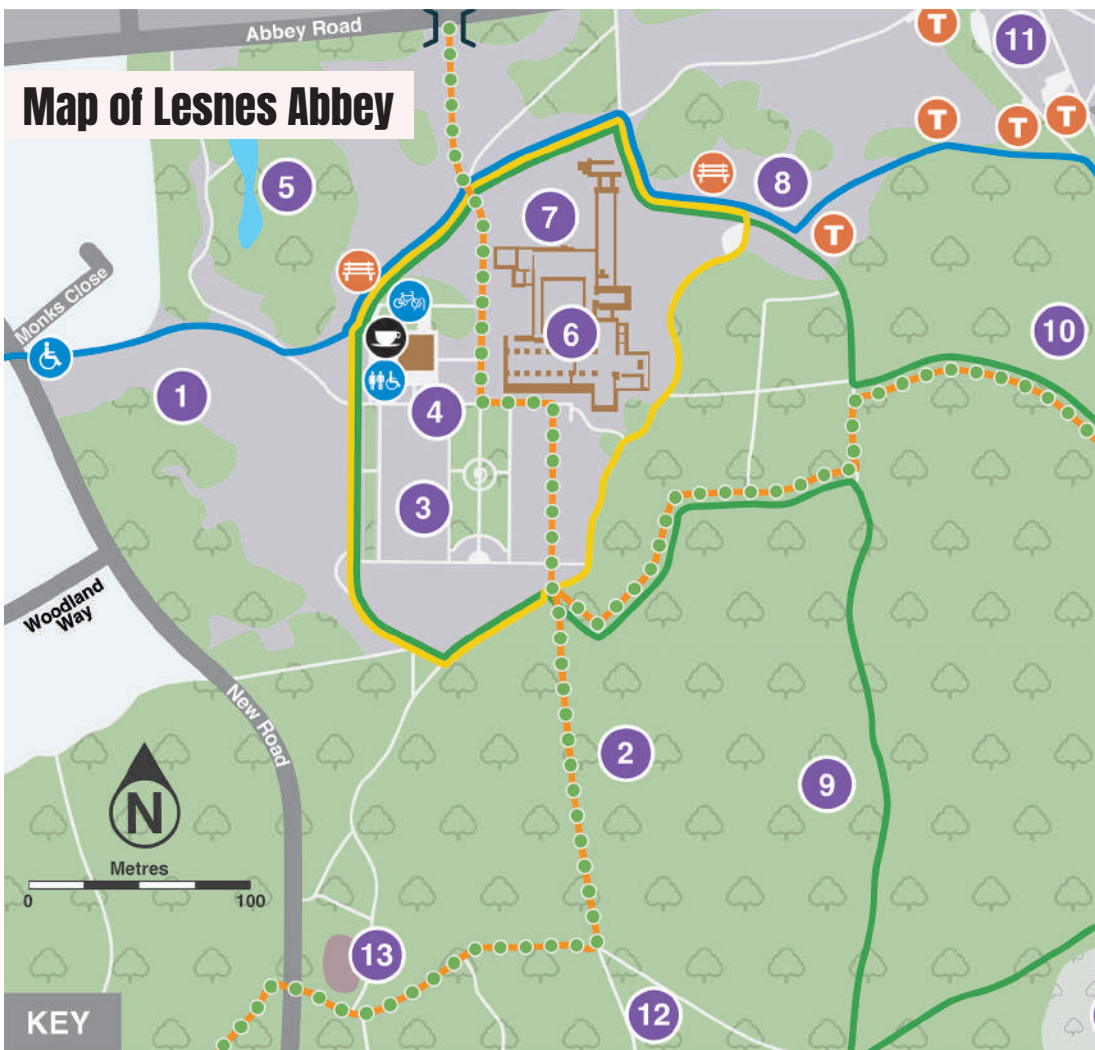




Lesnes Activity Booklet

Family fun activities
to do all year round

Map of Lesnes Abbey



KEY

- 1 - Arboretum and Monk timber sculpture
- 2 - Lady of the Woods timber sculpture
- 3 - Monk's garden
- 4 - Lesnes Abbey Lodge
- 5 - Abbey Ponds
- 6 - Lesnes Abbey ruins
- 7 - Mulberry tree
- 8 - London Skyline viewing point
- 9 - Fossil Pit & Coryphodon sculpture
- 10 - The Green Man timber carving
- 11 - Outdoor gym
- 12 - Data Tree sculpture
- 13 - The Clearing

- Toilets
- Bike rack
- Tea
- Trim trail
- Picnic area
- DDA Entrance
- Footbridge to Abbey Way

Green chain walk

Lesnes learn (750m)

Lesnes explore (1650m)

Lesnes active (4150m)



Welcome to the Lesnes activity booklet!

To commemorate 500 years since Lesnes Abbey was closed down, we have come up with lots of fun activities meant to get you and your family exploring the history and nature that makes this place unique. From fossil digging and taking a history tour to making a magic staff and spotting birds, you should find something for everyone to enjoy.

By completing each of the booklet's seasonal sections you will earn a special stamp to show off your accomplishments. The stamp can be received from the refreshments kiosk which is next to the Abbey ruins.

Lesnes Abbey Woods
New Road, SE2 OAX

Spring

How many of the following challenges can you complete this Spring?



Animal Homes

Have a go at building a nest or home for an animal to live in using only natural materials. Perhaps you could make a bird's nest out of twigs or a log pile for minibeasts!

Bluebell Walk

Take a walk around Lesnes during the Bluebell season and enjoy the carpets of flowers. Perhaps you can try taking photos or drawing pictures of them.

Did you know the UK has 80% of all the world's Bluebells!



Green Man Making

