

A photograph of an older woman with grey hair and a pink scarf, and a young girl with blonde hair in a ponytail, sitting on a rocky beach. The woman is leaning over, showing a rock to the girl. The background shows the ocean and a sunset sky with large, white clouds. The scene is lit with warm, golden light.

MORECAMBE BAY
PARTNERSHIP

Morecambe Bay Discovery Pack

What will you discover?

Here are some adventure ideas, start from the beginning and work your way through. Tick off each idea when you complete it, how many can you tick off?



Play pooh sticks ☐



Go for a bike ride (try Lancaster - Glasson Dock) ☐



Go rock pooling (try Half Moon Bay, Heysham) ☐



Jump in a puddle ☐



Feed the birds (in your garden!) ☐

START



Take a photo or draw a picture of the Bay ☐



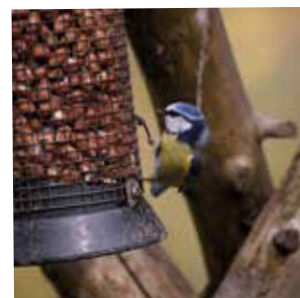
Go bug hunting ☐



Visit a heritage site such as Furness Abbey ☐



Make a den ☐



Listen to dawn chorus ☐

Don't forget to tick the box when you've completed an adventure! ☒



Take a boat ride out to Piel Island ☐



Visit Morecambe beach for a paddle in the sea ☐



Enjoy a picnic at Hoad Monument, Ulverston ☐



Hug a tree ☐



Move like a minibeast (at Roudsea Nature Reserve) ☐



Follow a butterfly (Warton Crag is a good spot) ☐



Visit the Dock Museum at Barrow ☐



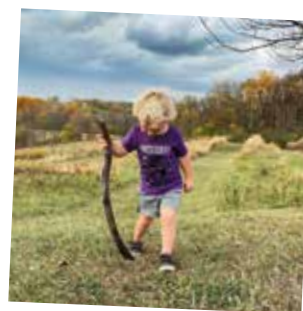
Make some wild art (Silverdale Cove is special) ☐



Sing a song outside ☐



Visit Leighton Moss Nature Reserve ☐



Go on a long walk ☐



Take a hike to a headland beauty spot like Hampsfell ☐

FINISH



You can find out more places to visit at exploremorecambebay.org.uk

Well done! You've completed our wild challenge.

You're 'shore' to have a good time

The beach is great for exploring, have a go at some of these activities.

Make a beach self-portrait. You could use seaweed or pebbles.

**Find some footprints in the sand.
What do you think made them?**

It's important not to litter, especially on the beach.

We challenge you to go on a 2 minute beach clean. Be careful and don't pick up anything sharp!

How many items did you collect in 2 minutes?

Why do you think it's important not to leave litter at the beach?



Don't be 'shellfish'. Keep your pooch on a lead when you visit the beach so they don't disturb important wildlife.



Morecambe Bay is famous for sinking mud and quick sand. Take care where you tread, don't stray far from the shoreline.

Let's write a poem

Can you finish our poem about the beach?

Come to the beach, where the sea is blue

And little white waves, come running to you

We would love to hear your poems. Ask an adult to send us your poem via:

Twitter: @_MBay | **Facebook:** facebook.com/MorecambeBayPartnership

Instagram: @mb_partnership | **Email:** info@morecambebay.org.uk

Did you know?

There are 46,000 pieces of plastic in every square mile of ocean. Can you think of 3 ways to use less plastic?

1.

2.

3.

Go wild in the Bay's woods

There is lots to see and do in the wonderful woods around Morecambe Bay. Here are some activities for you to try.

Can you see any dens?
Have a go at making one yourself.

How many different birds can you spot and hear? Do you know what they are called? **Hint:** Common birds are blue tit, blackbird, greater spotted woodpecker, robin and long tailed tit.

Go on a minibeast hunt. Turn over a stone and see what you can find. You might find a millipede or a woodlouse.

What other animals can you hear? What do you think they are saying?

Can you see trees that have been cut down before? Look for lots of branches growing from the same place. This is called **coppicing**. Cutting the tree very close to the ground forces it to grow new, thin trunks called 'poles'. These can be harvested every few years and can be used to make fences and gates.

Are there any old buildings in the woods?
What do you think they were used for?



Are there any buildings like this
lime kiln in the woods?

Discover some amazing Morecambe Bay woodlands. You could visit Abbot's Wood near Barrow, Sea Wood near Bardsea and Arnside Knott.

Leaf prints

Find an interesting leaf and make a rubbing of it.

Tip! A dark crayon will produce a clearer print of the leaf.

How to make a leaf rubbing

1. Place a leaf upside down on a hard surface.
2. Place this piece of paper over the leaf.
3. Holding the paper and leaf in place, use the side of a crayon to rub across the leaf. Use different colours for different leaves.
4. Make sure that you colour over the entire leaf. Rubbing firmly all over the leaf will show the veins and the outline of the leaf.

We would love to see your prints! Ask an adult to send us your prints via:

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Potter around the park

Exploring isn't just about heading into the wilderness.
What secrets are hidden in your town or village?

Make a
daisy chain.
It could be a
necklace, bracelet
or a flower
crown.

