



NATURE
ACTIVITY

RIVERSIDE DISCOVERY ALONG THE THAMES

Walk along the Thames with your little one and find a quiet spot by the water. Pause and look carefully, what can you see? Boats? Birds? Trees along the bank? Listen closely to all the sounds around you. Can you hear water moving, birds singing, or leaves rustling in the wind?

Invite your child to point out one thing they notice that is new or interesting. You can even try copying a sound together, like a bird call or the splash of the water.

The Thames Path has peaceful spots near Bishops Park, Craven Cottage, Putney Bridge, Fulham Reach, Furnivall Gardens, and Hammersmith Bridge, perfect for little explorers!

Listening to flowing water and nature sounds can calm your heart and brain, helping children (and grown-ups!) feel relaxed and safe.

THAMES RIVERSIDE DISCOVERY



1. Pick a Spot

Walk along the Thames or near your local river and find a calm place to stop.

Options: Bishops Park, Craven Cottage, Putney Bridge, Fulham Reach, Hammersmith Bridge, Furnivall Gardens

Draw, Colour, and Describe:

2. Look Around: What Can You see? Tick and/or Write:

- Boats ☐
- Birds ☐
- Trees ☐
- Other:

3. Close Your Eyes For a Moment. What sounds can you hear? Tick or write:

- Water Moving ☐
- Birds Singing ☐
- Leaves Rustling ☐
- Other:

4. Try To Make a Sound Together:

- Bird Singing ☐
- Splash of Water ☐
- Wind in Leaves ☐
- Other:

5. My Favourite Part:

Draw, colour, and/or write one thing you liked about today's riverside walk: