



# Ribble Rivers Trust Six Summer Challenges



# Microsafari

A freshwater microsafari lets us look at the creatures that live in our rivers and streams. There are a couple of ways we can do this, depending on what equipment you have at home. Always make sure you are with an adult who is watching you whilst you are in the water.

## **Rock turning:**

You will need:

- Wellies
- Identification key

Rock turning is really easy and doesn't need much equipment. Just pick up a rock from the bottom of the river or stream and turn it over to see if there are any creatures on it. These creatures (or invertebrates) like to live under stones on the riverbed. Using the key, you can see if you can identify the creature that you have found. You'll have to be quick though as sometimes they scurry away! Once you have finished looking, very gently put the rock back into the river, being careful not to squish the invertebrates. Pick another rock and see if there's anything underneath that one!

## **Kick sampling:**

You will need:

- Wellies
- A fishing net
- A bucket
- Identification key

If you have a net, you can have a go at kick sampling. Start by putting some river water in your bucket. Leave the bucket on the riverbank and take your net into the river or stream. Put your net into the water in the direction that the river is flowing, so if it is flowing to your left, put your net to the left of your body. Then shuffle one foot on the riverbed in front of your net. The water should carry anything that has been disturbed into your net. Check your net for any creatures and if there are any, you can transfer them into your bucket. Try this in a few different places and then investigate what you have in your bucket. Use the identification key to see what you have found. When you have finished, gently pour the contents of your bucket back into the river.

Try not to touch your face when you have had your hands in the river as river water can make us poorly. Make sure you wash your hands or use hand gel before eating anything.

In the space below, draw one of the invertebrates that you found.

What do you think that they eat?

What do you think eats them?

# River treasure hunt

On this page is a list of things to look out for on your next river walk with a box to tick if you have seen it. Keep your eyes peeled and take a photo of each of the things you spot until you have found as many as you can. Will you be the first to find every treasure on the list?

Always take an adult with you on your river walks.

- A reflection
- Animal tracks or signs
- Three different leaves
- An insect
- A meander (bend) in the river
- A bridge
- Water droplets
- A spider's web
- Small rocks or pebbles
- An eroded river bank
- A feather
- A small fish
- A bird
- A confluence (where two or more rivers meet)
- A flower



When you have finished the treasure hunt, look back through your photos. Which is your favourite?

Try drawing your favourite river treasure in the space below:

We would love to see some of your treasure hunt photos or drawings! If you would like to share them with us, email them to [admin@ribbletrust.com](mailto:admin@ribbletrust.com).



# River picnic

Why not go down to the river with your family and have a picnic on the riverbank? Whilst you eat your lunch, you could play 'I spy'. Look out for as many things you can see on, in or by the river and challenge your family to guess!

You will need:

- A picnic
- A picnic blanket or camping chairs
- Your imagination!

Remember to take all your litter home with you. Litter is a big problem along rivers and we can all do our bit to try and reduce the amount of litter getting into rivers and streams.



# Litter pick

During your next walk by the river, why not try to pick up some litter from the floor and put it in a bin? Litter is a big problem along rivers, with people leaving rubbish such as plastic bottles, empty crisp packets, ice cream wrappers as so on. All of this rubbish ends up in the river and eventually finds its way to the ocean. This is a huge problem for all of the wildlife that relies on any water habitats, from trout in the River Ribble to sea turtles off the coast of Costa Rica. By disposing of litter properly, you can help stop it from getting into our waterways and having damaging effects on the environment.

If you are going to collect litter on your next walk, make sure that you have an adult with you and only pick up the things you can see have no sharp edges. For your own litter pick, you will need:

- Gloves
- A bag to collect litter in
- A litter picker if you have one

How many pieces of litter have you picked on your walk?

What type of litter was most common?

# Shoebox river

For this challenge you can use your imagination and get creative by making your very own river in a shoebox. You can use anything you want for this, just remember that rivers need trees and meanders (bends)!

For this activity you will need:

- A box
- Craft resources
- Your imagination!

Your river could look something like this:



Or this:



Or be completely new and unique!

We'd love to see your shoebox river creations, if you would like to share your rivers with us please send photos of them to [admin@ribbletrust.com](mailto:admin@ribbletrust.com).

Use this space to draw a plan of your river:

NAME OF RIVER:



# River walk

There are lots of lovely places we can walk along or near our rivers in the Ribble catchment. Being by water makes us feel calmer and happier. Going for a river walk is a great way to get exercise, fresh air and possibly see some very special wildlife.

You will need:

- Wellies, boots or trainers
- A map and/or walk leaflet
- A charged mobile phone
- A waterproof coat if the weather is rainy

Always go on your river walks with an adult. If you have wellies on and the water is calm and shallow, you might want to go for a paddle on your walk.

Lots of wildlife likes to live beside rivers because they are a great place to find food and water. Keep an eye out for birds such as herons, kingfishers and dippers. If you stop for a sit down near a river or stream, maybe for your lunch, try being very quiet for a few minutes and see if you can spot any wildlife. Some river wildlife such as otters and kingfishers are quite shy and will only be seen if we are very quiet and still.

When you are on your walk, stand still for a minute by the river and look and listen.

Can you name 5 things that you can hear?

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Can you name 5 things that you can see?

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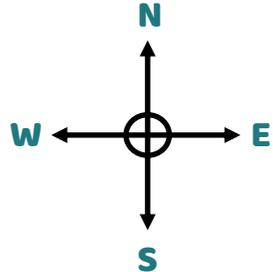
Have you seen any new wildlife today that you've never seen before?

If you want to try a new route for your river walk, Ribble Rivers Trust have a series of walks in the Ribble catchment. Find them all here:

[ribblelifetogether.org/enjoy/circular-walks/](https://ribblelifetogether.org/enjoy/circular-walks/)



On this page, draw a map of your river walk. Try to make it as detailed as possible! For example, you might want to show where the trees are, where there are flowers and where the footpath is. What about a picnic spot? Is there a good place to stand and watch wildlife?



Congratulations! You have completed the Ribble Rivers Trust summer 2020 challenge, We hope you have enjoyed it. Don't forget to send us photos of you taking part to [admin@ribbletrust.com](mailto:admin@ribbletrust.com).

