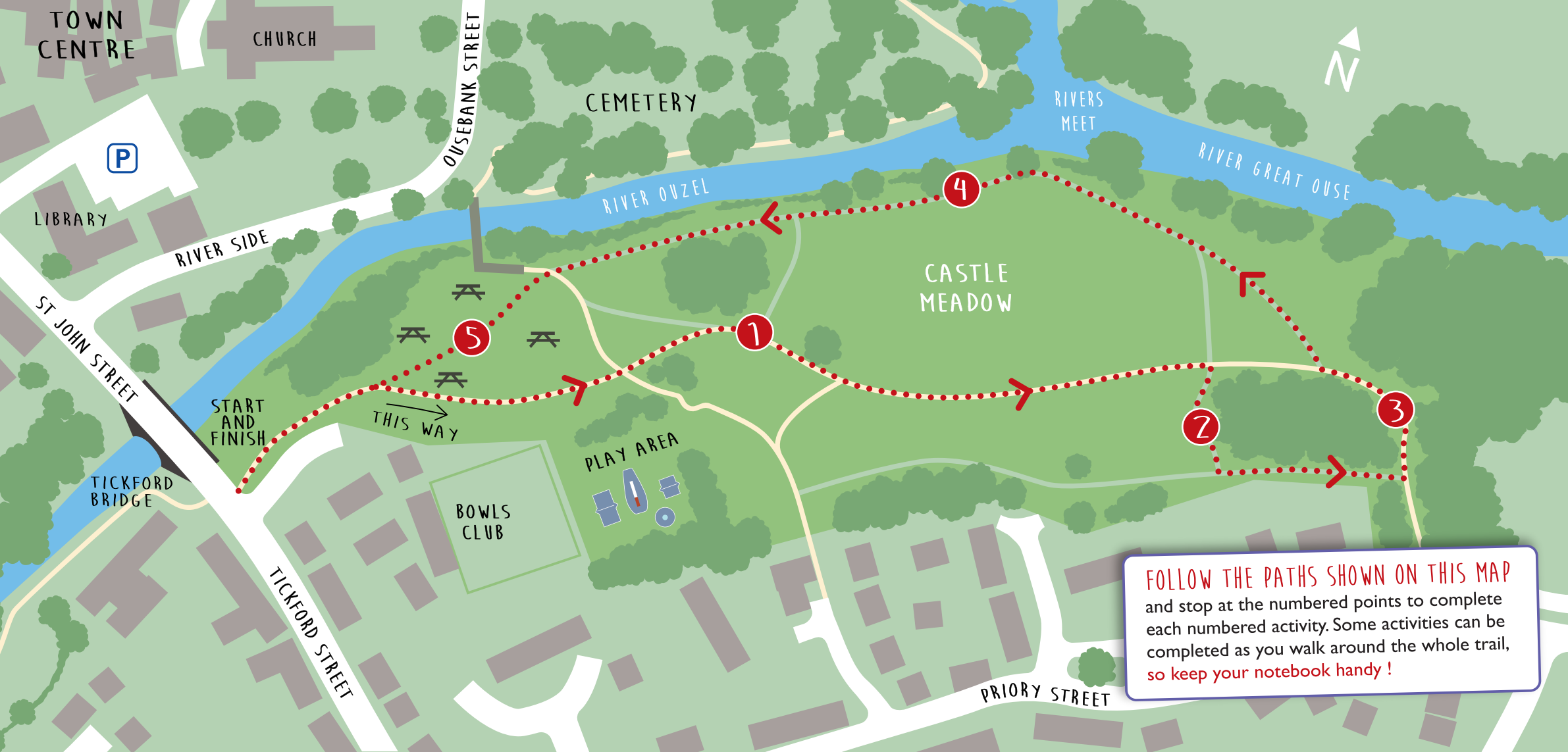




ACTIVITY 1

FLOWER POWER

Flowers come in different shapes and colours to attract different insects to pollinate them. Pollinating insects are crucial to life on earth - without them there would be no food grains, fruits, seeds and nuts that other wildlife, and people, need to survive.

LOOK FOR THESE DIFFERENT SHAPED FLOWERS. TICK THEM OFF AS YOU FIND THEM AND MAKE A NOTE OF ANY INSECTS THAT WERE VISITING THEM. ✓



BUTTERCUP OR POPPY Bowl-shaped flowers attract many different insects. Bees walk in circles inside the flower collecting pollen on their fuzzy bodies.



