



FUTURE GUARDIANS OF CANNOCK CHASE Activity Pack



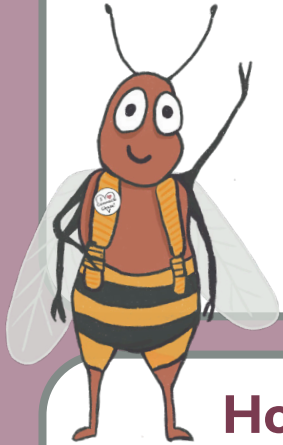
Welcome!

Hello! We're Heathcliffe and Heather and we need your help!

We come from a really special home called Cannock Chase. It's such a beautiful place that it's been named an Area of Outstanding Natural Beauty (AONB).

There are only 34 of those in the whole of England!

Some parts of Cannock Chase are also designated a Special Area of Conservation (SAC) for their internationally important heathland. This means they need extra protection. That's why we need you!



By working for this badge, you'll get outside and explore some of Cannock Chase's wonderful landscapes and find out lots of amazing facts. Better still, you'll learn how to guard our precious home so it stays safe for us all to enjoy in the future.

So, let's get stuck in!



How to earn your Future Guardian Badge

This pack is split into different themes and you'll need to carry out activities from a range of themes, based on your section:

Squirrels: Carry out at least 6 activities from the Outdoor Trail page.

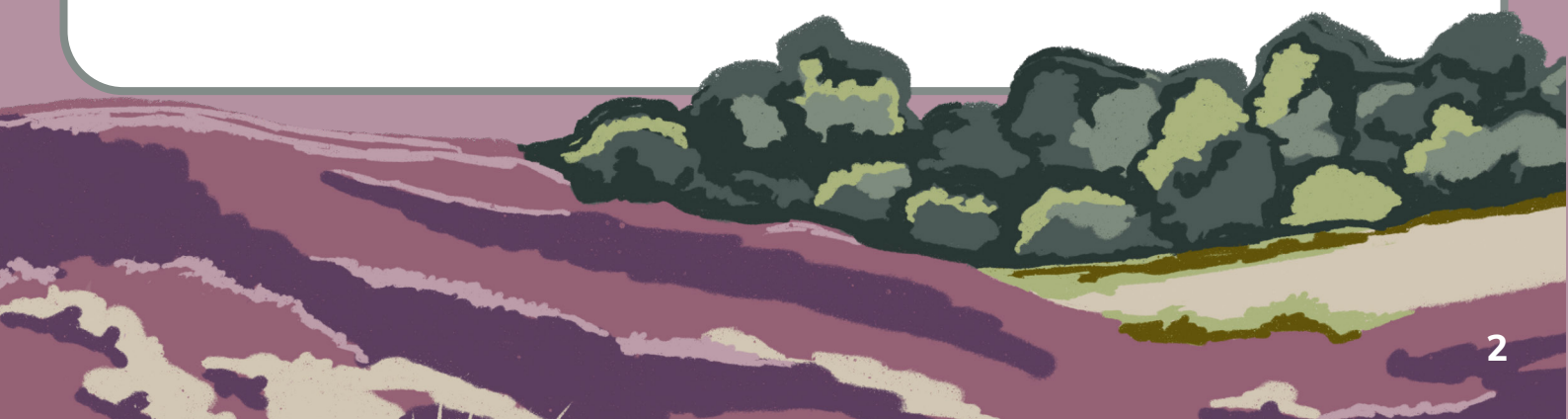
Beavers: Try any 4 activities from the pack and carry out the Outdoor Trail.

Cubs: Try 6 activities from the pack. Make sure you try some from at least three different themes (Animals and Habitats, Our Chase, Our Future etc.)