Is there a tree
on your street?
Take a photo of a
leaf and find out
what kind it is.

Can you find any
plants or animals
in street names,
statues or logos?

Find a
statue in
your town.
Who is it?

Is there a pond
in your park?
How many animals
can you see
using the
water?

Some towns have
very old buildings
with dates on them.
Can you find the
oldest date on
the street?

Find the
biggest tree
in the park.
Can you fit
your arms
around it?

Try visiting Barrow Park, Happy Mount Park in Morecambe,
Ford Park in Ulverston, or catch the lovely view from Arnside Park.

Cloud spotting

Lie on the grass and look at the clouds – do they make any shapes? Draw the funniest shape you see.

Pigeons love our towns

But not all pigeons look the same...
Find the most handsome pigeon and draw a picture of them.

There's no place like home

You can have lots of fun without even leaving the house.
Try some of these ideas.

Make a mini museum. Collect some of your favourite things and find a place to display them.

Think about what someone from the future would want to know about your favourite things.

Cut out labels and write descriptions for your museum.

Name - what is your item?

Age - when did you get this item, or do you know when it was made?

Origin - where did your item come from? Did you get it on holiday somewhere, or as a gift from someone?

Description - describe the details of your item, imagine someone has never seen an item like this before.

Challenge!
Save electricity
- don't leave the
lights on when
no one is in
a room.

In the past, people travelled from all over the north of England to come to Morecambe Bay on holiday. These were called Wakes Weeks. Have school holidays always been the same for you? Ask your family what their holidays were like.

Brighten up your windowsill or garden by planting some seeds. What did you plant? How long was it until you could see them growing?



Sunflowers can grow really tall!

Home sweet home

Can you draw a picture of your house or special place around Morecambe Bay?

Send us a photo

... of your Museum or special place. Ask an adult to send us photos via:

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Have fun on two wheels

Cycling is a great way to have adventures outside – try these games with a grown-up in your garden or the park to help you get good at riding.

Imagine a giant number '8' painted on the ground. See how many times you can cycle around it without taking your feet off the pedals.

How many circuits can you manage?

During the holidays – you could try and beat your own score each day.

Make a film of your cycling progress at www.readysetride.co.uk (British Cycling) – just upload your own pictures (you might need a grown-up to help you), and share your film with your friends and family.

You'll find loads more cycling games here too.

Make your legs really strong and go on a long bike ride with your family.

In Morecambe Bay, you can cycle by the seaside and take a picnic and pennies for ice cream.

Look at a map with a grown-up and see if you can plot a route on the Bay Cycle Way with a play stop at a beach.

If one of your family has a smart phone, you can find local trails on Komoot (search for Morecambe Bay Partnership) or find out more:

www.morecambebay.org.uk/bay-cycle-way

Grown-ups! Check your bikes are safe before heading out.

Do the 'M' check at www.britishcycling.org.uk where you'll find great advice to keep you and your family safe.

Draw a map

Can you draw a map of your bike ride? What was the best thing you saw - can you mark it on your map? What other things did you see or do?

Be a nature detective

Here are some beautiful animals and items you might spot when you're out exploring.
How many you can find?



Starling ☐



Blue tit ☐



Buzzard ☐



Animal tracks ☐



Look for a rainbow ☐



Oak leaf ☐



Silver birch ☐



Robin ☐



Seaweed ☐



House Sparrow ☐



Goldfinch ☐



Crab ☐



Cockleshell ☐



Driftwood ☐



Holly ☐



Red Admiral ☐



Oystercatcher ☐

Jump on the train and discover the Bay from the Furness train line

The best views of the Bay

Here are some ideas of the places to discover around Morecambe Bay. How many can you visit?

Beetham Fairy Steps ☐



Arnside Knott ☐

Arnside

Hoad Monument ☐

Birkrigg Stone Circle ☐

Ulverston

Grange-over-Sands

Silverdale

North Walney Nature Reserve ☐

Hampsfell ☐

Jenny Brown's Point ☐

Warton Crag ☐

Carnforth

Barrow-In-Furness

Coast Road, Ulverston to Barrow ☐

Happy Mount Park ☐

Walney

Eric Morecambe Statue ☐

St Patricks Chapel ☐

Morecambe

Lancaster

Heysham

Heysham Nature Reserve ☐

Williamsons Park ☐

Sunderland Point ☐

Bay Bird Oystercatch Statue ☐

Don't forget to tick the box when you've completed an adventure! ☒



Spot seals at Walney Nature Reserve ☐

Rossall Point ☐

Fleetwood

School Holidays Taste Challenge

Is your tummy rumbling? Seek out some of these Morecambe Bay food ideas and tick them off when you've tried them.

☐ Morecambe Bay's famous potted shrimps - delicious warm on toast.

☐ What's the seaside without ice-cream? What's your favourite flavour? Try a new one.

☐ Visit your local food market and pick out a fruit or vegetable you've never tried before.

☐ Cartmel sticky toffee pudding. Pass the cream. Yum.

☐ Ever tried cockles or mussels? Ask an adult to cook them then give them a go.

☐ **Best of all? Fish and chips of course. Eaten out of the bag, watching the sunset over Morecambe Bay.**

Photo: Dave Willis

We would love to see photos of your family enjoying this activity pack.

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