VETCH Lipped flowers attract bumblebees that are strong enough to force their way inside the flower.



THISTLE OR KNAPWEED Pompom flowers are clusters of tiny tubes filled with sweet nectar. They attract bees and butterflies with long tongues.



DAISY Daisy-type flowers are made up of hundreds of tightly packed tiny flowers, or florets. Small solitary bees, butterflies and hoverflies often feed here.



HOGWEED / COW PARSLEY Flat, open flowers have nectar and pollen that can be easily reached by beetles and hoverflies.



NETTLE Plants with flowers that hang down in catkins, such as nettles, don't need insects at all. They are pollinated by the wind!

MORE TO EXPLORE

There are three other Family Activity Trails for you to discover in Newport Pagnell.

DON'T MISS OUT ON EVEN MORE ADVENTURES - TRY THESE TRAILS TOO!

Bury Field Common

Ousebank Gardens

Riverside Meadow

SKYLARK TRAIL...

OTTER TRAIL...

KINGFISHER TRAIL...



Leaflets are available from the Town Council office (address on the back of this leaflet) or can be downloaded from www.newport-pagnell.org.uk Or you can use this QR code.



COMPLETE THE TRAIL - COLLECT THE STICKER

Don't forget to claim your special Dragonfly Trail sticker when you've completed this trail. There are 4 stickers to collect from the Town Council office - one for each named trail. Just bring your completed trail sheet to the reception (Mon-Fri, 9am-4pm) and collect your sticker.

GETTING TO THE START OF THE TRAIL



Start / Finish

Tickford Bridge entrance to the meadows. The nearest free car park is in St John Street, behind the library (MK16 8HH). The nearest bus stop is Newport Pagnell Library. For public transport timetables contact Traveline: www.traveline.info Tel: 0871 200 22 33

Facilities nearby:

Public toilets at 86 High Street, near the town clock. There is a children's play area in Castle Meadow.

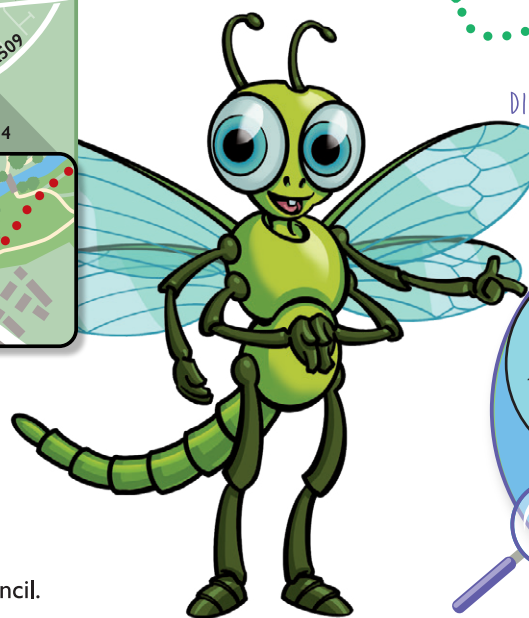
For further information:

Castle Meadow is managed by Newport Pagnell Town Council. 80 High Street, Newport Pagnell, Bucks, MK16 8AQ (open Mon-Fri, 9am to 4pm). www.newport-pagnell.org.uk Tel: 01908 618756 Email: TownClerk@newport-pagnell.org.uk

FAMILY ACTIVITY TRAIL IN NEWPORT PAGNELL

CASTLE MEADOW

DISCOVER WILDLIFE GALORE AND LEARN HOW TO PREDICT THE WEATHER ALONG THIS 1/2 MILE TRAIL.



DRAGONFLY TRAIL

ARE YOU READY?

ADVENTURE AWAITS!

THINGS TO BRING...

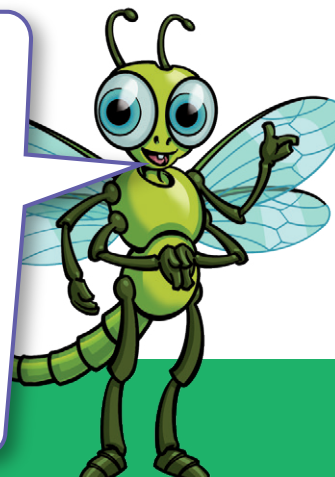
- Camera
- Binoculars
- Notebooks and pencils
- White cloth e.g. a tea towel (Activity 2)
- Observation jar and magnifying glass (Activity 2)
- Drinks and snacks

DID YOU KNOW?