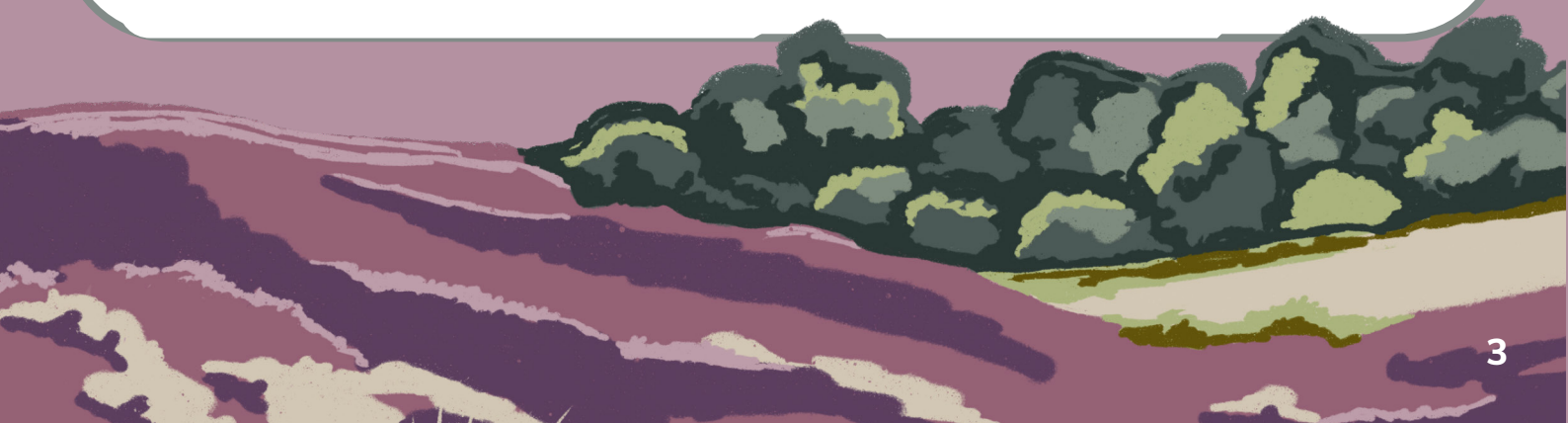
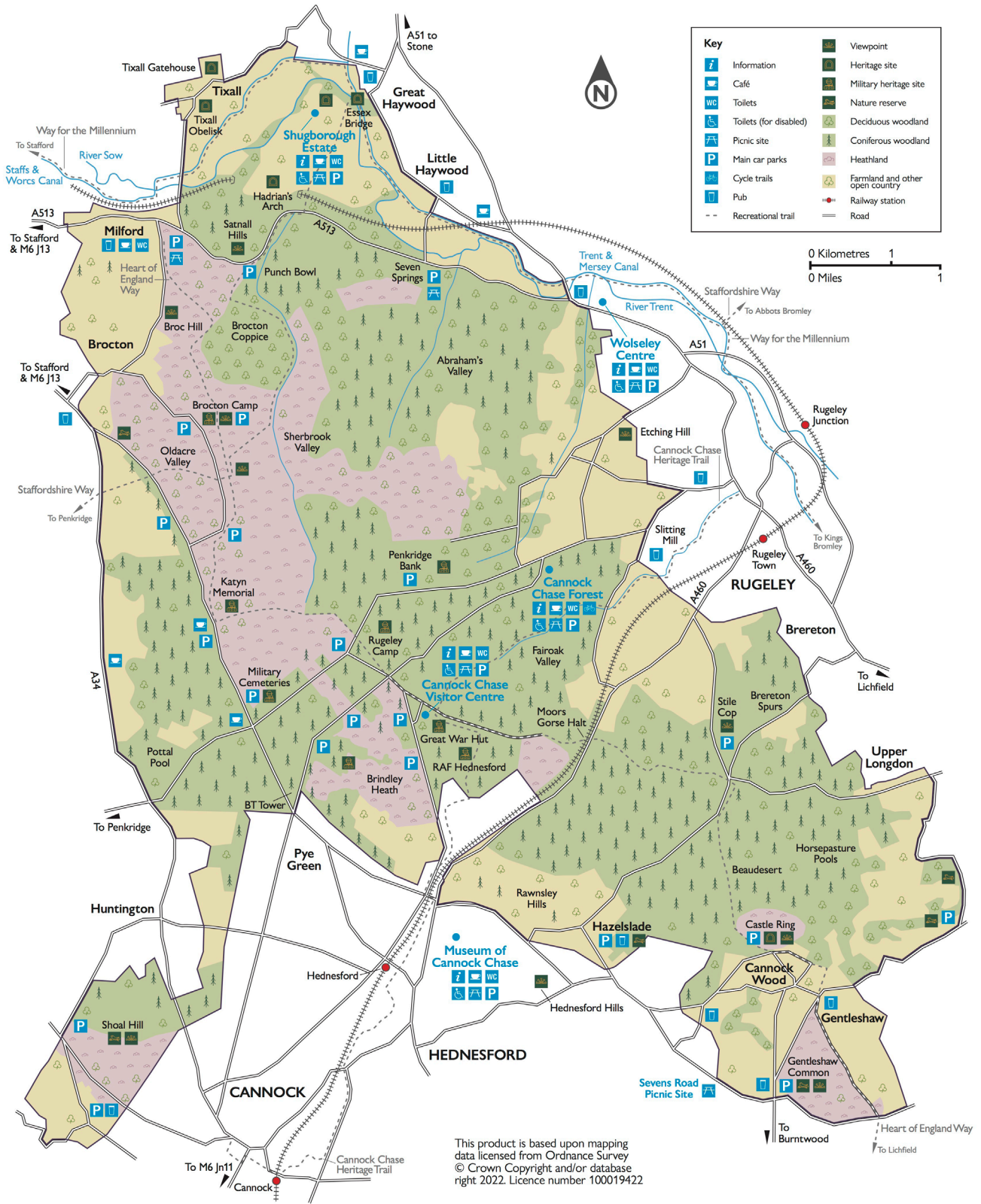
Scouts: Try at least 8 activities from the pack, including at least one from each different theme (Animals and Habitats, Our Chase, Our Future etc.)

Explorers: Try at least three activities from the Explorers section of the pack.

Don't forget to share what you've done for each challenge with your section, perhaps by showing them things you have made, or by giving a presentation!



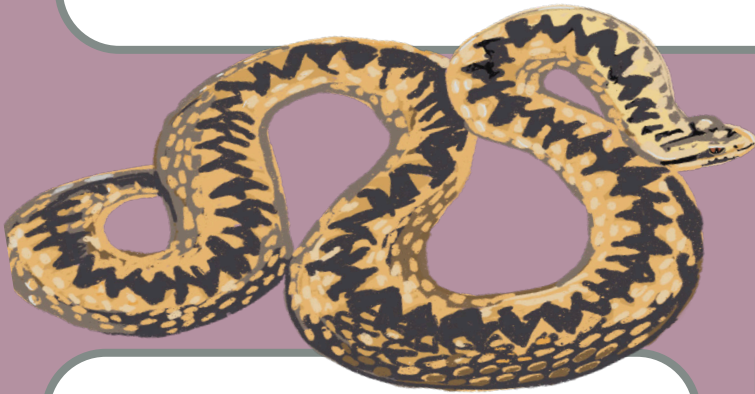
Cannock Chase



Animals and Habitats

Cannock Chase contains many different habitats. These include 30 specially named wildlife sites that are home to lots of plants and animals, including several endangered species. On Cannock Chase, you can walk through ancient woodland, or modern forests. You can explore wetlands and river paths, or you can discover heathland and farms.

Some of these habitats are very rare. One fifth of the whole planet's heathland is found in the UK. Cannock Chase is one of the most important remaining strongholds.



Did you know that heathland is even more rare than tropical rainforest?

Activity: Learn how to identify six different living things from habitats found on Cannock Chase.

Choose from at least two of these categories:

- Trees
- Butterflies or moths
- Birds
- Wild flowers
- Mammals
- Insects or 'mini beasts'
- Reptiles

Activity: Get to know a tree really well and work together with this fun game!

Play in pairs or threes. One player is blindfolded and guided to a tree by their friends. Make sure you keep to the marked paths and don't disturb any other ground. Let the blindfolded player feel the tree, noticing any lumps or bumps, or the places where branches poke out. Lead the person away and remove the blindfold. Can they recognise 'their' tree again by sight? What about trying to find it again by touch?

Activity: One way to keep a record of the plants and animals that you see out on walks is to keep a nature journal.

You can include sketches, photographs, or diagrams of the wildlife that you see. You can also add notes about the place you saw the plant or animal, and what it was doing.

