



FUTURE PROOF
PARKS

SUMMER

ACTIVITY CHALLENGES

An exciting collection of challenges
designed to help you to stay connected
to your local park this summer!





**THESE 24 EXCITING CHALLENGES
WILL HELP YOU STAY CONNECTED TO
YOUR LOCAL PARK THIS SUMMER!**

The activities are broken down into three different categories, so whether you have 15 minutes or a whole hour, you can find an activity that suits you. All challenges will help you think about nature, heritage, your own wellbeing and, of course, your favourite parks and green spaces.

Share your activities, get inspired and keep up to date over on social media via the hashtag:

#FPPSummerChallenge
#KickTheDust



FUTURE PROOF PARKS



ABOUT FUTURE PROOF PARKS

Future Proof Parks is an exciting project that encourages young people to volunteer and join forces with their local Friends Group to ensure that the heritage of their local park or greenspace - the natural environment and the features that make the park special - is protected for present and future generations.

Friends Groups have been formed across the country as a way of helping volunteers champion and look after local parks and greenspaces. This can include leading on

park improvements, hosting fundraising events as well as being a voice for local people who use the space to ensure the whole community can benefit from their park.

Groundwork has partnered with Fields in Trust and National Youth Agency to deliver 'Future Proof Parks', a National Lottery Heritage Fund programme - part of the £10m 'Kick the Dust' initiative - that aims to get more young people interested and involved in preserving their local park and greenspace heritage.

To find out more: www.groundwork.org.uk/future-proof-parks



01. FAVOURITE THINGS

Write down your top five favourite things about your local park. If you like to draw, you can add illustrations or doodles.

TICK HERE WHEN COMPLETE!



02. GET CREATIVE

Whether it's drawing a picture or colouring in, keep your mind occupied and see where your imagination takes you. You can download a parks-related colouring sheet here:

www.fieldsintru.st/colouring-activity

TICK HERE WHEN COMPLETE!



03. SWITCH-UP YOUR SCREENSAVER

Change the background of your phone to your favourite photo of nature, or something that reminds you of your local park or greenspace.

TICK HERE WHEN COMPLETE!



04. PARK PLEDGE

Make a pledge for an action you can do to help the environment. For example, this could be a commitment to join your Local Friends Group to help them look after your favourite park or greenspace.

TICK HERE WHEN COMPLETE!



SHARE YOUR WORK TO SOCIAL MEDIA

**#FPPSUMMERCHALLENGE
AND #KICKTHEDUST**

05. GET SELFIE SNAPPY

Take a selfie by your favourite spot in your local park. Then share it and tell us what motivates you to volunteer, or what is inspiring you to want to volunteer in the future.

TICK HERE WHEN COMPLETE!



06. FACT HAPPY

Find out one new fact a day about the heritage of your local park and tell your friends and family.

TICK HERE WHEN COMPLETE!



07. GET MOVING

Exercise is a proven way of helping your mind, body and soul. Have a gentle walk, a long run or a hop, skip or a jump around your local park!

TICK HERE WHEN COMPLETE!



08. MUSICAL MINDFULNESS

Find the perfect song that makes you think of parks or nature, or record your own by capturing the bird song chorus on your phone.

TICK HERE WHEN COMPLETE!



09.

BE A SNAPPY SCAVENGER

Go on a photo skills scavenger hunt in your local park. For example – a big bright flower, an unusual shaped rock or a ginormous tree.

TICK HERE WHEN COMPLETE!



10. REACH OUT

Write a list of all the ways you can help your local Friends Group and get in touch with them to offer support. Try a quick online search to find your local park group near you and let them know what skills you have to offer. Your Groundwork Youth Worker can also help you get in touch with your local Friends Group.

TICK HERE WHEN COMPLETE!



11. GO WILD!

Do your bit to protect biodiversity in parks by taking the Wildlife Trusts' 30 Days Wild challenge this June:

www.wildlifetrusts.org/30DaysWild/Downloads

TICK HERE WHEN COMPLETE!



12. MAP -TASTIC

Create a map of your local park – include facts and figures about its history or natural heritage that will be of interest to local people.

TICK HERE WHEN COMPLETE!



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13. PERFECT POSTERS

Design some posters to help your Friends Group look after your local park. For example, these could be to encourage people to use bins and not litter or to keep their distance as they exercise.

TICK HERE WHEN COMPLETE!



14. CHALLENGE ACCEPTED!

Decide which of the challenges you and your Youth Worker can do and see who does it best!

TICK HERE WHEN COMPLETE!



15. PICTURE PERFECT

Take photos of your local park and make a photo album of your favourites. These can then be shared with the local Friends Group and on social media to help promote the park.

TICK HERE WHEN COMPLETE!



16. SOCIALLY SAVVY

Write a list of social media tips for Friends Groups who may need support. Explain why and how social media can help their group to grow.

TICK HERE WHEN COMPLETE!



17. PARK PEBBLES

Paint pebbles with nice illustrations or messages and leave them around your local park for people to find.

TICK HERE WHEN COMPLETE!



18. FIND A HERITAGE BUDDY

Contact your local care home or Friends Group and see if you can be a pen pal to an older person. You can then make a new friend, help someone who may be feeling isolated, as well as finding out more about the heritage of your local park.

TICK HERE WHEN COMPLETE!



19. RESEARCH, RESEARCH

Make Google your friend and create a presentation or booklet about the heritage of your local park. Facts, figures, illustrations, old news clippings – the possibilities are endless!

TICK HERE WHEN COMPLETE!



20. GET QUIZZY WITH IT

Create a quiz about your local park – this can be given to your friends or family as well as your local Friends Group.

TICK HERE WHEN COMPLETE!



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21. BE A WILDLIFE DETECTIVE

Have a good look around your local park and see what wildlife you can find! Our short film will be able to help:

www.youtube.com/watch?v=S07wDi_hsT0

TICK HERE WHEN COMPLETE!



22. VIDEO TOUR

Create a video tour of your local park for people who can't access it. You can talk about the heritage of the park as well as all the things it has to offer.

TICK HERE WHEN COMPLETE!



23. DREAM BIG

Write a plan of what event could be put on at your local park in summer 2021. Be as big and as bold as your imagination will allow.

TICK HERE WHEN COMPLETE!



24. PUT PEN TO PAPER

Create a short story about your favourite park memories, or write a poem about the importance of your local park. Loads of things rhyme with tree – so allow your mind to run free!

TICK HERE WHEN COMPLETE!





SHARE YOUR CHALLENGES WITH US



SOCIAL

Upload your creations
to social media and
use the hashtags

#FPPSummerChallenge
and **#KickTheDust**



EMAIL

Email it to us via

**groundworkyouth@
groundwork.org.uk**



DIRECT

Share your creations
directly with your

**Future Proof Parks
Youth Worker**



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