

Your adventure record

There are probably loads of new things you have seen and found out on your Ifield adventure today! Can you draw a picture or write about the things that you enjoyed the most? What will it be? Will you draw a tree? A duck? Or will you write about all the birds and trees you saw today?

Congratulations!
Your exploration is complete. Now you can download your certificate from www.crawley.gov.uk/healthwalks



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Ifield Watermill

The Ifield Watermill isn't too far from the Mill Pond and it is a really interesting place to visit. It is full of machinery that was once used to make flour; once they had flour, this was sold and used to make bread and cakes.

Millers didn't have electricity so how did all the machinery work? How did they grind the wheat to make the flour? Water from the Mill Pond drains onto the waterwheel which is outside the mill. The water makes the waterwheel turn slowly round. It is attached to lots of machinery inside the building, which is attached to the millstones. These are big flat stones that grind the grain to make flour; they turn 120 times every minute.



Can you answer these questions? Put a circle around the correct answer!

- 1. In the wall of the mill, there is a date stone telling you which year the Watermill was built. What is the year?**
a) 2016
b) 1683
c) 1974
- 2. Another stone in the wall tells you which year the volunteers began to restore the mill. What is the year?**
a) 1974
b) 1981
c) 2015
- 3. What made the wheel turn?**
a) electricity
b) water
c) gas
- 4. What was one of the raw ingredients that the miller would use to make flour?**
a) wheat
b) bread
c) sugar
- 5. How many floors are there in the mill?**
a) 2
b) 3
c) 4

If you go inside the Watermill, you can begin a whole new adventure! Make sure you have lots of questions ready for the people who work at the Mill!

Answers: 1) (b) 1683 2) (a) 1974 3) (b) water 4) (a) wheat 5) (c) 4

Get ready for your Ifield adventure



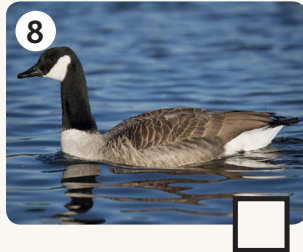
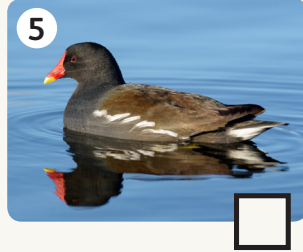
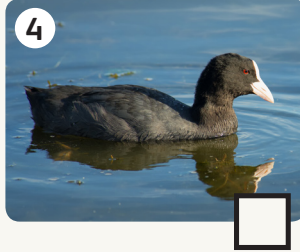
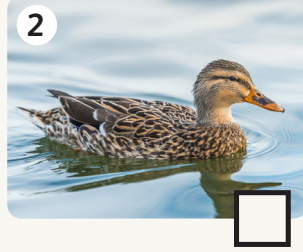
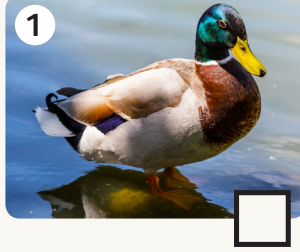
crawley wellbeing



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Onto the boardwalk

Being outside is a great place to test your explorer skills. Tick the boxes when you have found the following birds on your walk. Do you know the names of any of them? You can find the answers at the bottom!



Answers: 1) Mallard duck 2) Mallard duck 3) Heron 4) Coot 5) Moorhen 6) Muscovy duck 7) Swan 8) Canada goose

Want to be creative outdoors?

Andrew Goldsworthy is the most well-known artist who turns nature into a work of art. But anyone can have a go! Whatever natural objects you find on your walk – leaves, sticks, stones, feathers – can be used to create beautiful pictures... And even the rain can change how your creation looks!

To do this...

1. Pick up natural objects that you find on the path. Ask your responsible adult first!
2. Start arranging them – you might have something like a house in mind, or a simple shape or design.
3. If you can, take a photo of your creation before returning the objects to the wild!



Leaf rubbing

1. Find a leaf that has fallen from a tree. Do not pick leaves from the branches!
2. Put the leaf between two sheets of paper with the ridged or veined side upwards.
3. With a wax crayon, gently colour the paper over the area where the leaf is. It comes out best if you use the side of the crayon.



Did you know?
An average sized tree can provide enough wood to make 170,000 pencils.

More exploring

Tick the boxes when you have found the following trees on your walk. Could you name any of them? Answers to help you are at the bottom of the page.



Answers: 1) Hazel 2) Hawthorn 3) Sycamore 4) Ash 5) Holly 6) Ivy 7) Silver Birch 8) Norway Maple 9) Oak