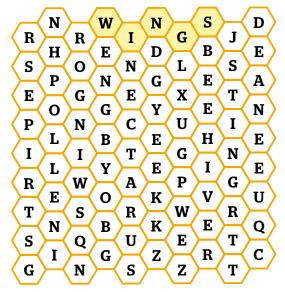
The warmer months of the year are very important for honey bees. This is when they can collect lots of nectar, which they need to make honey.

Female worker bees fly from flower to flower, sucking out a sugary juice called nectar with their tongues.

Back at the hive, other bees chew the nectar until it turns into a very wet honey. To make it less watery, the bees fan it with their wings until it becomes drier and stickier. Over its lifetime, a single bee makes less than half a teaspoon of honey!

You can help honey bees by planting plants and flowers they love visiting, like sunflowers, foxgloves and flowering herbs.





Wordsearch

Can you find the following words in our honeycomb?

- Wings
- Worker
- Honey
- Buzz
- Nectar
 - Stripes
- Queen
- Pollen
- Beehive
- Sting



Match the animals with their habitats

These animals are lost. Can you draw a line to lead them back to their home habitat?



Lizard

Sett





Badger

Log pile



Squirrel

Drey



Frog

Pond

Why do leaves fall off trees?

Every year, the leaves of trees like oaks, beeches and willows lose their green colour and fall to the ground. But why?

The answer is simple. Without growing new leaves every year, trees wouldn't be able to make food for themselves and survive the winter.

When leaves are green they turn sunlight into sugar, which the tree 'feeds' on. But when the weather gets colder there's less sunlight, which means less sugar for the tree. So the tree has to start 'feeding' on all the other good things in the leaves, to help itself stay strong during the winter.

Because of this, the green in the leaves starts to fade. The leaves might turn red, yellow, orange or brown. The tree has no more use for them, so it lets them fall. And the next year? It does it all again!

F D PLAF K M R C P W H E АТ Ε G S D I N B L N SEM T C IJ R D I I R R V M K U C F G M K I U M P N N O R R A C

Wordsearch

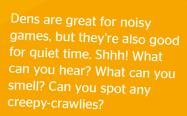
Autumn is harvest time, when crops are gathered from fields and farms.
How many harvest-themed words can you find?

- Apple
- o Pumpkin
- o Crop
- o Carrot
- o Pear
- o Autumn
- o Wheat
- o Farm
- o Corn
- o Festival

Tips for den building

- Choose a flat place in the woods to build your den.
 Some people like a big, strong tree to build a den against.
- Find lots of long branches and pieces of fallen wood. Remember to be careful near other people - it's a good idea to drag them to your tree rather than carry them.
- 3. Lean the branches against each other in a wigwam style. When your biggest branches feel secure, you can use smaller branches, twigs, leaves and mud to 'fill in' the walls. Don't forget a door!
- 4. Made your den? Brilliant! Now choose what it's going to be. A bandit's cave? A woodland palace? A superhero's hideout? Let your imagination go wild...





90 fun ideas

On our 90th anniversary, we thought it would be the perfect time to list 90 of our favourite things to do.





- . Climbing a tree
- 2. Baking a cake
- Listening for woodpeckers
- 4. Playing an instrument
- 5. Learning a new language
- 6. Eating something you've cooked yourself

7. Sleeping in a tent

- Walking through the woods
- Searching for owls at dusk
- 10. Watching the stars at night
- 11. Playing Poohsticks
- 12. Laughing so hard your tummy hurts

13. Keeping the beach clean

14. Making new friends at a hostel

15. Reading a book in one go

- 16. Wrapping up warm on a cold day
- 17. Having an early morning swim
- (8) Toasting marshmallows on a fire
- 19. Building a den



20. Skimming stones

21. Hunting for fossils

- 22. Sharing snacks with people you love
- 23. Walking to the top of a hill
- 24. Making a snowman
- 25. Cycling through the countryside
- 26. Rock-pooling
- 27. Building a sandcastle
- 28 Exploring a cave



