

**Making Choices-**There are lots of ways into the park. Which will you choose today?

There is a World War 2 Pill Box hidden in the park. Have you spotted it?

**Light and Shade-** find the doorway in the holly tree. Do you like inside or outside the tree best?

Play pooh sticks on one of the bridges

**Listen-**hear the noise the bridge makes when you stamp on it. Does it make a different noise if you jump on it?

How many bird houses in the park can you find?

**See and do-** stand under the weeping willow tree- do you feel sad like the tree or happy?

**Hear-** is the river crashing or babbling? Is it singing or shouting?

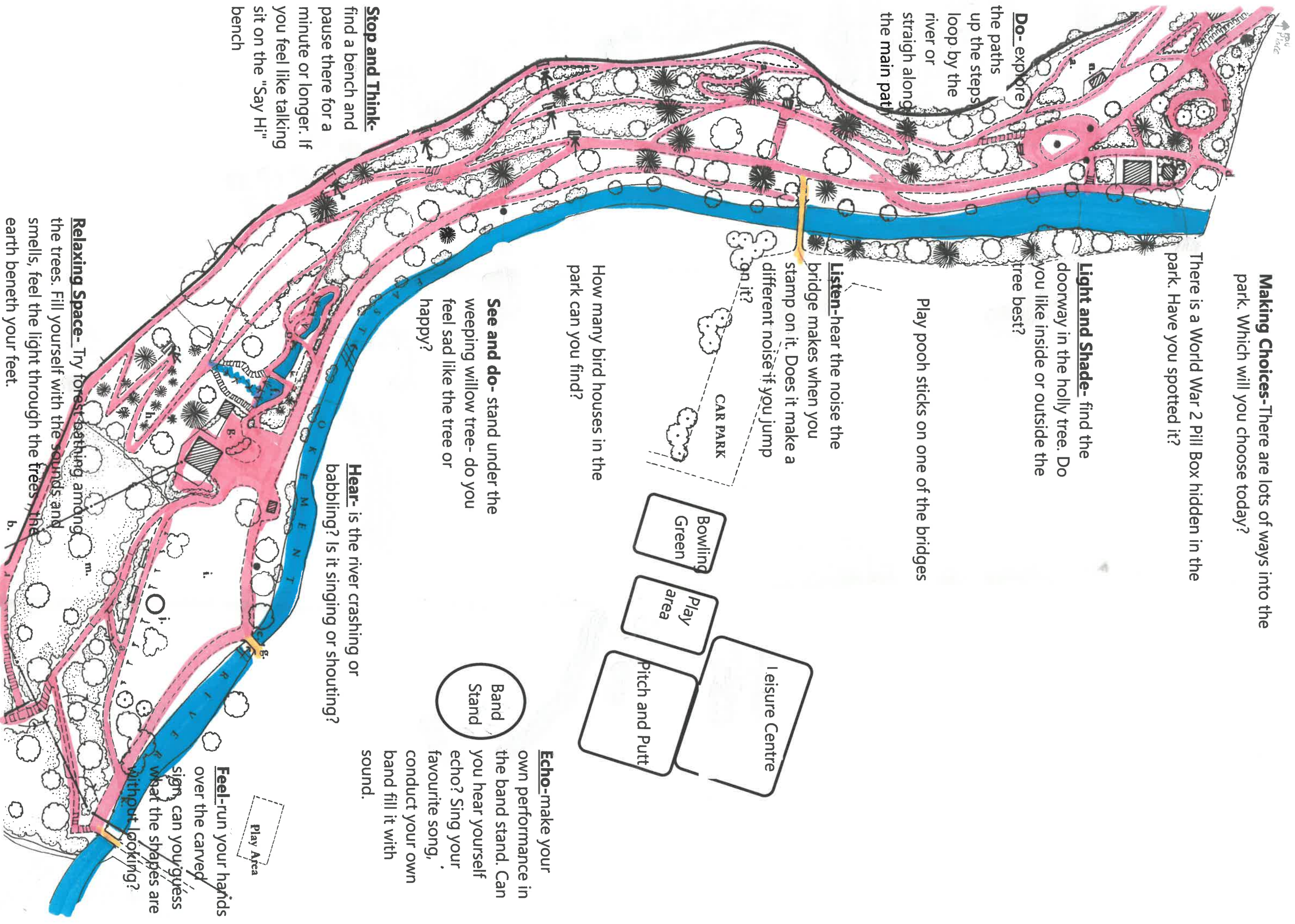
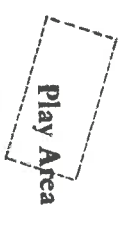
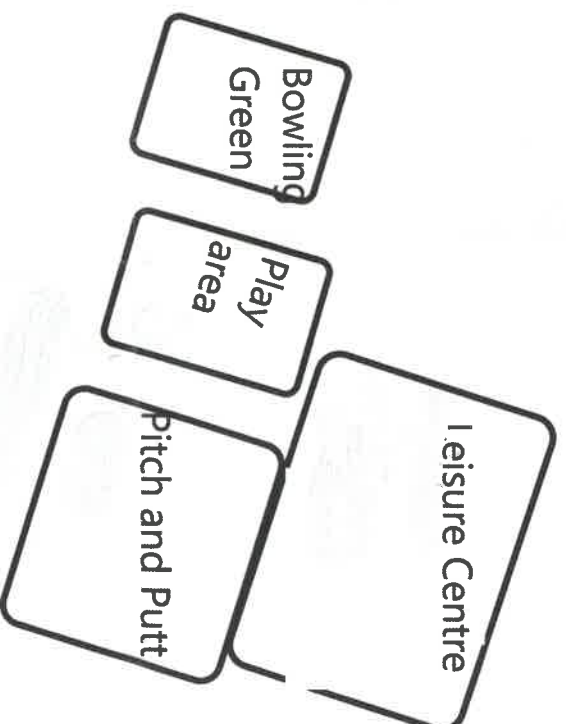
**Echo-**make your own performance in the band stand. Can you hear yourself echo? Sing your favourite song, conduct your own band fill it with sound.

**Feel-**run your hands over the carved sign, can you guess what the shapes are without looking?

**Do- explore** the paths up the steps loop by the river or straight along the main path

**Stop and Think-** find a bench and pause there for a minute or longer. If you feel like talking sit on the "Say Hi" bench

**Relaxing Space-** Try forest bathing among the trees. Fill yourself with the sounds and smells, feel the light through the trees, the earth beneath your feet.



**St James' Street**

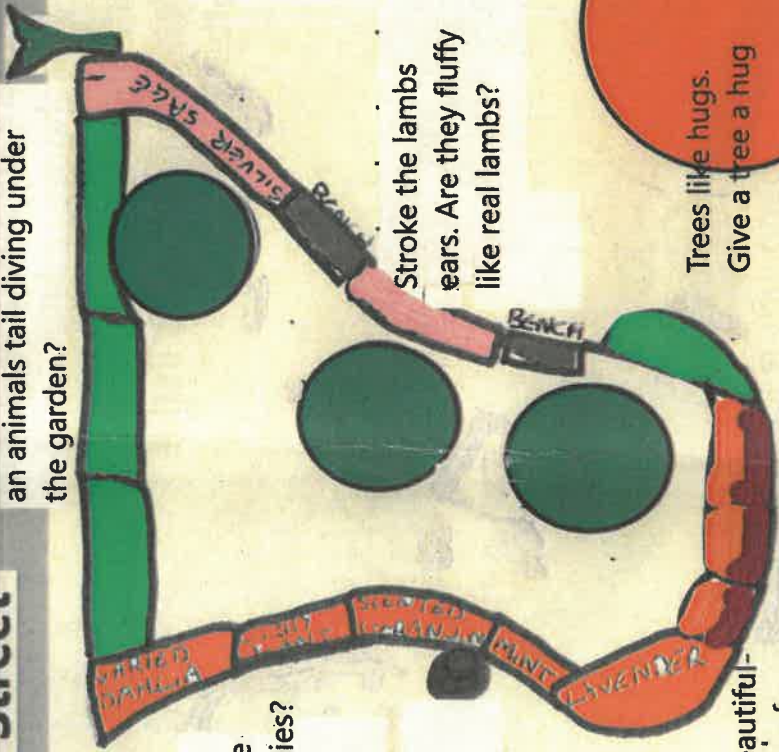
Does the sign remind you of an animals tail diving under the garden?