If you keep the nature journal over several months, you will build a picture of wildlife through the different seasons.



Activity: Go on a colour matching walk. If you can collect some paint sample cards from a DIY shop, it can be fun to go on a walk and see how many shades you can match out in nature. OR you might just like to take paints on the walk and try to mix some of the colours that you see!

Activity: Make a life cycle plate to show the life cycle of one of the animals that can be found in a habitat on Cannock Chase. You can use the activity sheet at the back of the pack to help you.

You might choose:

A butterfly or moth

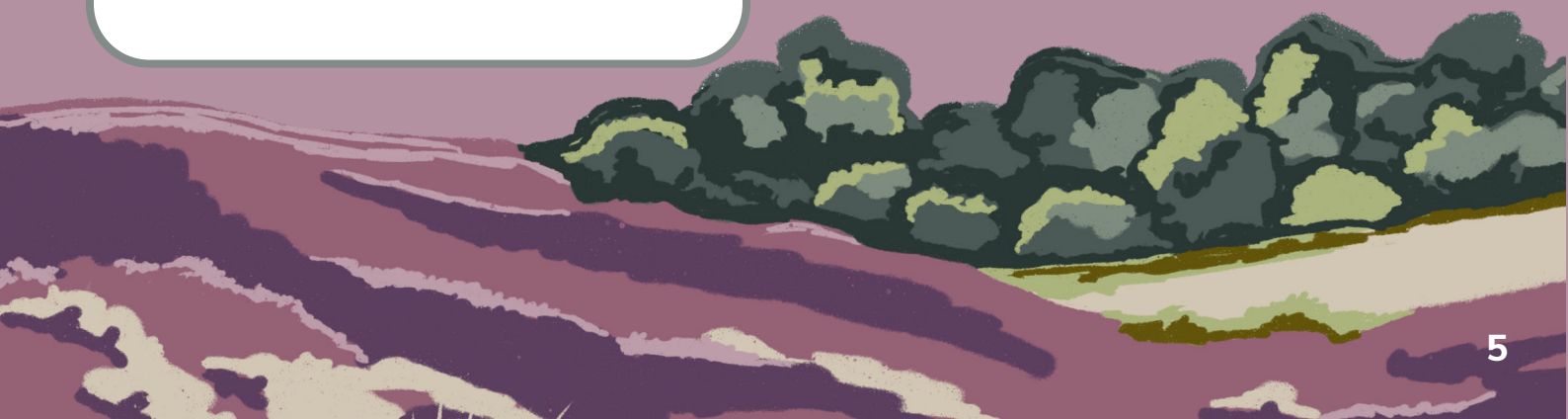
An adder

A frog

A bird, such as the nightjar or woodlark

It's really important to keep to the paths when you go for a walk round Cannock Chase. There might be creatures nesting nearby. Making new paths disturbs wildlife.

Activity: Next time you go on a walk, make a note of the paths that you take and the landmarks that you see. When you get home, create a map of your walk that would help someone else take the same route. You could draw this, or make a collage. You could even build a map from Lego!



Every plant and animal on Cannock Chase is well suited to its own habitat... but which habitat suits YOU best?

Activity: Get someone to take a photo of you wearing a plain top. With help from an adult if you need it, use scissors or a craft knife to cut out the shape of your



top. Go on a walk and hold the picture up against different backgrounds, then take another photo. Now you look like you're wearing that scenery! Cool!

The landscapes on Cannock Chase have changed a lot over time, and they are still changing now.

Activity: Choose a place that you can visit regularly over at least a few months. Stand in the same place each time and take a photograph. Make sure you face the same direction each time. Look back at all the photographs. What changes do you notice?

Wildlife really needs our protection. As people build more houses and natural habitats get scarcer, animals are running out of places to make their homes.

Activity: You can help create a safe place for wild creatures to live by building them somewhere to stay in your garden!

There are wonderful views to be seen all over Cannock Chase.

Activity: Make a 'view finder' by cutting two L shaped pieces of paper and holding them up like a frame to look through. Choose a scene that you find beautiful and make a drawing of it.

Choose from:

- A bug hotel
- A bird box
- A bat box
- A hedgehog house

(See back of pack for links to instructions!)



The Chase Through Time

Cannock Chase was created as a hunting forest for King William The Conqueror. Before that, archaeology shows us there were settlements here dating back thousands of years. People have mined the ground for coal to use as fuel and for ironstone to make tools and weapons. Soldiers trained here in both World Wars. Timber from the forest has been used for building over many centuries - it still is now! These days, people also come to Cannock Chase to have lots of fun! What a busy and important place it is, with so many layers of history to discover.



Castle Ring was built over 2500 years ago by the Cornovii tribe who lived in the area. It is the highest point on Cannock Chase at 242 metres high! In fact, it's likely that the name "Cannock" comes from the Celtic word "C'noc" meaning a high place.

Activity: Visit Castle Ring and draw or take a photograph of a view from the top. Try to find out which landmark is the furthest one that you can see from the very top.

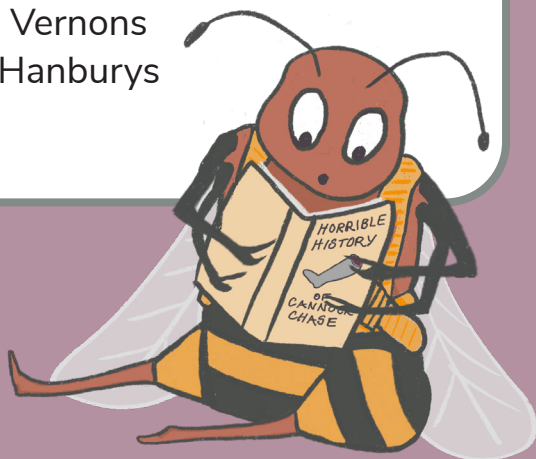
The St. John's Church Scout Troop, started in Heath Hayes in 1910, was one of the first Scout troops in the UK. Beaudesert Park Scout camp was opened by HRH The Princess Royal soon after that. It has been used by Scouting groups ever since.

Activity: Find out about Scouting during that time and some of the ways that it has changed since then. Was the uniform the same? What sort of activities did Scouts do?