Lesnes has its own Green Man who is said to protect the woods. Have a go at making your own Green Man or Lady using mud and natural materials such as leaves and nuts for hair and eyes!

Stamp here

Portrait of a Tree

Find your favourite tree at Lesnes and return each season to draw what it looks like. What changes do you notice?

Do you see any different creatures visiting the tree throughout the year?

Spring






Summer

Autumn

Winter

Flower Power

Lesnes is home to all sorts of different shapes and colours of flowers. Tick off as many combinations in the table below that you can find! Please remember not to pick the flowers.

Flower Shape/ Colour	 Ball	 4 Petals	 5 Petals	 6+ Petals	 Umbrella
Pink					
Purple / Blue					
White					
Yellow					
Red					
Other					

Birdy Binoculars

Spring has arrived and it's time to go on a bird hunt. See how many of the birds listed below you can find and tick off at Lesnes!



☐ Blackbird



☐ Robin



☐ Wood Pigeon



☐ Moorhen



☐ Dunnock



☐ Crow



☐ Blue Tit



☐ House Sparrow



Summer

How many of the following challenges can you complete this Summer?



Rock Stars

Find a stone and paint it to look like an animal. Hide your stone somewhere around Lesnes for others to spot. You could take photos of it in different places similar to a tourist on holiday.

Camouflage Arms

Apply sticky mud to your bare arm and then create your own woodland camouflage by adding sticks, leaves and other natural materials to the mud. How well can you disguise your arm?



Natural Artists

Gather a selection of natural materials from the ground such as twigs and leaves and then find a flat spot. Use your materials to create your own picture frame and wildlife picture.

Stamp here

Minibeast I Spy

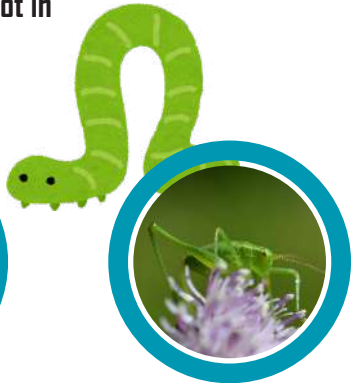
Wander around Lesnes and see what minibeasts you can find from those listed below. Draw and label any extra ones you spot in the blank circles!