There have been dragonflies on earth for over 300 million years - they were here long before dinosaurs. They are expert flyers, reaching speeds of up to 30 miles per hour, and can fly in all directions, even backwards! You should spot some near the river between June and October.

As this is called Castle Meadow... let's talk about Dragons and Damsels! Dragonflies and damselflies look similar. Do you know how to tell us apart? Wait until we stop flying.

Dragonflies, like me, rest with their wings open and damselflies rest with their wings folded along their bodies.



DRAGONFLY TRAIL

Design and illustration by: www.maltingspartnership.com

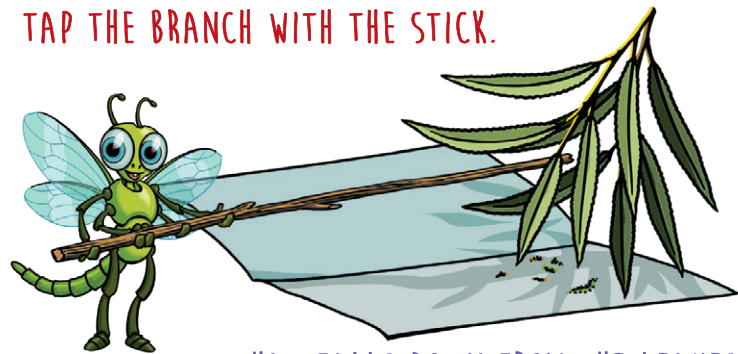
ACTIVITY 2

LET'S GO ON A BUG HUNT!

The grasses, trees, wildflowers and bushes in Castle Meadow are buzzing with tiny creatures. Let's see how many we can find!

STAND STILL AND LOOK OUT ACROSS THE MEADOW. WHAT CAN YOU SEE FLYING AROUND?

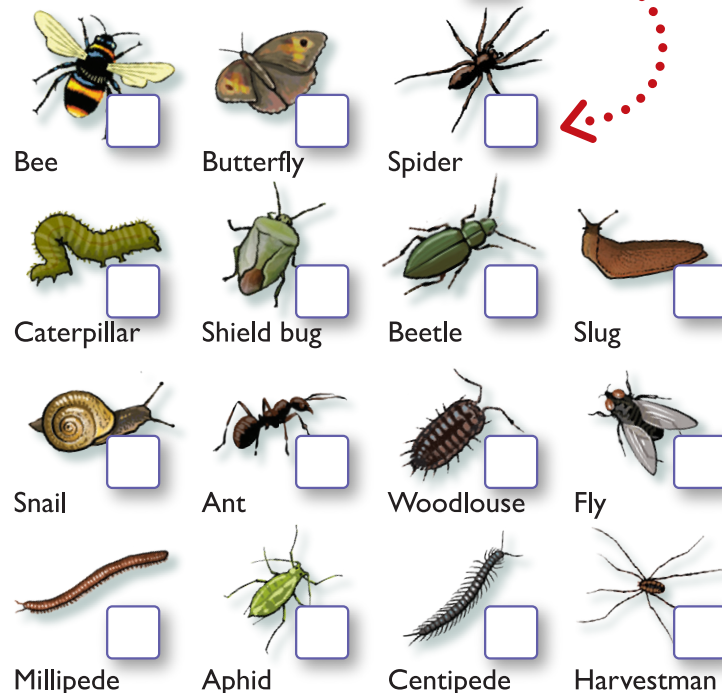
TAKE A STICK AND PLACE THIS LEAFLET OR A WHITE CLOTH UNDER A TREE BRANCH AND GENTLY TAP THE BRANCH WITH THE STICK.



WHAT FALLS DOWN FROM THE LEAVES?

NOW GO INTO THE WOODLAND AND TURN OVER A LOG OR INVESTIGATE THE DEAD LEAVES ON THE GROUND. Don't forget to replace the log when you've finished.

DID YOU FIND THESE MINIBEASTS? TICK OFF THE ONES THAT YOU FOUND AND WRITE DOWN WHERE YOU FOUND THEM. ☒



These minibeasts are called 'invertebrates' because, unlike other animals, they have no bony skeleton.

