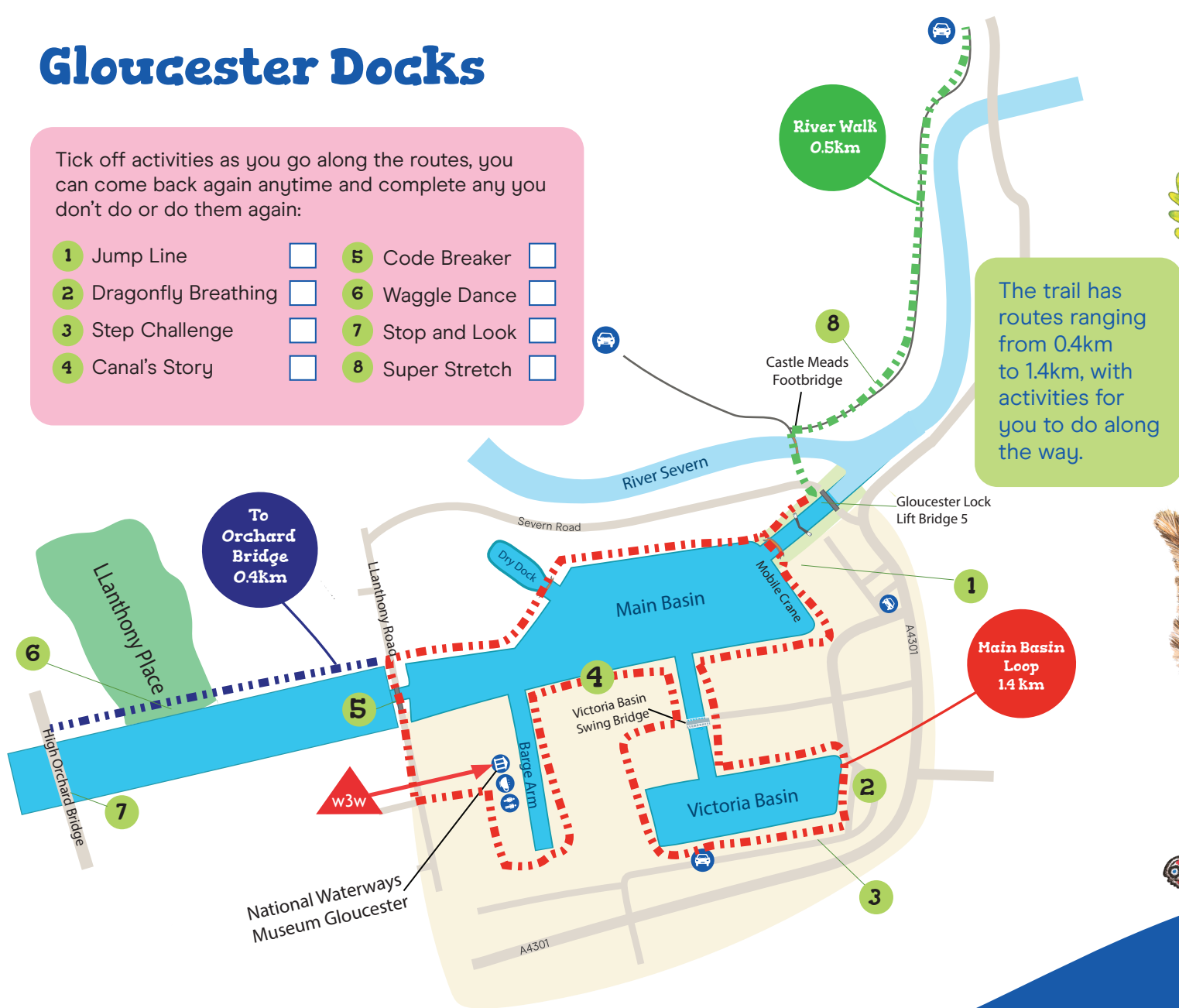


# Gloucester Docks

Tick off activities as you go along the routes, you can come back again anytime and complete any you don't do or do them again:

- |                       |                          |                 |                          |
|-----------------------|--------------------------|-----------------|--------------------------|
| 1 Jump Line           | <input type="checkbox"/> | 5 Code Breaker  | <input type="checkbox"/> |
| 2 Dragonfly Breathing | <input type="checkbox"/> | 6 Waggle Dance  | <input type="checkbox"/> |
| 3 Step Challenge      | <input type="checkbox"/> | 7 Stop and Look | <input type="checkbox"/> |
| 4 Canal's Story       | <input type="checkbox"/> | 8 Super Stretch | <input type="checkbox"/> |



## Let's Go Outdoors!

### Family Wellbeing Trail

Location: Gloucester Docks

What3words: budget.joined.waters

### Hello, Explorers!

We're the Canal & River Trust, and we care for over 2000 miles of canals and rivers across England and Wales.

