



ROY CASTLE  
LUNG CANCER  
FOUNDATION

# ISLE OF MAN SPRING TRAIL ACTIVITY PACK



Our virtual Spring Trail is designed to help keep kids active both mentally and physically.

Our activities are just a guide, so please amend them to suit your home and children.

# WELCOME TO THE RABBIT RUN:

It's time to get our hearts pumping and our lungs working with your very own Spring Trail exercise programme and obstacle course.

March on the spot for 20 seconds

Faster! Run on the spot for 20 seconds

5 cartwheels

Hop on your left foot for 10 seconds

Now hop on your right foot for 10 seconds

5 star jumps

5 squats

Finish with a big bunny jump -  
how high can you jump?

READY?

GO!



Phew! Great work - now you're all warmed up it's time for some games.

These are some of our favourites:

**Egg and spoon race:** Careful! It's not all about going quickly.

**Pillow case race:** Put both feet inside a pillow case and hop to it!

**Bean bag race:** Balance a bean bag on your head - keep it there!

**Traffic light game:** Red light means stay still - Green light? Go!

**Corners:** Have you played this in school? Teach everyone the rules.

WHAT ARE YOUR FAVOURITE  
GAMES TO PLAY AROUND  
THE HOUSE OR GARDEN?



# Now let's finish with some Animal Stretching:

## WHALE POSE

Lie on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold onto your feet.

## CAT POSE

Come to an all-fours position, round your back, and tuck your chin into your chest. Pretend to be a kitty cat.

## KANGAROO POSE

Stand tall with your feet hip-width apart, bend your knees, and hop like a kangaroo.

## MOUSE POSE

Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths.

## COW POSE

On all fours, look up, arch your back, and open your chest.

## SNAKE POSE

Lie on your tummy, place palms flat next to your shoulders, press into hands, lift head and shoulders off ground, and hiss like a snake.

## BUTTERFLY POSE

Sit on your bottom with a tall spine, bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly.



# WELCOME TO THE LADYBIRD SPOT:

Ready for an adventure? Join us on  
our Spring Trail Scavenger hunt - look  
outdoors and indoors for the list below.  
Look out for ladybirds on this page too...



OUTDOORS	INDOORS
Collect 3 types of leaves	Collect 3 blue things
Find something that smells nice	Find something that smells nice
Spot three insects	Find something bumpy or rough
Find a spider's web	Collect 2 square things
Collect a stone or pebble	Something beginning with the same letter as your name.
Find something furry	Find something soft or fluffy

## BONUS ROUND:

Can you find something that starts  
which each of the letters in:

SPRING  
TRAIL?

We'll help you with the first one:  
S for sandal or snail!



THERE ARE 5 LADYBIRDS  
ON THIS PAGE -  
BUT HOW MANY  
SPOTS DO THEY HAVE?

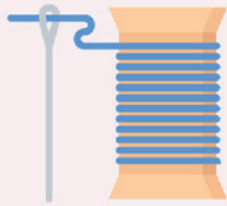


# NEXT UP, OUR BUSY BEE DISCOVERY:

Now it's time to get crafty! Let's make something fun or something yummy. Make sure to take lots of photos so we can share them with everyone too.



## LADYBIRD BINOCULARS:



**You'll need:** 2 toilet rolls, coloured paper, ribbon or string, glue, cellotape, scissors and a black felt tip pen.

1



Wrap the paper around each toilet roll. Cut off the excess.

2



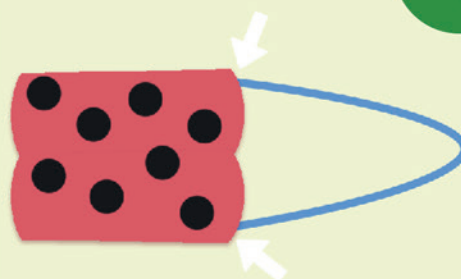
Glue the toilet rolls together.

3



Draw and colour black spots over the binoculars.

4



Stick your string or ribbon inside each toilet roll.





# ANIMAL SHADOWS PARADE:



**You'll need:** a piece of paper, animal figures, a pencil and a torch (or the sunshine if it's a nice day!)

1



Lay your paper on the ground.

2



Stand your animals at the edge of the page.

3



Shine your torch on the animal to make a shadow.

4



Trace around the shadow.

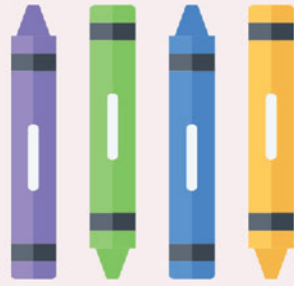
5



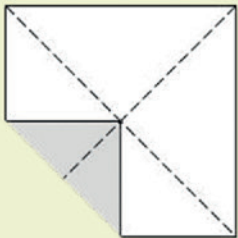
Colour in all the animals in your parade.



