

Forage for natural foods and make something i.e. nettle tea. REMEMBER! Only pick and eat things you know are 100% safe!



Age 14 - 18

Age 5 - 7

Age 7 - 11

## Activity details

This activity counts towards...



- Reduce

Free  
Day/Night

Indoors

11 - 14

14 - 18

5 - 7

7 - 11

3 - 5

Autumn

Spring

Summer

Winter

## Skills:

- Resourcefulness

## Equipment: