

You're only safe if... (sports day version)

About this activity:

Learn the names of some of the plants, shrubs and trees in your area in this fun game!

What you need:

- Plant ID books if you have them or spotter sheets from [Plantlife](#) and [Woodland Trust](#) (plus your imagination!)
- Paper and pen
- An adult to help you!

What to do:

1. Choose an area (either garden or somewhere local to you) that has a bit of space for running around in.
2. Explore this area, find trees, shrubs and plants and see if you are able to identify them.
3. Write down the names, draw what they look like, and memorise them, including where abouts they are in this area.
4. If you are really struggling to identify something, give it a name based on what it looks like.
5. Identify at least five different plants/shrubs/trees that are spaced out around the area you are in.
6. Now for the game: each different plant/shrub/tree becomes a base.
7. The adult calls out "you're only safe if... you are with the [insert name here]" and you have to remember where it is and run to it as quick as possible.
8. For groups playing, one person is "it" and recruits helpers by tagging participants before they reach the base.
9. Keep playing until you are tired out or everyone has been tagged!
10. If you like, when you go back indoors draw a map of the place you were in and recall where each of the plants, shrubs and trees were. Mark the date too. On future visits see if they are still there or have changed in any way...

Keeping safe:

- Make sure you check the ground conditions before running about – is it wet? Are there any potential tripping hazards, such as roots, rocks etc? Is the ground flat or uneven? Think about how can you play your game and stay safe too.
- Remember not to put any plants in your mouth.
- Wash your hands after playing outside.