# FORTUNE TELLERS:

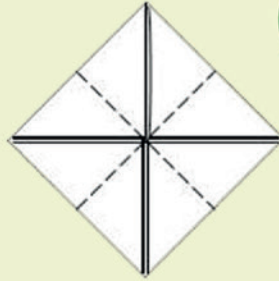


**You'll need:** a piece of paper, coloured pens and your imagination!



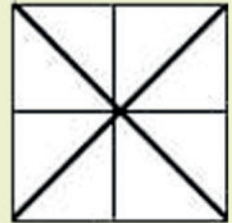
1

Fold all four corners evenly so they meet in the middle.



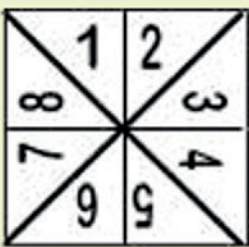
2

Turn the paper over and fold the new corners evenly, so they meet in the middle.



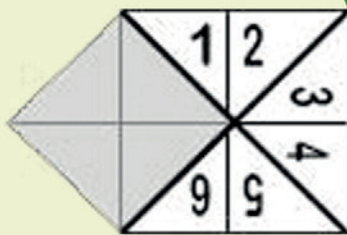
3

Fold in half. There should now be four squares. Colour each square a different colour.



4

Unfold and write the numbers 1-8 on the 8 triangles inside.



5

Lift up the flaps and write a 'fortune' message inside - make it creative!



6

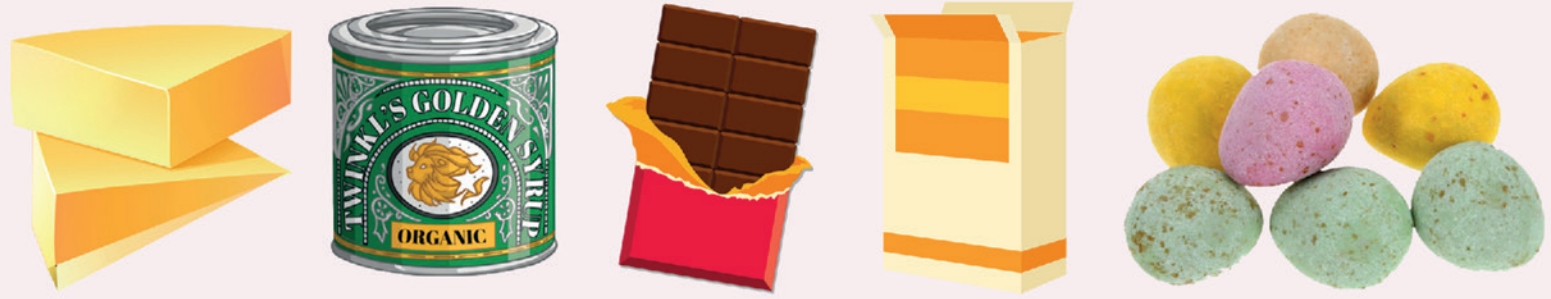
Put your fingers under the four corners, open it up and it's time to play!

TWO!  
EIGHT!  
NUMBER THREE!





# CHOCOLATE NEST CAKES:



**You'll need:** 60g unsalted butter, 3 tablespoons golden syrup, 100g milk chocolate, 90g cornflakes, mini eggs and 12 cupcake cases.



1

Melt the chocolate in short bursts in the microwave.



2

Cut the butter into small pieces and add to the chocolate, stir until melted.



3

Add the syrup and mix well.



4

Add the cornflakes and mix gently so all the cornflakes are covered in chocolate.



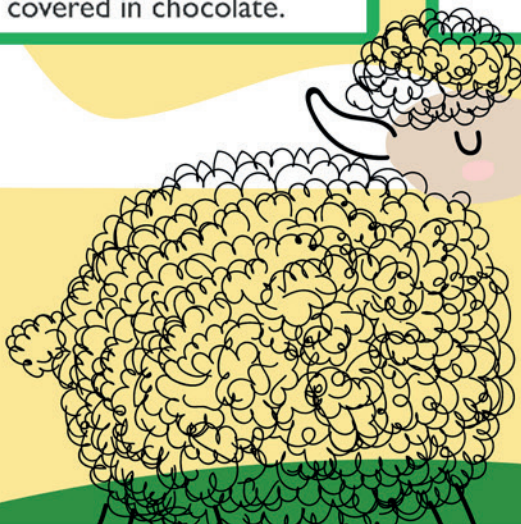
5

Spoon into cupcake cases and leave to cool.



6

Once cool, add mini eggs and enjoy!



— OH YUMMY!  
THESE SMELL  
SO GOOD!

You've done a fantastic job -  
everything looks amazing!

But what else can we do?  
Here are some of our  
favourite things to make and do:

**Funniest fancy dress:** Get creative - what can you dress up as?

**Rock painting:** Make someone a pretty gift.

**Write a letter:** Is there someone you haven't seen for a while?

**Vegetable print painting:** With an adult, make your own stamps.

**Make up a story:** You can even draw some pictures to go with it!

STAYING HOME CAN  
BE LOTS OF FUN!  
WE JUST NEED SOME IMAGINATION!