Many families have played a part in shaping the Cannock Chase that we know today.

Activity: Research one of the following family names and find out what they are known for in the area:

Pagets
Littletons
Talbots
Harrisons
Vernons
Hanburys



Parts of Cannock Chase are still 'common land'. Nowadays, this means we are allowed to go for walks there. In the olden days, it meant people were allowed to graze their animals there and pick plants to use for all kinds of purposes.

Bracken was used for bedding, compost and even a soap made from its ash after burning. Heather could be made into a broom, or used to thatch roofs. Bilberries made food and medicine. Wood was used for building and fuel.

Activity: Make up an advert for a product that was once made using materials from heathland. Film a TV ad or make a poster for your product, such as "Bert's Bouncy Bracken Bedding!"

During the Great War, a hospital was built at Brindley Heath to treat soldiers from the training camps on Cannock Chase who were wounded or had fallen ill. It also treated fighting soldiers suffering from shell shock and gas attacks up until it closed in 1924.

Activity: Learn how to bandage a wounded limb, or make a sling for an injured arm.

Did you know that Marquis Drive was built so that Henry Paget, (Marquess of Anglesey) could still go hunting after losing a leg? His leg had to be amputated after he was hit by a cannon ball during the battle of Waterloo. This made it too difficult for him to ride a horse through the forest, so he had a road built to use instead.

Meanwhile, his leg became a tourist attraction in Belgium, attracting many visitors!

There are some very interesting historic places to visit on Cannock Chase. You can find out lots of information about people who have lived in the area over hundreds (or even thousands) of years!

Activity: If you're a big fan of building on a computer, why not visit some of the amazing places, such as Shugborough Hall, then see if you can recreate them? You might inspire your friends to visit them in real life, too!



Mining for coal and iron ore was an important local industry for centuries. It played a big part in shaping the way that Cannock Chase looks today.

Activity: Visit The Museum of Cannock Chase and take part in their interactive mining exhibition. It should be possible to arrange a visit with your whole section if you contact the museum in advance.



Activity: Make a timeline of the different ways that the land on Cannock Chase has been used over the centuries. Try to include:

- Early settlements
- Hunting
- Farming
- Forges
- War camps
- Mining
- Forestry
- Recreation

Which of these are still happening nowadays?

The Great War Hut at the Cannock Chase Visitor Centre is a real hut from one of Cannock Chase's two Great War military camps: Brocton Camp and Rugeley Camp.

Activity: Visit The Great War Hut and find out about an artefact that interests you. Draw or write about it to show your friends.

Peace and Tranquillity

Cannock Chase is a tranquil wilderness. (Tranquil means very peaceful and calm). It has very low levels of light pollution compared with the bright and busy surrounding towns and cities. This magical wild place isn't just amazing for people to explore. The undisturbed landscapes and dark night skies also provide vital habitats for nocturnal wildlife such as the beautiful Emperor moth.



What is light pollution?

Light pollution is the use of artificial light at night. Artificial light means light that doesn't come from the sun or stars (moonlight is reflected from the sun).

Plants and animals rely on the natural pattern of day and night, but humans have changed this with streetlights, brightly lit buildings and other types of lights.

Go for a walk on Cannock Chase and find a place that you find really peaceful. How might it feel to be an animal living there that was disturbed by bright lights?

Activity: Write a poem about the peaceful place you have found from the point of view of that animal, or draw a picture to show its feelings.

Activity: Research at least two nocturnal animals that live in habitats on Cannock Chase. (Nocturnal animals are ones that sleep during the day and come out at night to hunt for food). Can you find out about any effects that light pollution has on those animals?



Spending time in nature is very good for your body and your mind. It can help you feel calm and peaceful.

Activity: Find a special place outside where you can sit. Take your time and pay attention to the sounds that you can hear. (You might want to close your eyes).

Can you identify 10 different sounds?

Think about whether you feel calm after being outside.

Activity: Can you find out the names of some constellations and learn the legends behind them?

Draw a constellation of your own (or copy a real one) and make up your own legend about it.



One way to enjoy peace and tranquillity is to lie back and gaze at the clouds. See if you can spot any that look like familiar shapes!

Activity: Learn to spot three different types of clouds and find out what they are called. You could also learn about what part clouds play in the water cycle.

Activity: Make a constellation torch and try the light pollution activity at the end of this pack.

Explain to your friends what you noticed.

Before you visit anywhere to take part in an activity, an adult must agree that you can go. They must know where you are and how long you are going to be there.

Our Chase, Our Future

Cannock Chase is such a special place, but it is also fragile. This means that it needs all of us to work together to protect it. With over 2.5 million visitors each year, wildlife and their habitats are coming under increasing pressure from disturbance and damage. Lots of different groups help to care for this nationally protected landscape. The Cannock Chase Code (see back of pack) has been developed to help everyone have fun here without causing harm.

Learning about the Code will help you to become a Future Guardian of Cannock Chase!



Did you know that the nightjar travels from South Africa (over 6000 miles away!) to make its nest on Cannock Chase? Nightjars nest on the ground, so keep to the paths to avoid disturbing them.

Whose job is it to care for Cannock Chase? Everyone can play their part, but some people work on the Chase every day making sure it is looked after.

Activity: Interview a person who works on Cannock Chase and find out about the job they do there. Or, ask your leader to get in touch with the team at the Special Area of Conservation (SAC) Partnership to arrange for a visitor to come in and talk to your section about the work that they do.

There's no reason why following the Code should stop anyone from having fun! There are so many ways to get out and enjoy exploring this beautiful place.

Activity: Try a way of moving round on Cannock Chase that is brand new to you! It might be going horse riding along a bridleway, cycling along one of the many trails in Cannock Chase Forest, or just walking down a footpath that you have never tried before. There are awesome accessible routes for everyone.

Not everyone who visits Cannock Chase may appreciate its importance, or understand the need to protect this special place.

Activity: Speak up and take a lead by designing a social media campaign to spread the word about the Cannock Chase Code. You might want to highlight the whole Code, or just one of the 12 messages.

How could you explain just how important it is for everyone to be a guardian of this special place?

A special video narrated by Mike Dilger explains how some behaviours can cause accidental harm to Cannock Chase.

