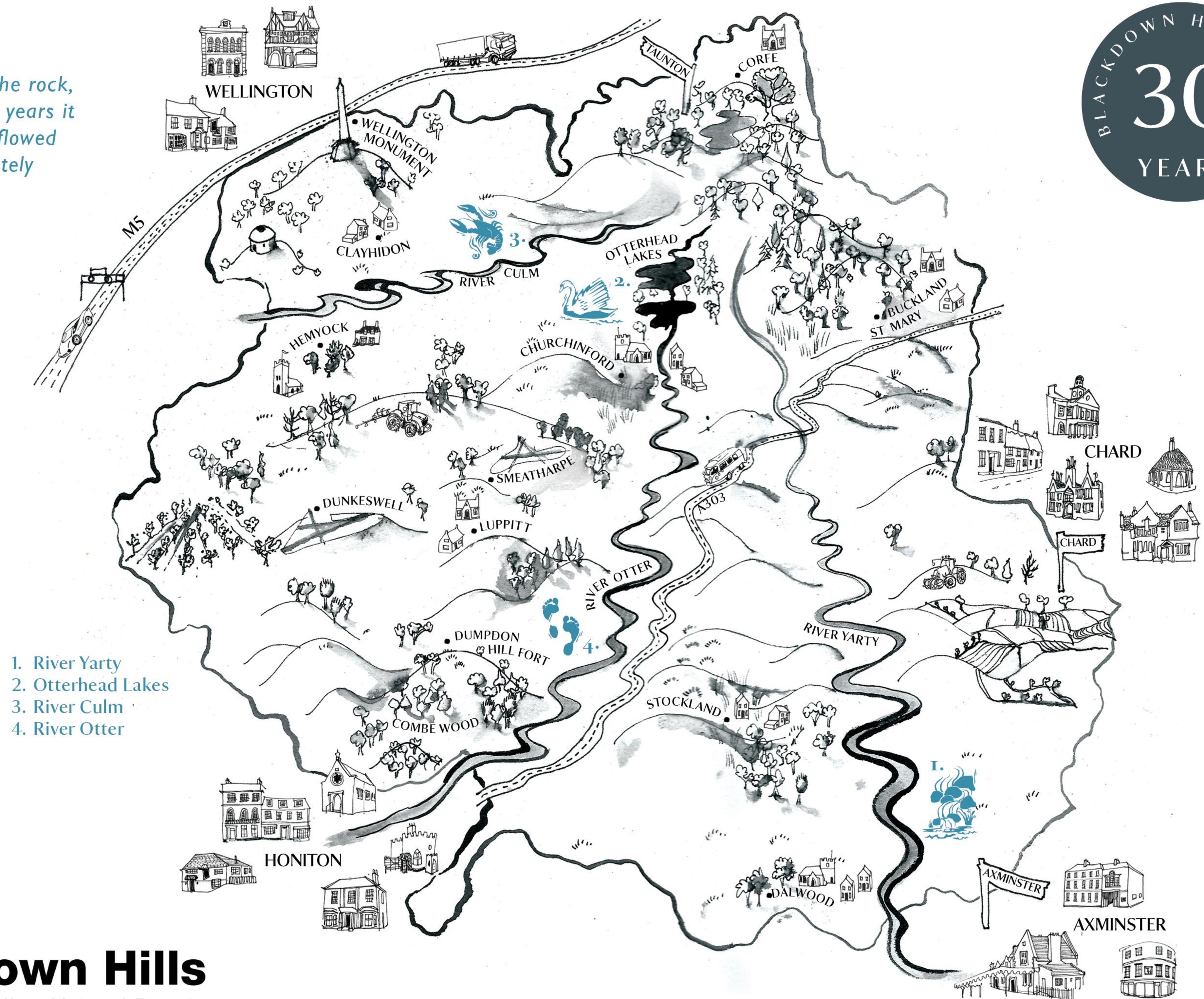


RIVERS

"This is the river...it wells from the rock, and flows away. For unnumbered years it has welled from the rock, and flowed away. It does nothing, absolutely nothing, but be itself."

