

## Out and About

One of the best things about autumn is searching for conkers – the seeds of the horse chestnut tree. Depending where you live, conkers are also known as cheggies, hongkongs, obbley-onkers and cobs.

Do conkers have a local name where you live?

### To make

## Killer Conkers



- Select your conker carefully.
- Make a hole exactly through the centre with a skewer. You may need to ask an adult to help.
- Cut a length of strong string (or a shoe lace) long enough to wind twice round your hand and hang down by about 20 cms.
- Thread the string or shoe lace through the hole and tie a big knot in one end to make sure the conker doesn't drop off and smash.

### To play

- 1 The law of conkers is that it is better to strike first.
- 2 Hold your conker between your thumb and forefinger like a catapult. Swing it down on to your opponent's conker. If you hit it the other player has their turn. If you miss you may be allowed another turn.
- 3 When one conker breaks into pieces so that nothing remains on the string, the winning conker becomes a 'one-er'.



### Want to know more?

Click on [canalrivertrust.org.uk](http://canalrivertrust.org.uk) to:

- Find the nearest canal in your area. Then go for a 30 minute towpath walk in autumn with an adult you know and see what fallen natural objects you can find. Don't forget to take a rucksack with a drink, a map, a mobile and a coat.
- Download a free App to take part in the Great Nature Watch and record your findings on the website.
- Visit a canal museum to find out what games the children of canal boaters played in the past.

Remember the **SAFE** message:  
**Stay Away From the Edge**



**Leaders:** for advice on how to plan a visit go to