Spending time moving by the water makes us happier and healthier — so Let's Go Outdoors! and explore our Gloucester Docks wellbeing trail together.

Share your moments:  
@canalrivertrust

Explore fun activities:  
[canalrivertrust.org.uk/explorers](https://canalrivertrust.org.uk/explorers)



We would love to hear your feedback on this activity. Please fill in our quick survey.

Remember to stay **SAFE** near water and **Stay Away From the Edge**. Be sensible, never enter the water and in an emergency, call 999 immediately.



# Explorers



Working with Happy Confident Kids, this project is made possible by Sport England to enable families to move and connect with nature along our wonderful waterways.

## 1 Jump Line

Use pebbles or small items to create a line—stay well away from the canal edge.

Try these jumps:

- **Two-foot taps:** Jump both feet over the line. How many times can you go back and forth?
- **One-foot hop:** Hop over using one foot, then switch feet. Can you keep your balance?
- **Side-to-side:** With the line between your feet, jump side to side without touching it.
- **Zig-zag:** Jump forward and diagonally left and right, like a zig-zag path.
- **Long jump:** Find a small gap or crack and leap over it in one big jump—only if it's safe to do so.

*Jumping raises our heart rate & makes us feel more energized and awake.*

## 2 Dragonfly Breathing

Imagine you're an incredible dragonfly

**Flapping wings (to release energy)**

- **Stand tall**, feet apart and comfy.
- **Stretch your arms out wide** like dragonfly wings.
- **Take a big breath** in through your nose.
- **Flap your wings!** Breathe out through your mouth as you flap your arms up and down.
- **Do it a few times** to feel that energy fly away!

**Gliding (to find calm)**

- Keep your arms out wide, but **still and soft**, like you're gliding.
- **Breathe in slowly** through your nose.
- **Breathe out gently** through your mouth.
- **Repeat a few times**, imagining a dragonfly floating peacefully.



*Add a gentle buzz if you like.*

*Breathing mindfully is one of the fastest ways to access calm.*

## 3 Step Challenge

Find the steps near the Rusty Needle and try these challenges (with an adult nearby):

- **Slow & steady:** Step up one at a time, feel each foot.
- **Speedy steps:** How fast can you go—safely?
- **Downhill dash:** Walk carefully back down.
- **One foot first:** Start with the same foot each time, then switch!

*Step-climbing makes your heart strong, your legs powerful and your balance and coordination awesome.*

## 4 Canal's Story

Find a peaceful spot by the canal. Sit down and take notice of the nature that surrounds you whilst you listen to our story.



## 5 Code Breaker

Alright, super-sleuths, it's time to team up and solve these puzzles! Unscramble the letters to reveal the hidden words.

**Bridge buster!** You're standing on it right now, looking out at the view. What's the name of this special bridge?

• NONLTLYAH TLIF ERIDBG •


**Otters** can live in canals, what type of animals are they?

• LMAAMM • (Hint: They are warm blooded)

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**Joy jumble!** Now unscramble the letters that appear in the blue boxes above.

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 = A TINY moment of joy

What was your tiny moment of joy today? Scan the QR code to share it!



## 6 Waggle Dance

Bees dance in a figure of eight and buzz to tell other bees the direction and distance to food, this is the waggle dance. The longer they waggle, the further away the food is.

**Do the waggle dance:**

1. Spot a flower or leaf you like.
2. Face towards the flower (bee food).
3. Waggle your hips and move in a figure of eight.
4. Buzz as you waggle!

Can someone else follow your waggle dance to find your "flower?" Then, it's their turn to be the **Waggle Dancer**.



*Dancing is a great way to move all parts of your body, it also releases hormones that make us feel happy!*

## 7 Stop and Look

**Standing on a bridge and looking out is a great way to exercise our eyes.**

- So stand on this bridge and look far into the distance.
- What is the furthest thing you can spot?

Looking at faraway views calms your brain and helps you to spark new ideas.



## 8 Super Stretch

Stretching helps release tension from our muscles, which helps our minds feel calm and relaxed.

**1. Tall tree stretch**

- Stand tall. Reach up high like you're touching the clouds or tallest tree.
- Breathe in and hold for 3... feel the stretch.

**2. Windy tree sway**

- Keep arms up and gently lean side to side, like a tree in the breeze.
- Stretch each side slowly.

**3. Heron stretch**

- Bend forward, arms dangling toward your toes.
- Let your head relax and feel the back of your legs stretch.

**4. Canal bird wings**

- Arms out wide—big bird wings.
- Make slow, wide circles—forward, then back.

How good does that feel now?