Bumblebee



False Oil Beetle



Bush Cricket



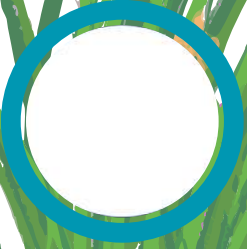
Shield Bug



Snail/Slug



Hoverfly



Mosaic Making

At Lesnes we have a mosaic which shows the monks that lived in the Abbey and the beehives they kept to produce honey.

Why not have a go at making your own mosaic?

It doesn't have to be historical themed - you could make one of your favourite animal or hobby.

All you will need is some coloured paper or card, scissors and glue!

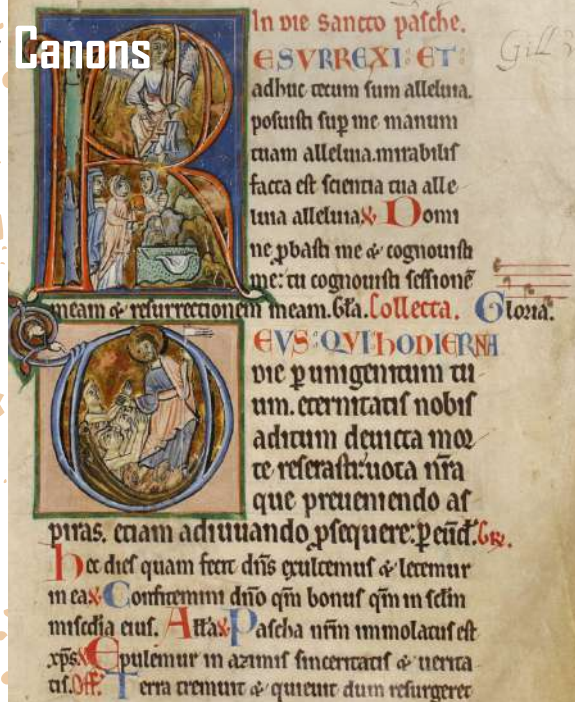


Crafty Canons

The canons (monks) were often the only people who could read or write Latin and would be responsible for copying books. These books often had decorative letters (calligraphy) and pictures of events or animals.

Have a go at creating your own medieval style book page. The topic is up to you.

All you will need is some paper, teabags or coffee to make brown dye and pens/pencils!



Painter's Palette

The paint palette below is looking very empty and dull. Perhaps you can fill it in by colouring in the circles with 10 different colours you can find around Lesnes.

Try to match the colours you find as closely as possible!



Autumn

How many of the following challenges can you complete this Autumn?

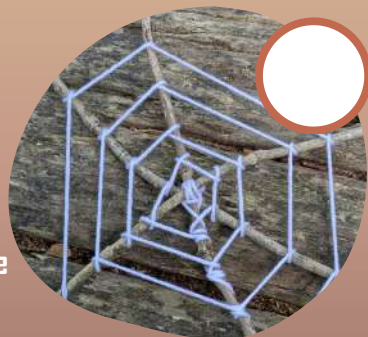


Leaf Rubbings

Collect different shaped leaves that have fallen to the ground at Lesnes. Place paper over the leaves and rub over the top of them with crayons or pencils to make leaf rubbings!

Spiderwebs

Find 3 sticks the same size from the woods and tie them together to make a star shape. Attach white wool or string to the sticks and weave them around in a spiral shape to make a spiderweb!



Leaf Collage

Using only leaves you gather from the ground in the woods at Lesnes create a beautiful collage picture. Perhaps your picture could be of the landscape, a tree or an animal.

Stamp here

Fossil Finding

Did you know our fossil pit is 55.5 million years old?

