In partnership with:

Merchant Taylors’ School
Ambition | Character | Excellence

ROY CASTLE LUNG CANCER FOUNDATION

SPRING TRAIL ACTIVITY PACK
It's time to get our hearts pumping and our lungs working with your very own Spring Trail exercise programme and obstacle course.

March on the spot for 20 seconds
Faster! Run on the spot for 20 seconds
5 cartwheels
Hop on your left foot for 10 seconds
Now hop on your right foot for 10 seconds
5 star jumps
5 squats
Finish with a big bunny jump - how high can you jump?
Phew! Great work - now you're all warmed up it's time for some games. These are some of our favourites:

**Egg and spoon race:** Careful! It's not all about going quickly.

**Pillow case race:** Put both feet inside a pillow case and hop to it!

**Bean bag race:** Balance a bean bag on your head - keep it there!

**Traffic light game:** Red light means stay still - Green light? Go!

**Corners:** Have you played this in school? Teach everyone the rules.

What are your favourite games to play around the house or garden?
Now let's finish with some Animal Stretching:

**WHALE POSE**
Lie on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold onto your feet.

**CAT POSE**
Come to an all-fours position, round your back, and tuck your chin into your chest. Pretend to be a kitty cat.

**KANGAROO POSE**
Stand tall with your feet hip-width apart, bend your knees, and hop like a kangaroo.

**MOUSE POSE**
Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths.

**COW POSE**
On all fours, look up, arch your back, and open your chest.

**SNAKE POSE**
Lie on your tummy, place palms flat next to your shoulders, press into hands, lift head and shoulders off ground, and hiss like a snake.

**BUTTERFLY POSE**
Sit on your bottom with a tall spine, bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly.
**Welcome to the Ladybird Spot:**

Ready for an adventure? Join us on our Spring Trail Scavenger hunt - look outdoors and indoors for the list below. Look out for ladybirds on this page too...

<table>
<thead>
<tr>
<th>OUTDOORS</th>
<th>INDOORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Collect 3 types of leaves</td>
<td>Collect 3 blue things</td>
</tr>
<tr>
<td>Find something that smells nice</td>
<td>Find something that smells nice</td>
</tr>
<tr>
<td>Spot three insects</td>
<td>Find something bumpy or rough</td>
</tr>
<tr>
<td>Find a spider's web</td>
<td>Collect 2 square things</td>
</tr>
<tr>
<td>Collect a stone or pebble</td>
<td>Something beginning with the same letter as your name.</td>
</tr>
<tr>
<td>Find something furry</td>
<td>Find something soft or fluffy</td>
</tr>
</tbody>
</table>

**Bonus Round:**

Can you find something that starts which each of the letters in:

SPRING TRAIL?

There are 5 ladybirds on this page - but how many spots do they have?

We'll help you with the first one: S for sandal or snail!
Next up, our Busy Bee Discovery: Now it's time to get crafty! Let's make something fun or something yummy. Make sure to take lots of photos so we can share them with everyone too.

Ladybird Binoculars:

You’ll need: 2 toilet rolls, coloured paper, ribbon or string, glue, cello tape, scissors and a black felt tip pen.

1. Wrap the paper around each toilet roll. Cut off the excess.
2. Glue the toilet rolls together.
3. Draw and colour black spots over the binoculars.
4. Stick your string or ribbon inside each toilet roll.
ANIMAL SHADOWS PARADE:

You’ll need: a piece of paper, animal figures, a pencil and a torch (or the sunshine if it’s a nice day!)

1. Lay your paper on the ground.
2. Stand your animals at the edge of the page.
3. Shine your torch on the animal to make a shadow.
4. Trace around the shadow.
5. Colour in all the animals in your parade.
FORTUNE TELLERS:

You’ll need: a piece of paper, coloured pens and your imagination!

1. Fold all four corners evenly so they meet in the middle.
2. Turn the paper over and fold the new corners evenly, so they meet in the middle.
3. Fold in half. There should now be four squares. Colour each square a different colour.
4. Unfold and write the numbers 1-8 on the 8 triangles inside.
5. Lift up the flaps and write a ‘fortune’ message inside - make it creative!
6. Put your fingers under the four corners, open it up and it’s time to play!

TWO!
EIGHT!
NUMBER THREE!
CHOCOLATE NEST CAKES:

You’ll need: 60g unsalted butter, 3 tablespoons golden syrup, 100g milk chocolate, 90g cornflakes, mini eggs and 12 cupcake cases.

1. Melt the chocolate in short bursts in the microwave.

2. Cut the butter into small pieces and add to the chocolate, stir until melted.

3. Add the syrup and mix well.

4. Add the cornflakes and mix gently so all the cornflakes are covered in chocolate.

5. Spoon into cupcake cases and leave to cool.

6. Once cool, add mini eggs and enjoy!

— OH YUMMY! THESE SMELL SO GOOD!
You’ve done a fantastic job – everything looks amazing!

But what else can we do? Here are some of our favourite things to make and do:

Funniest fancy dress: Get creative – what can you dress up as?

Rock painting: Make someone a pretty gift.

Write a letter: Is there someone you haven’t seen for a while?

Vegetable print painting: With an adult, make your own stamps.

Make up a story: You can even draw some pictures to go with it!

STAYING HOME CAN BE LOTS OF FUN! WE JUST NEED SOME IMAGINATION!
COLOURING IN:

If you have a printer at home, print these pages off. At the back of this pack you'll find information on how to share your creations.

If you don’t have a printer, why not draw some of the animals you’ve seen in this pack - or have you seen any interesting animals outside?

MY JUMPER NEEDS SOME COLOURFUL STRIPES! - WHAT COLOUR SHOULD THEY BE..?
NO PROB-LLAMA
FINISHED THE
ROY CASTLE
LUNG CANCER
FOUNDATION
SPRING TRAIL
ACTIVITY PACK
You’ve completed our virtual Spring Trail!

Not only have you exercised your mind and body, you’ve also helped our patients in a time when they need us most.

Please send us any pictures of your Spring Trail adventures either on our Facebook or Instagram pages, or by emailing:

events@roycastle.org

Everyone who tags us in will be placed in a prize draw to win a fantastic goodie bag packed with yummy treats and fun things to make and do!