– Nan Shepherd



1. River Yarty
2. Otterhead Lakes
3. River Culm
4. River Otter



Blackdown Hills
Area of Outstanding Natural Beauty

RIVERS

Here are 30 easy and fun activities and creative ways for all ages and abilities to experience the landscape and seasons. You don't need any materials, but if you do take a photo of your activity, write notes, or make any art or drawings, we'd love to hear from you so please share #30waysblackdownhills or email us: blackdownhills@devon.gov.uk

Some of these activities are making, and some prompts are for feeling or creative thinking in new ways. Try returning to a favourite spot or try somewhere new and repeat the activities in different seasons!

www.blackdownhills.org.uk/30ways

Space for your thoughts:

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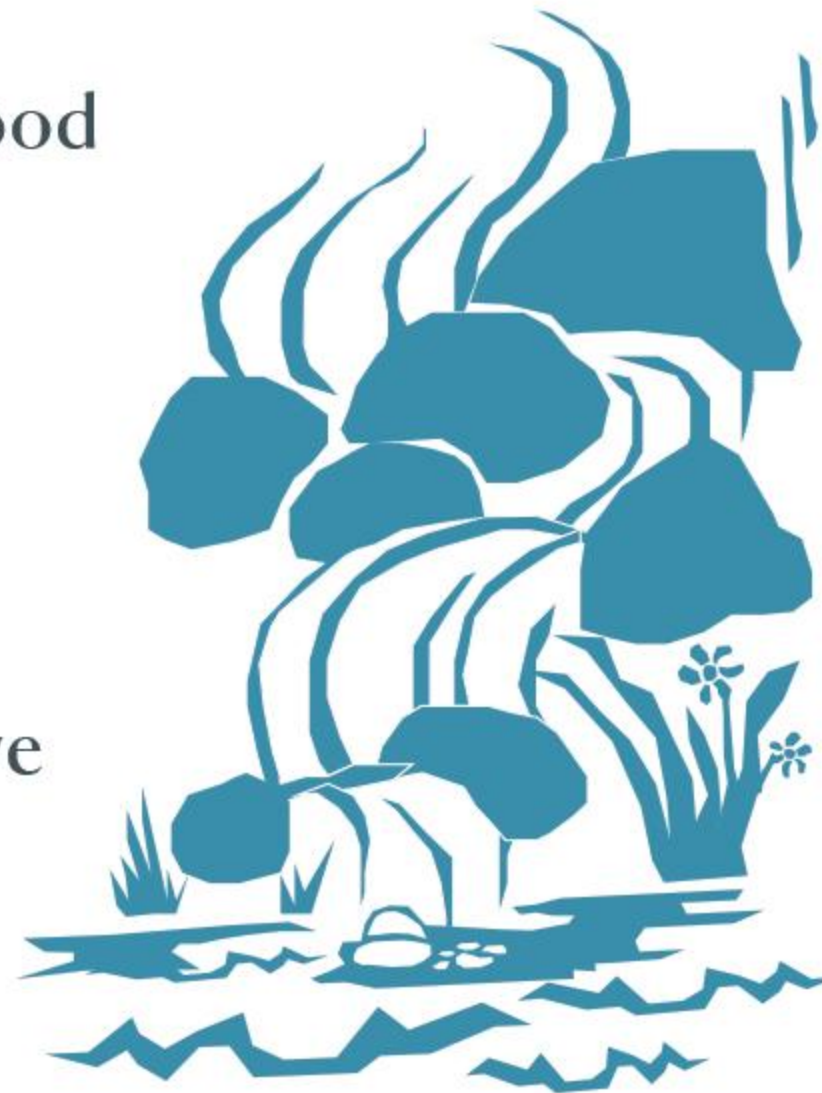
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RIVER YARTY

Flowing water is traditionally a good place to let go of negative thoughts and feelings. Tell the river aloud anything you have been worrying about and let it flow away.



OTTERHEAD LAKES, RIVER OTTER

Explore the colours of Otterhead Lakes throughout the year.

Artists like Klee and Kandinsky made connections between colour and music, believing that combinations of colours (like musical notes) can be harmonious or jarring.



Explore wherever you are and identify colours in nature and consider the music that you think pairs well, (or has the opposite effect) to accompany the colours.

Send us your combinations!

RIVER CULM

Have fun with wordplay and match these watery landscape words with human activities to give the water a voice and reflect your experience today:

Wetland, Mire, Bog, River, Crayfish, Ripples, Movement, Springline;

River dreams
Mire hopes
Rain chatting
Bog adventures
River kindness
Wetland friendship
Water family,
Water folk
The wandering crayfish



RIVER OTTER

River earthing



Take off your shoes and try walking or just standing still close to the river. If it's safe to do so, try paddling in the shallow water.

Explore the textures with your toes. Do you feel a connection with the earth below, the flowing water and the sounds and smells around you?

ANY STREAM OR RIVERBANK

Record two minutes of riverside / tributary soundscape on your phone to listen to later back at home. When you are silent, what other sounds are amplified in wild nature?



Listen awhile to the river sounds then make up a song or tune on the spot - hum this tune or song refrain to yourself. How does it feel to sing back to the land, or a tree or river, and does it matter if anyone hears you?



Space for your doodles: