

FAMILY TIME

GOING OUT

Fun in the forest

WHAT kid wouldn't want to make a mud cake from earth and water, decorated with fallen petals, leaves, sticks and stones?

Or go on a egg hunt with golden tickets hidden in nature?

According to authors and forest school leaders Jane Worroll and Peter Houghton, it's this sort of free play that helps children become better connected to the environment.

The pair have written a new book, *A Year of Forest School*, which comes out this week.

Following on from their bestselling *Play the Forest School Way*, it's packed full of new games and survival skills that connect with the natural cycle of the year.

They say this book will get kids playing outside, developing new skills and discovering the wonder of nature, whatever the weather!

Structured around the four seasons, it's packed full of step-by-step Forest School games and



activities for pre-school children up to the age of 12.

In spring, for example, you can make a mud birthday cake to celebrate Earth Day (to play along with spring bird song), in autumn, you can gather fallen leaves to make mobiles or bake apples with nuts over a campfire and in summer you can make blackberry ink and feather quill pens.

Each season also includes a special extended session that combines multiple activities which could be used as an idea for a birthday party or simply a fun day out.

■ **A Year of Forest School: Kids' Outdoor Play and Skill-building Fun For Every Season** by Jane Worroll & Peter Houghton: Watkins, pb £12.99.

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FREE for any item under £100, higher priced items just £10 when booked online. Excludes pets, motors and trade.

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chronicelive.co.uk/bookanad

DOWN WITH THE KIDS

What your children are talking about this week

SO it might not manage to beat a Thunderbird, but this radio-controlled car at Argos certainly has plenty of 'Go' and young kids are loving it (maybe nearly as much as mum and dad!)

The highly detailed Porsche 911 GT3 RS radio-controlled car from Rastar features body decals, a rear spoiler and really cool tinted windows.

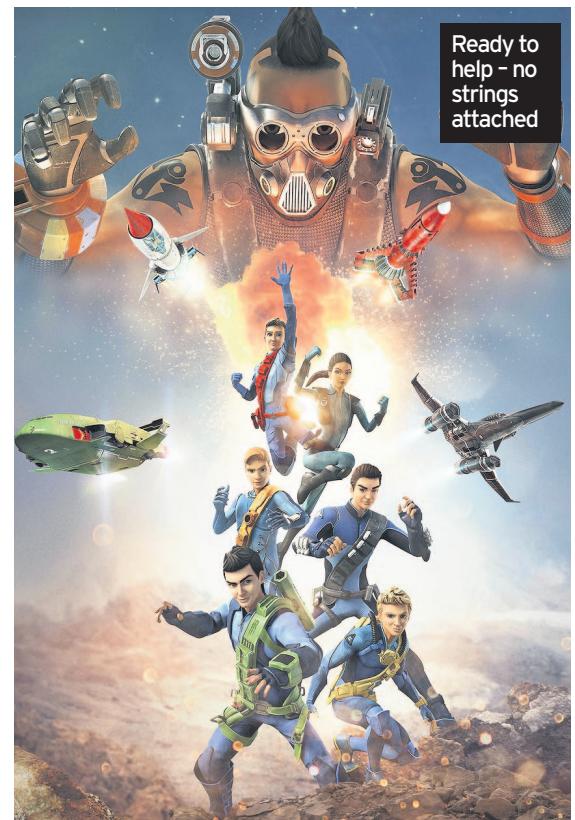
With a fully functioning transmitter operation, it races forwards, steers left and right and reverses.

Battery operated, it requires 2xAA (not included) and costs £10.99. But why not go head to head with a friend as there's a bargain offer of two for £15, putting it in Argos's current 'What's Hot' section. Suitable for ages six years and above.



A really hot offer from Argos

STAYING IN



Ready to help - no strings attached

THUNDERBIRDS ARE READY TO GO. TEST YOURSELF WITH OUR FAB QUIZ

Thunderbirds?

4. Who originally provided the voice for Lady Penelope?

5. What is the name of the organisation through which the Tracy brothers make their life saving missions?

6. Who is the founder of International Rescue?

7. What is the name of the Thunderbirds headquarters?

8. Where is the headquarters based?

9. What is the name of the lead engineer and mechanic?

10. Who pilots Thunderbird 2?

ANSWERS:
1. The American Mercury astronauts, Scott

Carpenter, Virgil Grissom, Alan Shepard, Gordon Cooper and John Glenn; 2. A mining disaster in

Germany in 1963 when heavy-duty rescue equipment took weeks to arrive; 3. Gerry and Sylvia Anderson; 4. Sylvia Anderson;

5. International Rescue; 6. Retired astronaut Jeff

Terry, 7. Tracy Island; 8. Somewhere in the South Pacific; 9. Brains; 10. Virgil Tracy.

■ THUNDERBIRDS Are Go Saturday, 8am on CITV

■ VISIT thunderbirds.com for loads of news, info, games and other downloads.