Go have a dig and see how many of the fossils below you can find and tick off!



Den Building

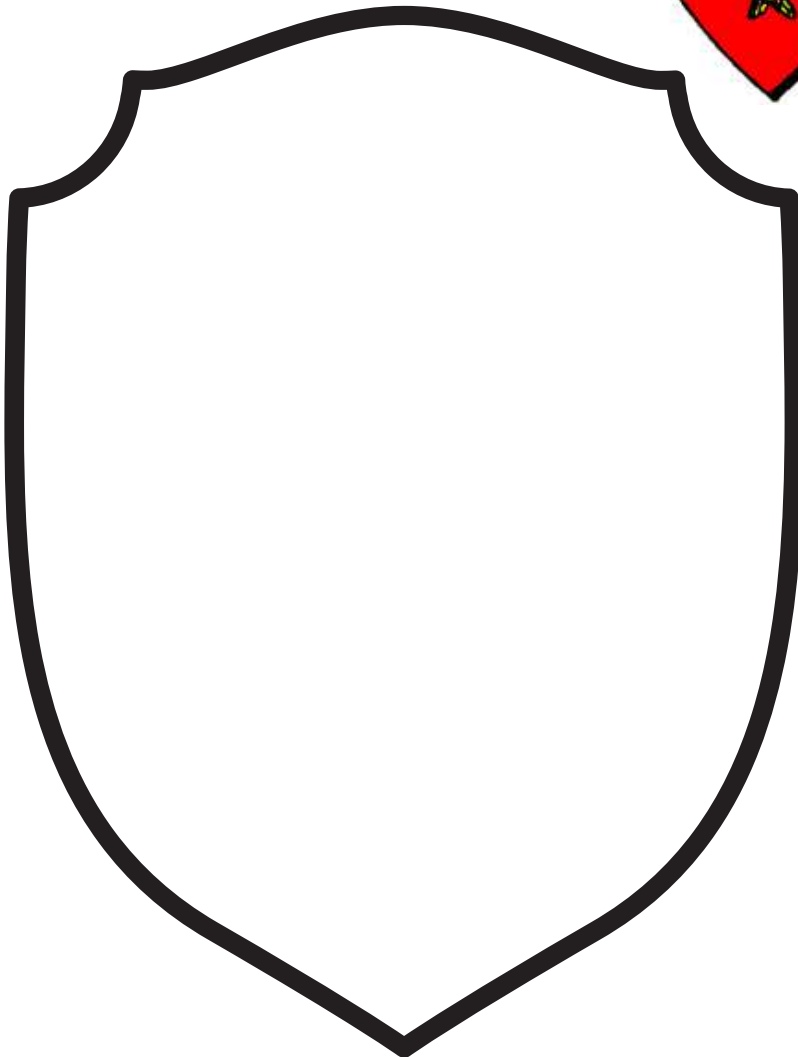
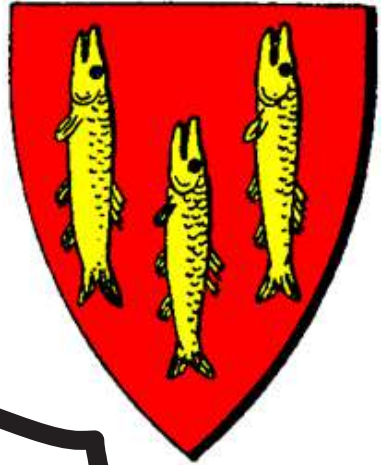
Find a spot in Lesnes Abbey's woods and build yourself a den from all natural materials. Remember not to destroy log piles and dismantle the den afterwards. See if you can complete the following challenges:

- ☐ Add furniture e.g., benches and seats
- ☐ Create a fake campfire from sticks and leaves
- ☐ Make it large enough to fit 4+ people inside
- ☐ Camouflage it with leaves to blend in
- ☐ Build it without gaps to make it waterproof/ windproof

Coat of Arms Challenge

The coat of arms for Richard De Luci who founded Lesnes Abbey in 1178 was three pike fish (luce).

