Helping your children choose books they will love

I reading

Lovereading4kids.co.uk is a book website created for parents and children to make choosing books easy and fun

Opening extract from

Run Wild!

Written by

Fiona Danks

Jo Schofield

Published by

Frances Lincoln Publishers Ltd

All Text is Copyright © of the Author and/or Illustrator

Please print off and read at your leisure.

Lovereading4kids.co.uk

For Connie, Dan, Edward, Hannah and Jake

Frances Lincoln Ltd
4 Torriano Mews
Torriano Avenue
London NW5 2RZ
www.franceslincoln.com
www.goingwild.net

Run Wild!
Copyright © Frances Lincoln 2011
Text copyright © Fiona Danks and Jo Schofield 2011
Photographs copyright © Jo Schofield and Fiona Danks 2011

Designed by Sarah Slack

First Frances Lincoln edition: 2011

Fiona Danks and Jo Schofield have asserted their right to be identified as the authors of this work in accordance with the Copyright, Designs and Patents Act 1988 (UK).

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without either permission in writing from the publisher or a licence permitting restricted copying. In the United Kingdom such licences are issued by the Copyright Licensing Agency, Saffron House, 6–10 Kirby Street, London EC1N 8TS.

A catalogue record for this book is available from the British Library.

ISBN 9780711231726

Printed and bound in China

9 8 7 6 5 4 3 2 1

This book contains some potentially dangerous activities. Please note that any reader, or anyone in their charge, taking part in any of the activities described does so at their own risk. Neither the author nor the publisher can accept any legal responsibility for any harm, injury, damage, loss or prosecution resulting from the use or misuse of the activities, techniques, tools and advice in the book.

It is illegal to carry out any of these activities on private land without the owner's permission. Please obey all laws relating to the protection of land, property, plants and animals.

RUN WILD!

OUTDOOR GAMES AND ADVENTURES

Fiona Danks and Jo Schofield





CONTENTS

RUN WILD! 8

WILD PARTIES 14
The instant outdoor party 18
Woodland parties 19
Camping parties 26
Active adventure parties 30
Tips for outdoor parties 35

WILD GAMES 36
Old favourites 40
Natural versions of traditional games 45
Inventing outdoor games 48
Beach games 52
Night games 56
Bubble games 58

WILD STORIES 60
Wild storytelling 64
Storyboards and story pictures 68
Wild poetry,charms and spells 70
Story sticks 72

WILD THEATRE 74
Costumes 78
Masks 82
Body and face painting 87
Puppets and magical creatures 90
Musical instuments 100

WILD TRAILS 104
Wild navigating 108
Tracking and stalking 111
Treaure trails 126
Techno trails 130
Geocaching 132

WILD ACTION 134
Wild watching 138
Discovering what's under your feet 141
Dowsing 144
Growing your own food 146
Making a difference 147
Basha boats 152

MORE ABOUT RUNNING WILD 156

Index 158
Acknowledgements 160

THE INSTANT OUTDOOR PARTY

Every month or so a friend of ours used to send an email inviting several families to bring a plate of food and an outdoor game to a gathering in a local park or at the woods. She always left it to the last minute so that she could check the weather forecast, and it was an easy way for all ages to get together to play games, relax and chat. Someone might organize a game of football or a rounders match, or the children might go off to make a den or hold a mini-Olympics. Everyone shared the load and everyone, from babies to teenagers and adults, had fun. An instant outdoor party like this is a good one to try if the very thought of organizing a party fills you with horror.





WOODLAND PARTIES

My nephew George has had a couple of birthday parties in the woods. Several families meet to hunt for treasure, play hide-and-seek and follow trails. They always finish up at George's favourite spot, where he and his dad have built a den. The children add a few more sticks, play some imaginary games and enjoy a snack before running home for tea.

Parties for young children should be kept simple. A trip down the garden, to the local park or to a small copse can be a huge and exciting adventure in itself for very young children. Let them enjoy the freedom of running in the woods and perhaps looking for treasure. Or try a teddy bears' picnic, an Easter egg hunt or some of the following ideas. If it rains, don't change your plans; just wrap everyone up in waterproofs and wellies, make leaf umbrellas and have a picnic under a tarpaulin shelter.

OLD FAVOURITES

The best games are those that can be adapted for different situations and numbers of children. Don't feel obliged to stick to rules that don't suit your circumstances; be flexible and invent your own version. But make sure everyone knows the rules before you start.



CAPTURE THE FLAG

An enduringly popular game with scout groups and in school playgrounds. All you need is two teams, a couple of flags and an outdoor space. Although suitable for playing anywhere, it is probably most fun in woods where there are lots of places to hide. There are different versions of the game, but the basic rules are as follows.



How to play

- First make your flags. Make them in advance or improvise with a bandana, a T-shirt or even a large leaf on a stick.
- Make two teams, each with their own territory, divided by a natural boundary such as a path, a stream or a row of trees. If there is no obvious boundary, mark one with smaller flags or sticks. Designate an area within each territory as a jail.
- Each team places their flag in their territory, in a spot visible to the other team. The aim of the game is to sneak in to the other team's territory, steal their flag and carry it across to home territory without being tagged.
- Anyone caught by a member of the other team is either out of the game or has to go to jail until released by a team member, depending on what has been agreed at the beginning of the game.
- If the person who has stolen the flag is tagged while running back to their home territory, the flag must be returned to base.
- A team can claim victory only when they have placed the other team's flag within their own territory.

Alternative versions

- Hide the flags. Add to the challenge by making each team locate hidden flags using clues, grid references, bearings or perhaps photographs, or try texting clues to mobile phones.
- Play with several flags. Whichever team captures the most flags within a certain time is the winner.
- Place a flag on someone. Then track him or her down, as in a manhunt.
- Attach the flag to an object or ball. Once captured, it can be thrown to other team members.
- Be adaptable. Use whatever is available wherever you are and make up your own version for however many people are there at the time.

