

NATURE PLAY RECIPE CARD

Tracking

INGREDIENTS:

- Something to make a track with or natural loose parts to build a track with
- A large area to track in

METHOD:

- Use an object or a finishing place for the end of your track.
- Think creatively about what kind of track or marker you would use to lead others to the final destination, you could draw your track, make it out of sticks or other natural objects.
- Set the track up with markers being no further than 2 metres apart.
- When you have finished making the track find someone else to follow the track to make it to the end.
- Get the others to make a track for you to follow.
- Practice by following a real animal track, seagulls on sand is a good start.



SAFETY AND CARE:

- Set boundaries before you start making the track so you don't get lost or go too far.
- Carry sticks with one end on the ground.
- Take natural materials from the ground not from any living plant or tree.

Did you know?

Tom Brown Jnr is a renowned tracker from the US. He can even track a squirrel through a pine needle forest.