# COLOURING IN:

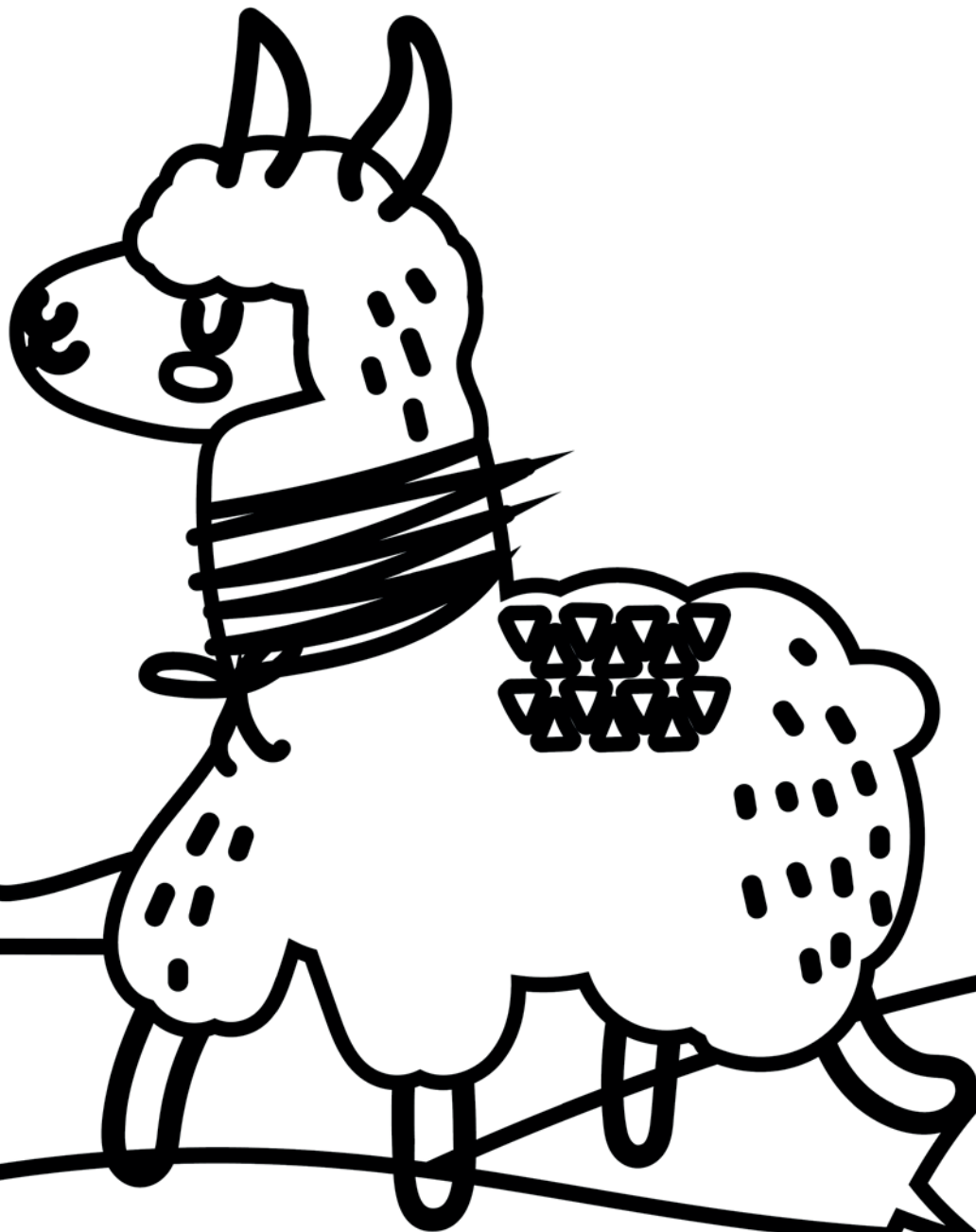
If you have a printer at home, print these pages off. At the back of this pack you'll find information on how to share your creations.

If you don't have a printer, why not draw some of the animals you've seen in this pack - or have you seen any interesting animals outside?



MY JUMPER NEEDS  
SOME COLOURFUL  
STRIPES! -  
WHAT COLOUR SHOULD  
THEY BE..?

**NO PROB-LLAMA**



**FINISHED THE**

ROY CASTLE  
LUNG CANCER  
FOUNDATION

**SPRING TRAIL  
ACTIVITY PACK**



# WELL DONE!

You've completed our virtual Spring Trail!

Not only have you exercised your mind and body  
you've also helped our patients in a  
time when they need us most.

Please send us any pictures of your Spring Trail  
adventures either on our Facebook or  
Instagram pages, or by emailing:

[events@roycastle.org](mailto:events@roycastle.org)

Everyone who tags us in will be placed in a prize draw  
to win a fantastic goodie bag packed with yummy  
treats and fun things to make and do!



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