



Bridgend Outdoor Schools  
Ysgolion Awyr agored  
Pen-y-Bont ar Ôgwr

# Kenfig National Nature Reserve Family Activity Pack



# How many steps?

This activity is about 'estimating' and then 'measuring' how many steps it takes to move from one place to another within Kenfig.

**Stand by the map outside the visitor centre.**

How many steps will it take you to walk to the first bench on the way to the lake?

Estimate:

Measurement:

**In your group, set each other challenges.**

For example:

When you all reach the bench, someone might say 'How many 'giant' steps from here to that tree?'

Everyone could estimate and then measure the distance in 'giant' steps.

All your ideas could be recorded in this table.

Challenge	Estimate	Measurement
<i>Mum - here to tree</i>	<i>84 giant steps</i>	

# Sand bowl Olympics

Look at an aerial map of Kenfig National Nature Reserve.  
An internet search for 'Aerial map of Kenfig' will provide several options for viewing satellite images of the area.

Find the nearest sand bowl on the map.



How far is the sand bowl from the Visitor Centre? How did you work that out? Why did you do it that way?

What other features can you see? How do you know what these things are?

**When you visit Kenfig you will find and use this sand bowl for your Olympics. Think of some Olympic type events you could hold in the sand bowl!**

For example:

Who can escape from the bowl...

...in the least steps?

...the quickest?

...on all fours?

Who can throw a ball from the rim and hit a target?

For a full list of Olympic events follow this link:

<http://www.topendsports.com/events/summer/sports/>

**Use your ideas and research to create a list of events that your family can take part in when you visit the sand bowl at Kenfig National Nature Reserve.**

Event	Winner	Winning result

# What can we identify?

Before your visit to Kenfig National Nature Reserve you will need to download one or more 'Identification guides' to help identify living things as you walk around and explore Kenfig.

The OPAL site provides free identification guides on trees, ferns, spiders, orchids, dragon flies, seaweeds and several more living things.

The site can be found by following this link: [www.opalexplornature.org/identification](http://www.opalexplornature.org/identification)

There are other ID guides that can be found by searching online.

## Look at a map of Kenfig.

What living things might you find there? Why do you think that?  
Where might you find the living things you are going to identify?  
Why do you think you will find them there?

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**Use this space to keep a record of the living things you identify**

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# How poetic are you?

When you walk around and explore Kenfig National Nature Reserve, write down words and phrases that describe the different things that you see.

You might also note similes, metaphors and examples of alliteration and onomatopoeia etc.

At lunch, for example, you could sit and create a short poetic description of one or a group of things you have seen. This might be a 'tree', a 'rabbit', the 'sea' or 'birds' etc.

This link provides definitions of the terms used above. It also has examples of the different types of short poem you might create this could give you more ideas before your visit to Kenfig - [www.poetryarchive.org/glossary/](http://www.poetryarchive.org/glossary/) .

## Examples of a 'Kenning'

A clean washer  
A fast runner  
A nut feeder  
A red fur wearer  
A low squealer  
A loud snorer

**Larrisa, 7**

Night flyer,  
Mouse eater,  
Silent swooper,  
Head twister,  
Taloned taker

**Finn, 9**

## Example of a 'Haiku'

**Four seasons – Luke and Matthew, 9**

Strange little seed  
growing into red flowers  
Spring is beginning

Lost little leaves  
playing against the flowers  
hot summer is here

Little butterfly  
floating over flowers  
Summer is over

Delicate old sun  
resting behind the snow  
Autumn has ended

Email your poems to TLC – [info@thinklearnchallenge.com](mailto:info@thinklearnchallenge.com) . We will post the best on TLC's website [www.thinklearnchallenge.com](http://www.thinklearnchallenge.com) .



# Images of Kenfig

## How good are you at taking photographs?

The first photograph shows the 'fen orchid', an endangered species that grows at Kenfig. The second photograph shows the beach at Kenfig.



## Look online for images of Kenfig before your visit.

For example you could look at Kenfig Nature Reserve's Facebook page or other sites such as:

[www.flickr.com/photos/paulajjames/10551868513](http://www.flickr.com/photos/paulajjames/10551868513)

[www.baldhiker.com/2012/11/13/bridgend-kenfig-nature-reserve/](http://www.baldhiker.com/2012/11/13/bridgend-kenfig-nature-reserve/)

What other photographs can you find? Where?

Discuss these photographs and use the ideas to think about the different types of photographs you might take on your visit to Kenfig.

As you walk around and explore Kenfig National Nature Reserve, look for things that might make an excellent photograph. This might be a plant, animal or a particular scene or view.

Take a range of photographs.

Email your favourite photograph to TLC [info@thinklearnchallenge.com](mailto:info@thinklearnchallenge.com) . We will post the best on TLC's website [www.thinklearnchallenge.com](http://www.thinklearnchallenge.com) .



# Making a journey stick map of Kenfig

For this activity you will need to take a stick that is about the same length as your arm with you to Kenfig. You might look for a stick on the floor of a garden or a local park or woods. You will also need to bring some string and rubber bands.

Take your stick as you walk around and explore or 'journey' through Kenfig National Nature Reserve.

When you reach a point that you like, stop and look around. This might be an animal, a view or an interesting tree, for example. Find something nearby that will remind you of this place, for example, a leaf, moss, feather etc. Attach it to the top of the stick using string or a rubber band, whichever is easiest.

During your walk around Kenfig, attach more things to the stick in order. At the end of the walk you will have a stick of collected reminders that shows your journey through Kenfig.

This is a Native American idea, where the stick would be used in tradition as a prop for story telling about a journey.

**These photographs show examples of 'journey sticks'.**



You could take your 'journey stick' into school for 'show and tell', for example, or use it to tell relatives and friends about your journey through Kenfig.