Have a go at creating your own coat of arms below. What animals, symbols and colours will you choose to represent yourself?



Autumn Scavenger Hunt

Autumn brings a bounty of wonderful things to find from nuts to berries to beautiful coloured leaves. Tick off all the ones you find below:



Copper Beech



Pinecone



Sweet Chestnut



Feather



Blackberry



Oak



Field Maple

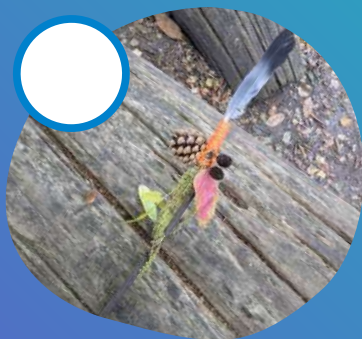


Acorn

Did you know that an Oak tree can support up to 3000 different species!

Winter

How many of the following challenges can you complete this Winter?



Magical Staff

Whilst out on a walk find yourself a long stick. Collect mementos e.g., feathers and leaves you find and tie them onto your stick using string. A shorter stick could make a wand instead.

Pinecone Forests

Collect some pinecones in different sizes from the ground at Lesnes. Paint them various shades of green and add red spots for berries or white for snow. Position your pinecones together to make your mini forest.



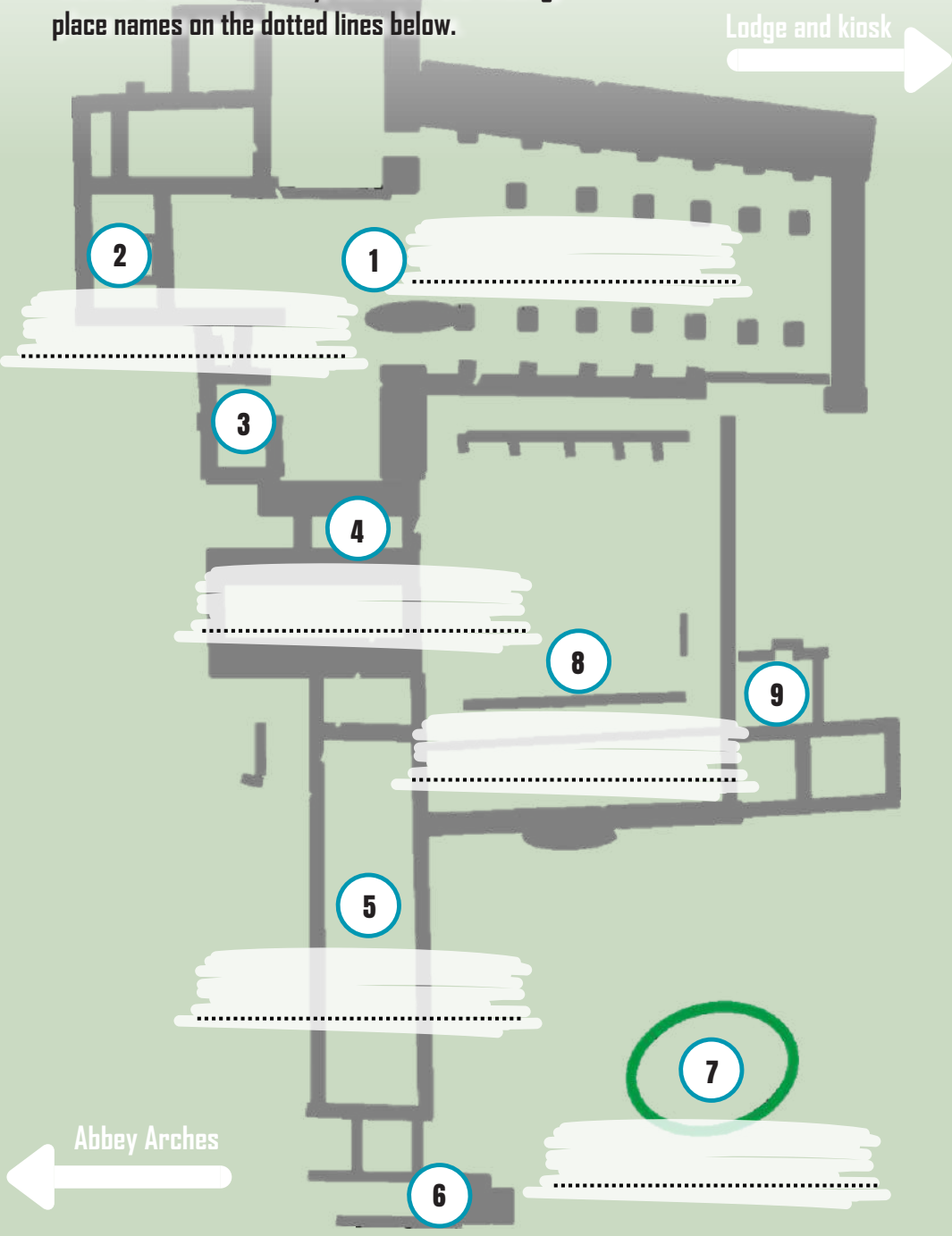
Treasure Map Making

Gather a selection of natural materials and find a spot in the woods. Create a treasure map using the materials. Don't forget to add an X to mark your treasure's hiding spot!

Stamp here

Abbey Ruins Exploration

Wander around the Abbey and fill in the missing place names on the dotted lines below.



2

1

3

4

8

9

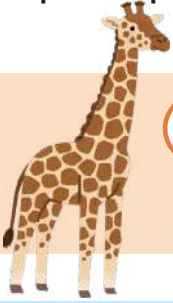
5

7

6

Lesnes History Tour