- 29. Climbing a tall building
- 30. Spotting butterflies
- 31. Making a home for wildlife
- 32. Dancing in bare feet
- 33. Visiting a castle
- 34. Having a picnic on the beach
- 35. Exploring Roman ruins
- 36. Singing in the rain
- 37. Planting fruit and veg
- 38. Collecting conkers

39. Smelling flowers

- 40. Going on a cool train ride
- 41. Keeping a nature diary

- Staying up past your bedtime
- 43. Having breakfast with friends
- 44. Watching wildlife through binoculars
- 45. Splashing in puddles
- 46. Telling jokes
- 47. Watching the sunrise
- 48. Watching the sunset
- 49. Playing I-Spy

50. Being kind

- 51. Running as fast as you can
- 52. Hearing thunder
- 53. Dreaming about future adventures
- 54. Being tickled
- 55. Learning a new song
- 56. Giving someone a surprise present
- 57. Learning about other countries
- 58. Helping the environment

59. Playing a new sport

- 60. Making a paper aeroplane
- 61. Doing a treasure hunt
- 62. Spending ages on a trampoline
- 63. Writing a story
- 64. Doing a charity challenge
- 65. Going on a bug hunt
- 66. Taking a dog for a long walk
- 67. Making up a funny poem

68. Going kayaking

69. Making a sculpture out of recycling

- 70. Meeting people who live on other continents
- 71. Making popcorn
- 72. Smelling the earth after it's been raining

73. Being really quiet

- 74. Being really noisy
- Finding something amazing in a museum
- 76. Lending a great book to a friend
- 77. Playing hide and seek
- 78. Looking at the sea from a clifftop
- 79. Watching the snow come down
- 80. Finding shapes in the clouds
- §1. Staring at the moon through a telescope

87. Flying a kite

- 83. Watching fish in a river
- Spotting a seal
- 85. Breathing mountain air
- 86. Sailing to an island
- 87. Listening to brilliant old music
- 88 Listening to brilliant new music

89. Trying to juggle

90. Making up brand new words



City, coast or countryside

We have hostels all across England and Wales, from the biggest cities to the most beautiful beaches and mountains. Take this quiz to find out which type of hostel you're best suited to!

You have a free afternoon. What would you most like to do?

- Go rock-pooling and swimming in the sea
- **b** Visit a really cool museum and explore a market
- Climb an amazing mountain and feel the wind in your hair

What do you like wearing best?

- a Swimming costume (and ice cream on your chin)
- **b** Jeans and a t-shirt
- C Hiking boots and a comfy fleece

What's your favourite view when you're having a packed lunch?

- a The sun over the ocean
- **b** A park full of interesting people
- C Valleys full of rivers and woods

Who's your favourite celebrity?

- a Sarah Outen, who rowed across the Atlantic
- Michael Palin, who has visited cities around the world
- **©** Bear Grylls, who explores the great outdoors

Mainly (a)

You love the coast!

Mainly (b)

You're a fan of cities!

Mainly **G**

You're a countryside champ!

Mixed answers:

Perfect - you enjoy everywhere!

• Draw a

holiday

We're really looking forward to going on an adventure when we can. While we wait until the time is right to go on holiday again, let's imagine what the next one might be like. Each box has a different theme to help you put together your dream holiday.

Where will you go?

The seaside or the country? A tiny village or big city?

Where will you stay?

A castle, a cottage, a skyscraper or a tent maybe.

Who will you take?

Is it a family break or perhaps with friends from school?

How will you get there?

By bike or trike? By plane, canoe or car?



Build a sandcastle, visit a museum or maybe even climb a hill?

Seven super suggestions for fun family holidays

When we can finally go out and about and enjoy our holidays again, where would you like to explore first?

There's so much to discover in England and Wales — and YHA has more than 150 cool places to stay! Here are seven of our most popular spots for families.