Activity: Watch the video here: [Sustainability Matters with ecologist Mike Dilger - Cannock Chase AONB, are we loving it to death? - YouTube.](#)

Decide what you think the most important two messages are in the video and write or draw a picture to show how we could look after Cannock Chase better.

Litter dropped on Cannock Chase isn't just ugly and messy. It can harm wildlife and damage the soil.

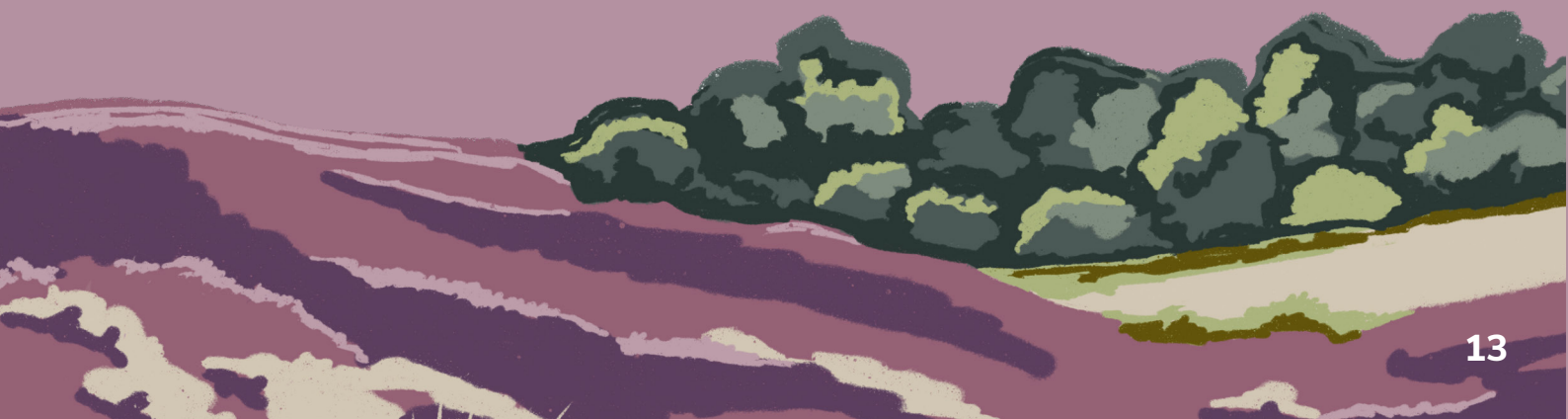
Activity: Go on a walk and notice the types of litter than you see. You might want to make a tally chart to record your findings. Which places are worst affected?

If it can be done safely, carry out a litter picking walk with an adult, or with your section.

Did you know that even dog mess harms the heathland? It changes the levels of nutrients in the soil and makes the heather ill. Always take your dog's mess away with you.

Another serious problem is caused when people have camp fires, or barbeques on the dry heathland. Even a single spark can start a devastating wildfire that destroys this precious habitat.

Activity: Design a poster to explain the need for fire safety.



Our Changing Climate

Climate is not the same as weather. The weather is what we notice when we go outside each day. Climate is the pattern of weather over many years. It's normal for the climate to change over time, but we know that humans are causing the climate to change much faster than it has before. Planet Earth's climate is warming up and this is having a disastrous effect on the environment.

One of the things that causes climate change is when people burn fossil fuels, like coal, gas and wood. These fuels release harmful gases, such as carbon dioxide into the atmosphere. These gases trap heat and make our planet warm up like a greenhouse.



Did you know that plants such as heathers and bilberries are especially sensitive to pollution? They grow in low nutrient soils, so nitrogen from cars is extra harmful to them.

One of the things that we can do to reduce climate change and protect the environment is to use our cars less often. At the moment, 80% of visitors to Cannock Chase arrive by car.

Activity: Find out a route from your house to a place on Cannock Chase that you could get to without a car. Try using trains, bicycles, or going on foot. Now try out the journey!

Lots of the electricity we use in our homes is generated in power stations that burn fossil fuels. Cutting down on your electricity use helps cut down on harmful carbon dioxide in the air!

Activity: Find out about some different renewable energy sources such as solar power, or hydropower. Make a diagram to explain (in simple terms!) how they work.



Trees are truly amazing at cleaning up the air. They are able to absorb carbon dioxide through their leaves and store the carbon away.

Lots of our daily activities create carbon dioxide emissions and we don't have enough trees to soak it all up! So we need to cut down the amount of carbon we produce. The amount of carbon we produce is called our "carbon footprint."

Activity: You can work your carbon footprint out here:
<https://footprint.wwf.org.uk/>

Set yourself the challenge of trying to reduce your carbon footprint for the next three months. What did you do to lower it?

Activity: Carry out a travel survey to find out how many journeys your section made by car in the last week.

Track this over time and see if you can come up with ways to bring that number down each week. Even lift sharing is better than taking two cars, but avoiding a car altogether is better, if you're able to walk or cycle instead.

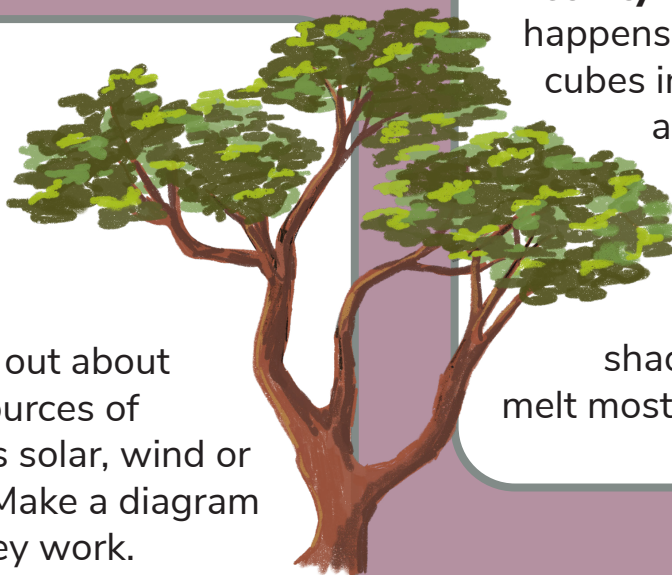
Climate change will affect landscapes all over the planet. As temperatures rise, the ice that covers some of our planet is starting to melt.

