

## Little Stream or Running Water

Here are some ideas of how you can use the beautiful outdoors in a fun and safe way. Please ensure you have read the Introduction to [Norfolk Summer Outdoors](#) for some important safety tips to help you along your way.

We have made this guide interactive so please click on the blue underlined section to follow the website links.



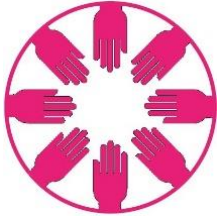
### Give back (and care)

- Find out how to take care for [freshwater habitats](#). Why is it [important](#) we look after them?
- Ensure everyone stays [water safe](#) near deeper water
- Safely collect litter to leave the area cleaner
- How to be a [water hero](#)
- Make a picnic to eat by the stream



### Take notice of nature

- Listen to the [sound](#) of the water
- Spot a [Damselfly or Dragonfly](#), [Whirligig Beetle](#), fish or [other creatures](#)
- *Safely* feel the cold water.
- Smell [water mint](#) (Don't eat it unless you've washed and cooked it).
- Notice [plants](#) that grow in and around the water



### Connect with others

- Visit a stream/river with family and friends.
- Take photos to remember the day – share with family or friends who cannot be there
- Create a group poem or [story](#) about the stream/river.



### Be active in the outdoors

- Research online and ask others about suitable streams and running water in your area that public can visit.
- Look at the water, do the [waterside safety challenge](#)
- Drop leaves/twigs in and different places. Where do they go? Where do they slow down and speed up?
- Play with water in your garden. Make a mini stream or pour some water into some guttering.
- Take a [walk along a waterway](#) to see how it changes.
- *Safely* look for [creatures](#) under a rock
- Photo the birds and plants
- Play [pooh-sticks](#).
- Make a [mini boat or raft](#) to float down the stream
- *Safely* make a mini dam with sticks or stones.



### Keep learning

- Discover the differences between [flushes](#), [ditches](#), [streams](#) and [rivers](#). Can you visit examples of each?
- Learn in detail about [rivers](#).
- What is the [Water Cycle](#)? How does this link with weather?
- Find out about the [creatures](#) living in freshwater streams. How can we care for them?
- Learn about Norfolk Chalk Streams (Listen to [The Wensum Story](#) – narrated by Stephen Fry)

For further resources please see;

- Check out [Norfolk Rivers Trust](#) map to discover more places to visit
- River [activity sheets](#)
- Understanding [river pollution](#) and WWF [Protecting freshwater environments](#)
- Learn about [canals](#) and builds your own canal or river from [Lego](#)
- [Canal and river activities](#) and [games](#) to do at home