Can you see any butterflies?

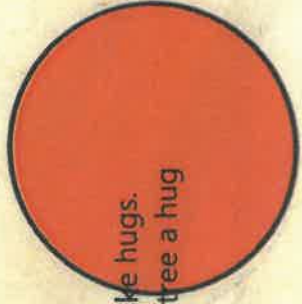


Plants are beautiful - take a picture of your favourite



Stroke the lambs ears. Are they fluffy like real lambs?

Trees like hugs. Give a tree a hug



There are lots of flowers in the garden. How many can you count? What colours can you see?

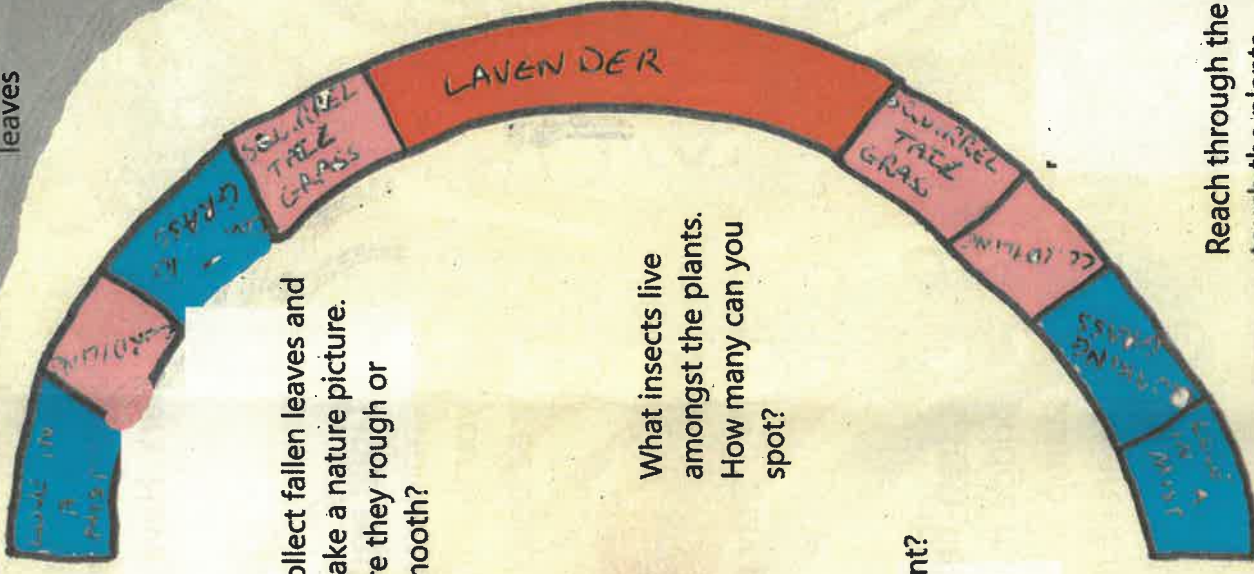


Pause on the benches - take a moment just to enjoy the space

**Fairplace Toilets**

**George Street**

How many shades of green can you see in the leaves



Collect fallen leaves and make a nature picture. Are they rough or smooth?

What insects live amongst the plants. How many can you spot?

Reach through the rails and touch the plants

## What to do in Okehampton

Pavilion in the Park— offering a wide range of services including Sports, Arts, Music, Training and Educational courses, Disability Activities, Drama, Dance, Therapies, Pilates and Yoga studio.

Fusion Leisure Centre— swimming pool and gym

Walks to Dartmoor starting in Simmons Park— stroll alongside the Okehampton River or head up through the woods to Okehampton Station, the Granite Way and Fatherford.

