



MINI PILGRIMS

Raft Building

RESOURCES

A Mini Pilgrims group had a go at building mini rafts, robust enough to carry a pebble down stream. As individuals or with a friend, the children were invited to choose a pebble which they then drew a picture of themselves on, or wrote their name. Rafts were built from materials found on the walk, for example twigs, sticks, fallen bracken, long pieces of grass.

We parked at the High Cascades National Trust Car Park near Aira Force (Grid Reference: NY 39677 21095, nearest postcode: CA11 0JY). For reference see: Ordnance Survey Explorer Map OL5 The English Lakes North East. Just across the road from the car park is a path that leads to the river. We stayed at the top of the river to build our rafts. There are plenty of flat rocks for children to clamber on (supervised by their parents/carers). We then followed our floating rafts down the river by walking along the path which runs beside it.

Through this activity you can explore life's journey. Just as we might need help building our raft, we sometimes also need people to help us on our journey. Life can sometimes feel like we are drifting through sun-dappled waters, but it can also feel more like you are tumbling through rapids, caught up in turbulent waters. We may also get stuck and need a helpful push to get us on our way, or find there are obstacles to negotiate, but there also beautiful things to see. Can your group think of any other metaphors? You could use these to write together a metaphor poem about life.

Apart from the materials we found to build rafts we suggest you take some natural raffia for tying your rafts. You will also need chalks to write/draw on your pebbles. Wet wipes and a hand sanitiser are also advised to clean hands before post-activity snacking! You should ask people to dress appropriately for the time of year and wear suitable walking footwear or wellies. A change of clothes for smaller people may also be advisable.

This activity ideally needs to be at a location with a river or stream, and somewhere you can find natural materials for making your rafts i.e with trees nearby. Obviously with children caution needs to be taken; especially around water.

4th Sunday Adventures Mini Pilgrims also ran the raft building activity so we know this is one that works well.

Please follow the **Countryside Code**. Leave gates and property as you find them, follow paths, take litter home with you, follow signs, don't destroy or remove features such as rocks and plants. For more details see: www.gov.uk/government/publications/the-countryside-code.

Risk assessing the activity will help identify potential hazards, so that you can put into place appropriate measures as required.