Activity: Find out what happens when you place ice cubes in different places around your house.

Try putting some in sunny places or near a radiator. Put others in shady places. Which ones melt most quickly and why?

Our electricity doesn't always come from burning fossil fuels.

Activity: Find out about some other sources of power such as solar, wind or hydropower. Make a diagram about how they work.



Explorers' Activities

1) Take part in a physical activity on Cannock Chase, such as: hiking, cycling or horseriding. Demonstrate a progression of skills over time. Discuss your understanding of the impact that your chosen activity can have on the surrounding landscape, and the steps you have taken to make sure that you stick to the Cannock Chase Code.

2) Contribute your time to a volunteering project in Cannock Chase over a sustained period (at least three months). Investigate suitable opportunities and work together as a team with others in your section, or people in the wider community.

3) Learn about the Special Area of Conservation on Cannock Chase and any threats to wildlife or habitats on the site. Investigate work that is being done to safeguard the SAC and prepare an information sheet or presentation to share with others.

4) Find out about some of the changes that have occurred to the landscapes of Cannock Chase over a set time period (for example the impact of mining and quarrying on the land, or the impact of house building). Choose a specific location and use photography to record ongoing changes over a sustained period of time.

5) Design a series of social media posts to engage a range of audiences. Use the posts either to promote one or more aspect/s of Cannock Chase, or to educate people on the importance of keeping to the Cannock Chase Code.



Make a life cycle spinner

Cannock Chase is home to many animals. Some of them go through different stages as they grow up. This is called a life-cycle. See if you can find out about an animal that lives here, then try this activity to remember its life-cycle.



You will need:

Two paper plates (or circles cut from card)

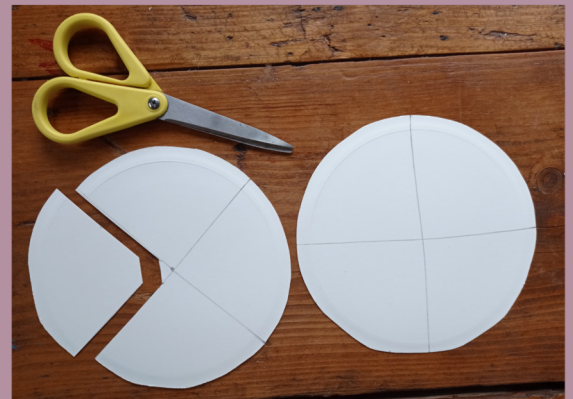
Scissors

Coloured pencils or felt tip pens

A split pin

First, use a ruler to draw lines that split each plate into quarters, like this.

Cut out a quarter of one circle. Don't cut right into the middle - leave room for the split pin.



On the cut out circle, draw an arrow.

On the other circle, draw the different stages in the animal's life.

This butterfly lays eggs, which hatch into caterpillars.

The caterpillars make a cocoon, then a new adult butterfly hatches out!



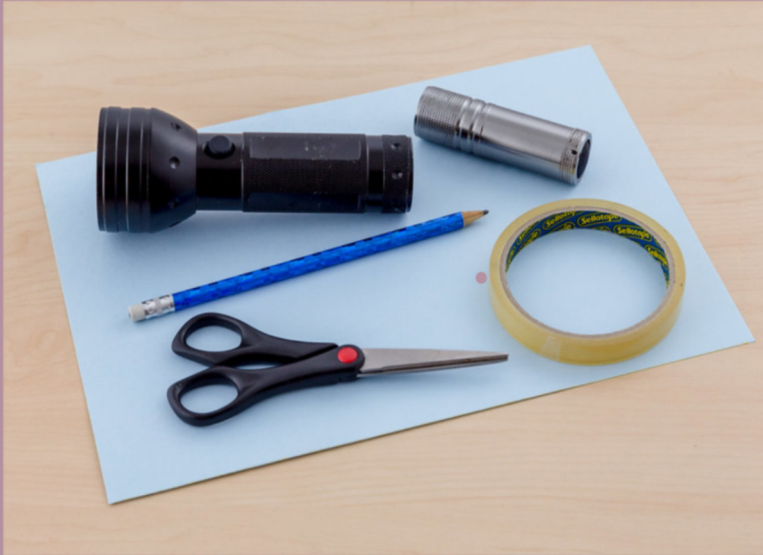
Carefully, poke a hole in the middle of each circle with a pencil. Join your circles together with a split pin.

The circle with the arrow needs to be on top. Now you can spin the top circle around to show each stage of the life-cycle.



Light pollution activity

How does light pollution affect what you can see in the dark night skies?
Try this activity to find out!



You will need:

- A torch (the one on your phone will work)
- Black paper
- Scissors
- Sticky tape
- A sharp pencil
- A room you can darken

1. Cut the piece of paper slightly bigger than the front of your torch.

2. Use your pencil to poke holes in the paper to make a constellation of “stars”.

3. Tape the paper over the front of your torch.

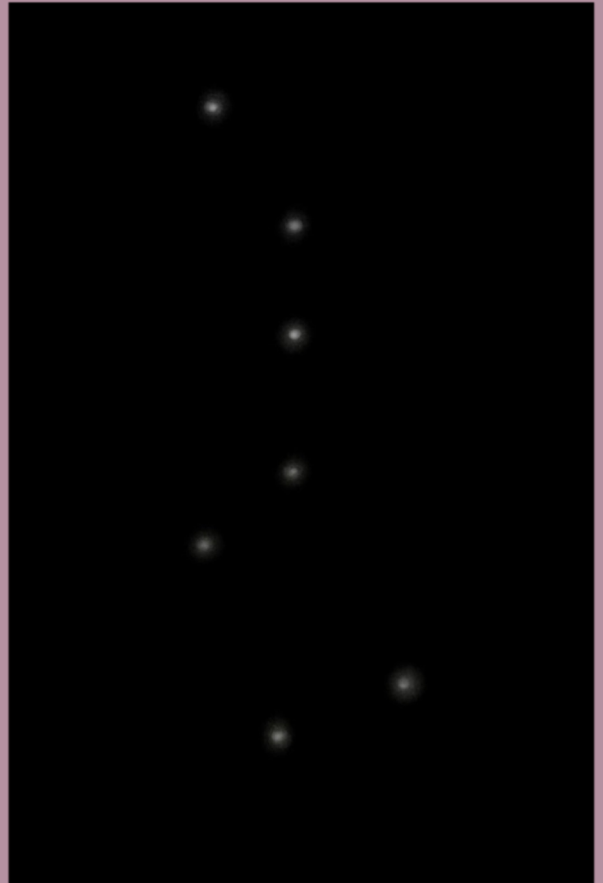


4. Take your torch into a darkened room (you might want to wait till it's dark outside).

5. Turn the torch on and aim it at the ceiling, or a wall.
What can you see?

If you can't see your constellation, try moving the torch nearer to the wall.