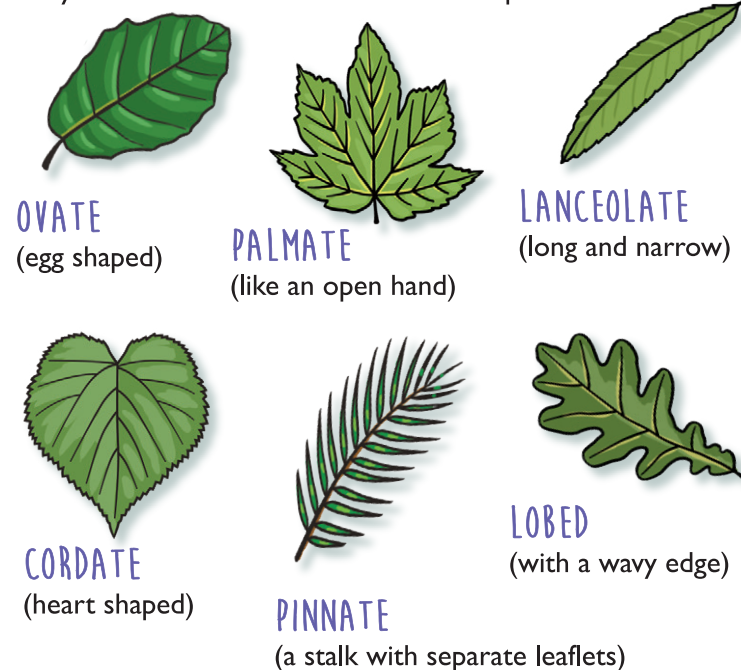
ACTIVITY 3

LEAF GAME

Leaves come in lots of different shapes and sizes.

GO INTO THE WOODLAND AT THE END OF CASTLE MEADOW AND COLLECT 6 DIFFERENT LEAVES.

Try to find one of each of these leaf shapes:



LAY THEM DOWN SO THAT EVERYONE IN YOUR GROUP CAN SEE THEM.

NOW, EACH PERSON HAS TO DESCRIBE A LEAF WITHOUT TOUCHING IT AND THE OTHERS HAVE TO GUESS WHICH ONE IT IS.

DO YOU KNOW WHY SOME LEAVES TURN BRIGHT COLOURS IN AUTUMN?

It's because the green pigment, called chlorophyll, breaks down as the weather gets colder. This lets us see the yellow and red pigments that were hidden before. Some plants, called 'evergreens', have leaves that stay green all year round.



ACTIVITY 4

RIVER WATCH

SAFETY FIRST!

All children must be continuously supervised by an adult while on the riverbank.

FIND SOMEWHERE QUIET ALONG THE RIVERBANK TO SIT DOWN.

Set yourself a 10 minute timer on your watch or phone and make a list of the things that you see or hear along the river in that time.

HOW MANY THINGS DID YOU SPOT?

HOW MANY THINGS DID YOU HEAR?

DID YOU SEE ANY OF THESE?

TICK OFF THE ONES THAT YOU FOUND. ☒



☐ RUDDY DARTER DRAGONFLY



☐ COMMON BLUE DAMSELFLY



☐ MALLARD



☐ FISH RISING IN THE WATER



☐ KINGFISHER



☐ MOORHEN



☐ HERON

If you didn't spot them here, try another place along the riverbank.

ACTIVITY 5

WILL IT RAIN TODAY?

Did you know that you can predict the weather just by looking at the clouds?

SIT AT ONE OF THE PICNIC BENCHES AND LOOK UP AT THE SKY. WHAT TYPES OF CLOUDS ARE IN THE SKY TODAY?

A CIRRUS

These wispy streaks of ice crystals appear high in the sky and usually mean that rain is coming in about 12 - 24 hours.

B CIRROSTRATUS

This thin veil of high cloud often causes a halo around the sun and means that rain is likely in 6 - 10 hours.

C ALTOSTRATUS

A dull, featureless mass of cloud that appears about 4 hours before it rains.

D CIRROCUMULUS

Large clumps of puffy balls that look a bit like fish scales. The saying 'mackerel sky, mackerel sky, not long wet, not long dry' describes the changeable weather that is about to come.

E CUMULUS

These fluffy clouds indicate fair weather with no rain due today.

F CUMULONIMBUS

When puffy cumulus clouds start to tower upwards, get your umbrella ready! Heavy rain, strong wind and thunder are coming soon!

G NIMBOSTRATUS

Low-lying, think grey cloud - it's probably already raining!



WELL DONE! YOU'VE COMPLETED THE DRAGONFLY TRAIL. DON'T FORGET TO COLLECT YOUR STICKER!