YHA York

- Fancy a stay in a mansion?
 This one's a beauty with loads of space to run around outside.
- Romans, Vikings, medieval monarchs, celebrated chocolate makers... the city has an amazing history.
- From the mighty Minster to the tiny shops of The Shambles, York is packed with attractions.

YHA Boggle Hole

- Here be pirates! The hostel is in a former smugglers' cove, just along the coast from Robin Hood's Bay.
- It is named after a boggle a mythical creature a bit like a house elf or hobgoblin.
- The courtyard opens onto a sandy beach. Perfect for paddling, fossil hunting and sandcastle building.

YHA Ambleside

- This place sits right on the shores of Windermere, England's largest natural lake.
- Want to meet Peter Rabbit?
 The World of Beatrix Potter is just 10 minutes down the road.
- Lake cruising, indoor climbing, mountain biking, Go Ape! Ambleside is awesome for activities.



YHA Hartington Hall

- Legend has it that Bonnie Prince Charlie once stayed here.
- Pick a room indoors or try a night in a Landpod - these cosy dens look a bit like spaceships.
- The area is simply brilliant for cycling, with trails that lead to huge caves like Thor's Cavern.

YHA Treyarnon Bay

- Surf's up! Jump on board and learn to ride the waves at the local surf school.
- The rock pool right in front of the hostel is big enough to swim in!
- Sleep under the stars with a night in one of our amazing bell tents with views over the ocean.

YHA Broad Haven

- Come fly a kite! There's a massive sandy beach out front.
- If you like to hike, the scenery is lovely. How about a hack? There's horse riding here too.
- At the right time of year, you might spot seal pups sunbathing on Skomer Island.



YHA St Briavel's Castle

- Ever stayed in a castle?
 This one dates back to the Normans!
- If you like Lord of the Rings, nearby Puzzlewood is said to be the inspiration for the forests of Middle Earth.
- The River Wye is great for canoeing and there are loads of places to hire boats locally.



Just before we go...

Just look at all the places you can stay!

We hope you had great fun. We can't wait to see your crafty designs #LiveMoreYHA

At YHA, we're all about learning new things. We want everyone to get the chance to travel, have adventures and explore the world around them. That's what hostelling is all about.

For 90 years we've provided brilliant places to stay so that everyone – especially children and young people – can find out about nature, heritage, culture and the outdoors.

We don't want anyone to miss out on amazing experiences.

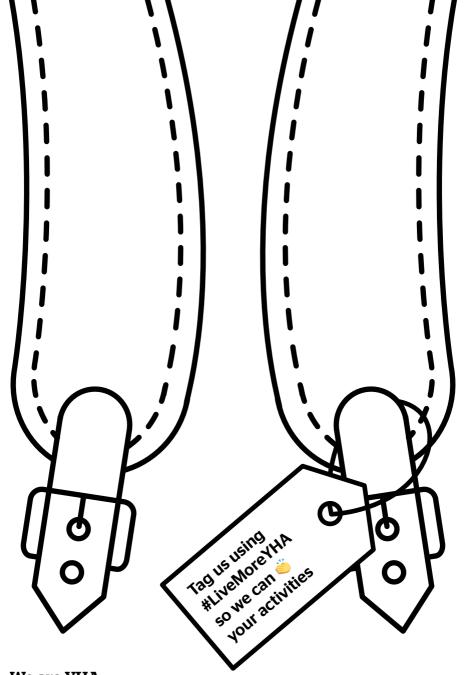
Because we're a charity, all we earn goes towards making travel and adventure more accessible to more people.

We can't wait to welcome you soon.

Until then, if you want to find out more, please visit us online

- For family bookings yha.org.uk
- For school residentials and group trips **groups.yha.org.uk**
- For information about the difference we make to over a million people each year yha.org.uk/about-yha/impact
- For ways to help yha.org.uk/give





We are YHA.

Because where you go changes who you become.