Take a tour of the Abbey using the information below and the map on the previous page. As you complete your tour fill in the blanks to the questions!

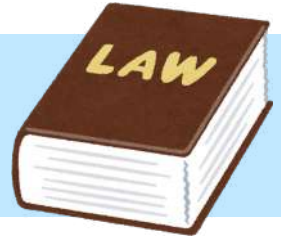


1

The church tower here would have been 20m tall. Which is the same as 4 giraffes standing on top of one another!

2

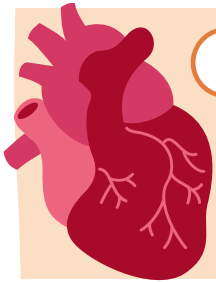
This was the most holy part of the Abbey and people fleeing from the law could avoid arrest if they stayed here.



3

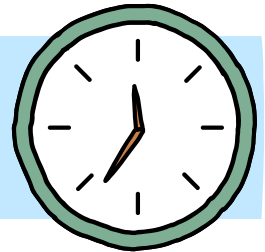
Who's mummified heart is buried here?

She was the great, great granddaughter of Richard De Luci who founded the Abbey (1178) due to his role in the murder of Thomas Becket.



4

Did you know that the monks would start their first mass at 2am each day and end their final mass after 7pm!



5

This space would be where the monks would sleep and there was no privacy. The only source of heat would be from the fireplace.



Lesnes History Tour

Continue to take your tour of Lesnes Abbey's ruins. As you complete your tour fill in the blanks to the questions!



6

This locked area would have been the toilets. There would have been a wooden bench with a hole in for the waste to drop down into the water below.

7

This tree was said to be gifted to Lesnes around 1720 by which monarch?

The King wanted to rival the silk production in China and ordered the planting of lots of Black Mulberry trees. The King didn't realise silkworms only eat the leaves on White Mulberry trees so his plan failed.