6. Once you can see your constellation, try making the room a little brighter by turning on a lamp, or the main light.
What happens?



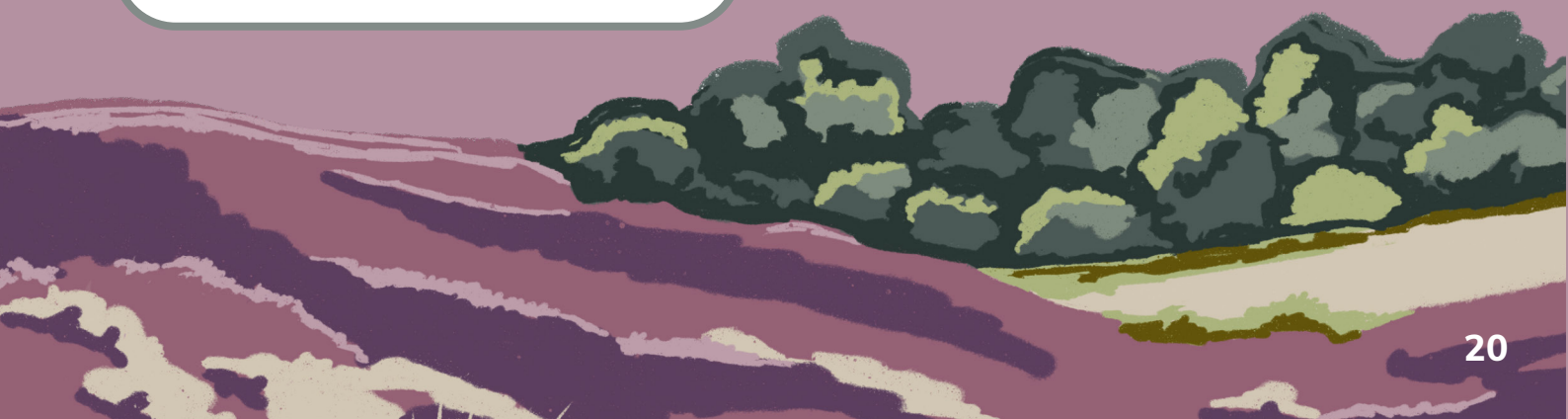
It was probably easy to see your constellations in the darkened room. As the amount of light pollution from your lamps increased, you probably noticed your constellation seemed to “disappear”.

In the same way that the light drowned out your constellations, artificial light drowns out natural light from the stars and reflected light from the moon.

Wildlife needs dark night skies in order to behave naturally.



We need to protect special places such as Cannock Chase from becoming too bright!



Outdoor Trail

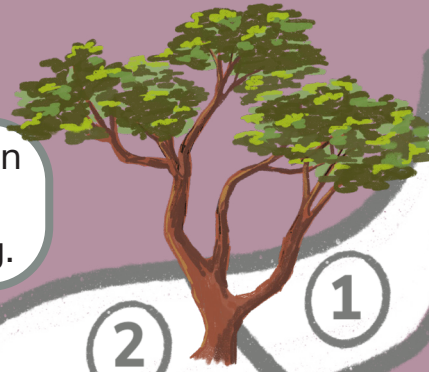


Go for a walk on Cannock Chase and see how many of these activities you can do! Remember to keep to the paths and always follow the Cannock Chase Code.



2

Carry some paper and a crayon with you, find an interesting tree, and make a bark rubbing.



1

See if you can move like a duck, a deer or a squirrel ... how would they walk? Can you invent some other ways to move?

3

Look up at the clouds and see if you can spot ones that remind you of a familiar shape.

5

Carry a magnifying glass and see how things look in extreme close up!



4

Plan and pack a picnic to enjoy. Don't forget to take all of your litter home with you!



6

Play "I hear with my little ear" and see if people can guess what you've heard.

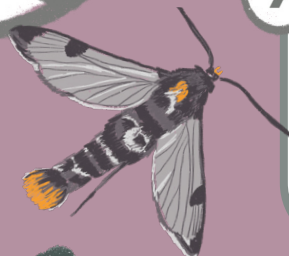
8

See how many different types of flowers you can spot.



7

Find an insect, or other small creature and watch it for a few minutes to see what it is doing.





Word Search Activity

Complete this word search as one of your activity choices!

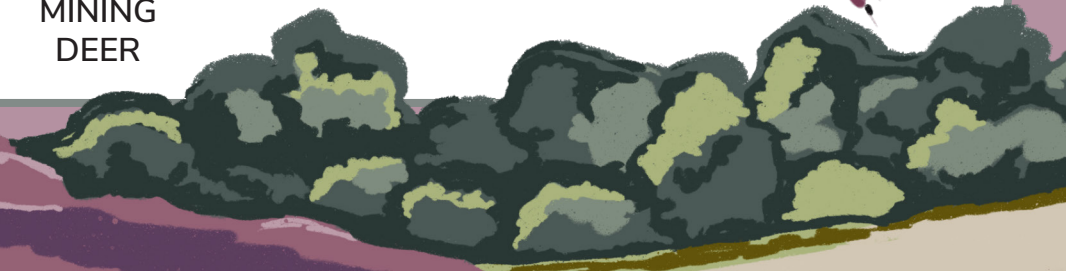
Can you find the words hidden in the grid below?

