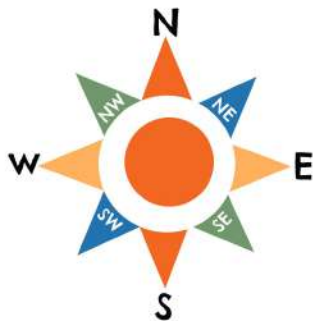


I spy

Tick if you see any of these on the way.

- Butterfly
- Bee
- Damsel fly
- River Cober
- Bramble
- Blackberry
- Bracken
- Nettle
- Lichen
- Fungus
- Dog
- Squirrel
- Pigeon
- Magpie
- Buzzard
- Runner
- Pushchair
- Bicycle
- Helicopter seed
- Sycamore tree
- Pine tree
- Pine cone
- Beechnut
- Oak tree
- Quartz
- Slate
- St Michael's Church
- Tarmac
- Loe Pool
- Reeds
- Gate house
- Boat house
- Horses
- Stream
- Hydrangea
- Palm tree
- Old stables
- Apple tree
- Penrose House

Follow the trail to the Walled Garden, have a go at the activities shown here and overleaf, and collect stamps at the trail markers shown on the map.



Map Key

- Foot path
- River
- Road
- Trail
- Trees
- Trail marker
- Water
- Car park

Look for these colours and give them a name.

Dandelion yellow

Ladybird red

↑
Draw anywhere here.

Scale bar

Discover outdoors

If you discover something new each time you go out, you will soon find you know a great deal. The more you look and listen, learn the names of plants, animals, birds and insects, ask yourself questions and try to discover the answers, the more you will notice about the amazing world around you. The river, woods, marsh and lake offer special habitats and provide homes for lots of different kinds of plants and creatures.

Follow the CAST-Off trail shown on this map between the Penrose Amenity Area and the Walled Garden, try an new activity and collect a stamp at each of the five locations on the map.



2. Orientate

Long ago people found their way around by using features in the landscape, like a church tower, a river, or a special tree.

- What features would you use to find your way back to Helston?
- How could the river tell you where the sea is?
- Find north and align your map using the printed compass rose. Where does the sun rise? Where does the sun set? Which direction is your home in?
- What happens to shadows as time passes during the day? How could you use shadows to help you tell the time? Or to help with orientation?
- Draw the points of a compass with sticks, stones or leaves on the ground, showing north, south, east and west.

Write here.

4 Imagine

Myths and legends are ways of explaining things through stories. They grow over time and come from the imagination and from the tradition of storytelling.

There is a story that Jan Tregeagle (the wickedest man in Cornwall) was given the endless and impossible task of carrying sand from the Beach at Gunwalloe to Porthleven Cove, only to have the tides wash it back again each day. It is said that Loe Bar was created when his sack split and spilled, filling the estuary at the mouth of the river Caber with sand.

- Can you imagine any other stories?
- Who or what lives in the cave beside the path?
- Give them a name and describe them.
- Make them out of leaves, twigs, seeds and stones, or draw them here.

Write here.

1. Observe

Artists and scientists observe the world around them very carefully.

Roll up your map into a tube and look at things far away in the distance. See the rise and fall of the land, the trees and fields, and the horizon. Draw what you see here.

Roll up your map into a tube and look at something close up. Look for the smallest details, such as tiny insects, fluffy air-borne seeds or the sparkle of quartz crystals in the footpath. Draw what you see here.

Draw here.

3 Sense

We experience the world around us through our senses: sight, hearing, smell, taste and touch.

Forest bathing is a Japanese practice of relaxation known as *shinrin-yoku*. It is a simple method of being calm and quiet amongst the trees, sensing nature around you whilst breathing deeply.

- Find a safe place to stand, sit or lie down in the woods. Be very quiet and listen to the sounds around you.
- Notice what it feels like to be outside and surrounded by trees. Is it warm? Is there wind? How does the air and ground feel and smell?
- Describe how you felt during your forest bath.

Write here.

Did you know? The word orientate comes from the term "Orient" meaning the east, where the sun rises. If you are looking towards the rising sun you will be facing east. Which way will you be facing if you are looking towards the setting sun?

Petrichor (noun) is the name given to the particularly pleasing smell of rain on dust. Sniff the air outdoors after rain and see if you can smell it too.

5 Draw

Drawing helps you to notice things and is an important way of recording information. Everyone has their own way of drawing.

Landscape paintings or photographs that show a wide sweep of country from an elevated position are known as 'bird's eye' views.

- Landscape painters who are making a picture of a big view have to think about how to show distance. How do they do this? Do objects close by look larger or smaller than those on the horizon?
- Draw the view from here towards the buildings opposite, including objects in the foreground and features in the distance.

Draw here.

DID YOU KNOW? The Cornish artist Peter Lanyon flew a glider (a plane without an engine). He was interested in how the land looked from the air. His paintings sometimes show the land directly from above (like a map) and sometimes show the land tilting as if he was in an aircraft swooping in the sky.

Identify

There are many different species of plants all around you, from the smallest moss to the tallest tree. Can you spot and identify all those listed in the 'I spy' section overleaf?

- Can you find something you haven't noticed before and draw it or write about it?
- Hunt for and collect special leaves, seeds, flowers and feathers. Draw them here.

Draw here.

What is CAST?

CAST is an arts organisation founded as a charity in 2012. It is based in a large former school building in the centre of Helston, with entrances on Penrose Road and from the car park on Wendon Street.

CAST offers schools workshops and holiday workshops for families throughout the year, as well as a free Saturday Club for 12- to 16-year-olds. CAST's exhibition space is used to show artists' films, and for a variety of evening screenings and talks. The building also houses studios for twenty artists, Brno works ceramics studios, which offers courses and workshops, and a Café serving delicious locally sourced food.

Follow @CASTCornwall or join CAST's mailing list to find out what is happening each month.

CAST Cornwall
3 Penrose Road
Helston
TR13 8TP
W: cast-org.uk
FB: CASTCornwall

CAST-Off

FREE CREATIVE ADVENTURES FOR FAMILIES

CAST
SUMMER 2023

CAST-Off

FREE CREATIVE ADVENTURES FOR FAMILIES

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The map suggests a range of activities you can try out as you follow the trail to the Walled Garden, Penrose. Spot the number points along the way and collect a different stamp at each one.

There will be orientated sessions at the Walled Garden on Saturday 29th July and Saturday 31st July and 18th August - 10am to 12 noon and 5pm to 8pm.

Also look out for making sessions at Coronation Gardens (near the 30m roundabout) on Wednesday 2nd, 9th and 16th August - 10am to 12 noon and 5pm to 8pm. And a final day at Gunwalloe Beach on Wednesday 23rd August.

The Walled Garden
National Trust Penrose
TR13 8PD
TR13 8PQ
TR13 8RQ
TR13 8RZ
Coronation Gardens
Helston
TR13 7QE
Gunwalloe Beach

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Find full details of all activities, and advice on parking, on the CAST website: cast-org.uk and Facebook page: CASTCornwall. We won't be put off by a bit of drizzle and hope you won't either, but please check on the day in case of extreme weather and for last minute changes.

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