8

This courtyard was for exercise, study and work. The monks also grew plants for medicines which they used to treat diseases in the infirmary.



9

This room has a stone channel and square vat for making beer and ale. Herbs were grown to add flavour. In fact beer was drunk by the monks more than water. Why do you think this was?



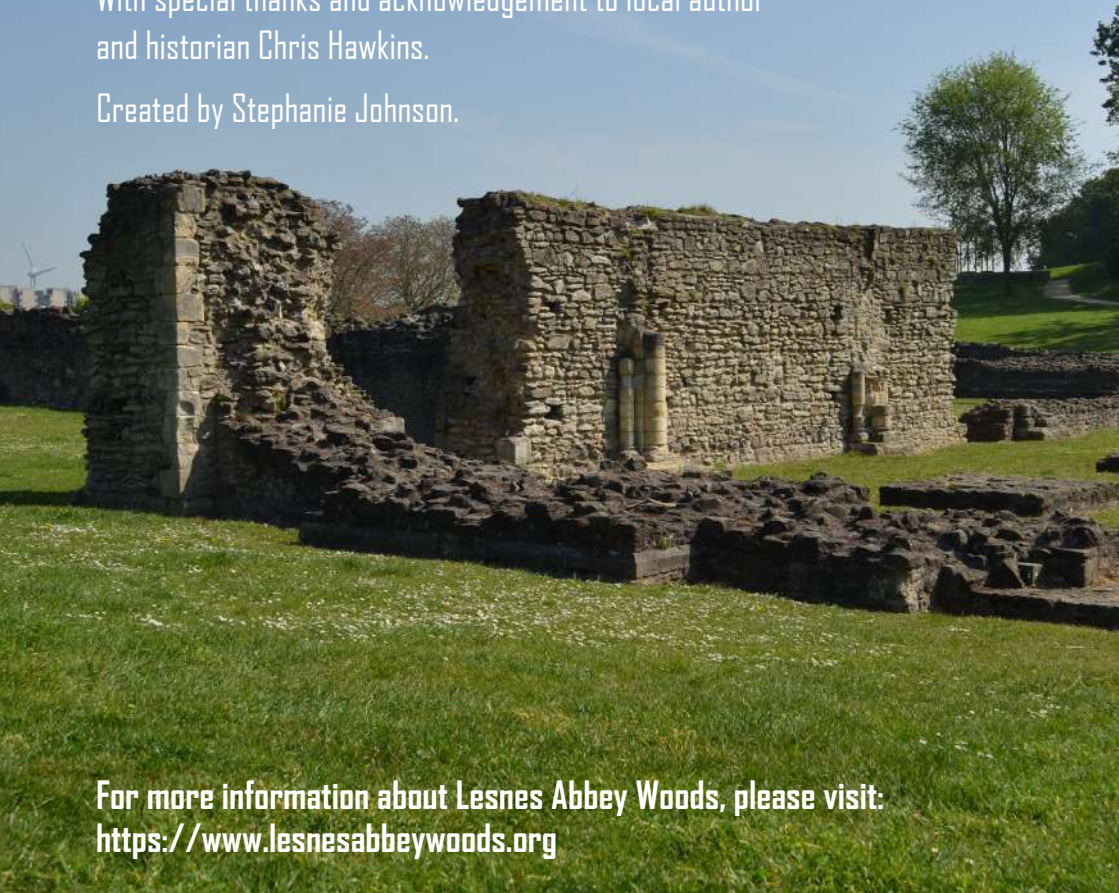
Using money raised by National Lottery players,
The National Lottery Heritage Fund supports projects
that connect people and communities with the UK's
heritage.



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enjoy and learn about Lesnes Abbey Woods.

With special thanks and acknowledgement to local author
and historian Chris Hawkins.

Created by Stephanie Johnson.



For more information about Lesnes Abbey Woods, please visit:
<https://www.lesnesabbeywoods.org>