B	Y	C	E	P	N	M	O	H	A	D	D	E	R	E
B	G	U	A	R	D	I	A	N	M	E	J	W	B	K
E	Q	B	C	O	F	J	H	A	F	E	D	L	I	W
E	U	S	E	T	N	M	O	Q	S	H	F	B	L	A
S	G	E	W	E	T	L	A	N	D	E	D	V	B	F
A	S	A	H	C	V	E	K	I	Y	A	N	E	E	W
D	J	W	T	T	I	N	N	G	Y	T	A	C	R	K
C	F	E	S	I	H	F	H	H	S	H	L	I	R	E
A	T	O	M	W	R	Z	J	T	S	E	H	N	Y	T
S	A	Y	R	D	Y	E	F	J	M	R	T	G	P	A
X	L	E	B	E	E	X	H	A	I	W	A	M	C	M
S	A	J	Y	E	S	J	E	R	N	B	E	W	A	I
M	O	K	T	R	U	T	K	N	I	Q	H	N	I	L
V	C	A	S	T	L	E	R	I	N	G	S	V	S	C
T	R	M	R	J	U	N	E	N	G	K	U	A	Q	S

NIGHTJAR
 BILBERRY
 PROTECT
 GUARDIAN
 WETLAND
 BEES
 ADDER
 CLIMATE

WILD
 OAK
 HEATHLAND
 FOREST
 CASTLE RING
 HERITAGE
 MINING
 DEER

Can you find the extra hidden word?





Learning Links

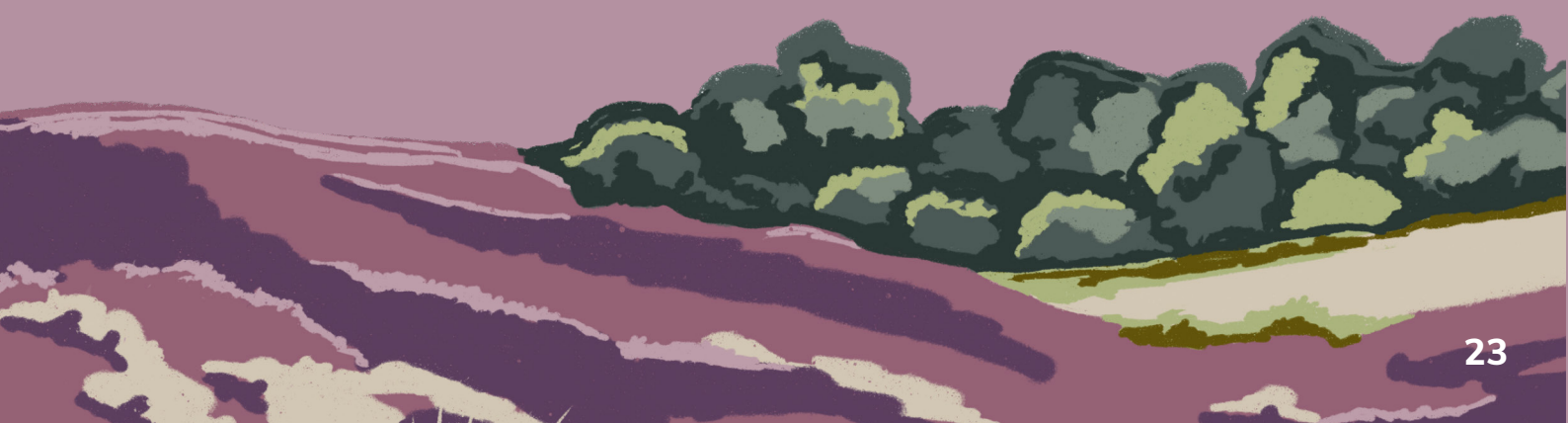
You can find further learning links for some of the activities mentioned in this pack here:

Make a bug hotel – find some suggestions for ways to make a bug hotel here: <https://www.rspb.org.uk/get-involved/activities/nature-on-your-doorstep/garden-activities/build-a-bug-hotel/>

Make a bird box – the following link has a pattern to use if you'd like to construct your own bird box to hang in your garden: <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/build-a-birdbox/>

Make a bat box – there are tips here for ways to make a bat box. There is also a link to a bat helpline so you can learn where to position your box and the laws about bat roosts: <https://www.wildlifetrusts.org/actions/how-build-bat-box>

Make a hedgehog house – follow this link for tips to make a hedgehog house for your garden or school grounds: <https://www.wildlifetrusts.org/actions/how-build-hedgehog-home>



protect · respect · enjoy

 <p>Don't approach or feed deer</p>	 <p>Don't approach or feed farm animals</p>	 <p>Take litter and dog waste home</p>	 <p>No naked flames, fires or barbecues</p>
 <p>Only use permitted cycle tracks</p>	 <p>Use bridleways when horse-riding</p>	 <p>Protect wildlife by keeping to paths</p>	 <p>Keep your dog under control</p>
 <p>Park only in car parks</p>	 <p>Beware – people and animals on roads</p>	 <p>Use sustainable transport</p>	 <p>Think! Stay safe. Keep out.</p>

Be a Chase Champion – Follow the Cannock Chase Code

SUPPORTED BY



Find out more

Cannock Chase AONB Partnership www.cannock-chase.co.uk

Cannock Chase SAC Partnership www.cannockchase.org.uk

Cannock Chase Visitor Centre, Staffordshire County Council, Marquis Drive,
Hednesford WS12 4PW

Tel: 01543 876741 www.staffordshire.gov.uk

The Museum of Cannock Chase, Cannock Chase Council, Valley Road,
Hednesford WS12 1TD

Tel: 01543 877666 www.museumofcannockchase.org

Shugborough Estate, National Trust, Milford ST17 0XB

Tel: 01889 880166 www.nationaltrust.org.uk/shugborough-estate

The Wolseley Centre, Staffordshire Wildlife Trust, Wolseley Bridge ST17 0WT

Tel: 01889 880100 www.staffs-wildlife.org.uk

Cannock Chase Forest, Forestry England, Birches Valley, Rugeley WS15 2UQ
www.forestryengland.uk/cannock-chase-forest

Cannock Chase War Cemetery and German Military Cemetery www.cwgc.org

Enjoy Staffordshire www.enjoystaffordshire.com

Bus and train timetables www.traveline.info

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