



## THIS IS ONLY THE BEGINNING OF THE ADVENTURE

There's always something happening here.  
Keep checking back in Queen Elizabeth  
Olympic Park and online for more fun  
things to see and do.

Have a ramble, explore and get involved,  
and let us know what you think!

Share your pictures with us on Instagram  
using @QueenElizabethOlympicPark

Join the conversation at  
[facebook.com/QueenElizabethOlympicPark](https://facebook.com/QueenElizabethOlympicPark)

Tweet about your visit using  
@NoOrdinaryPark

Find out more about the Park at  
[QueenElizabethOlympicPark.co.uk](https://QueenElizabethOlympicPark.co.uk)

Sign up for our newsletter:  
[QueenElizabethOlympicPark.co.uk/subscribe](https://QueenElizabethOlympicPark.co.uk/subscribe)

Find out more about learning  
opportunities in the Park:  
[QueenElizabethOlympicPark.co.uk/schools](https://QueenElizabethOlympicPark.co.uk/schools)



AN EXPLORER'S GUIDE TO  
**ADVENTURES**  
IN THE  
**PARK**



Take a picture at the Olympic Rings

Hear the sound of bicycles wooshing by

Explore urban 'caves'

Shady picnic spot

Take a picture at the Agitos

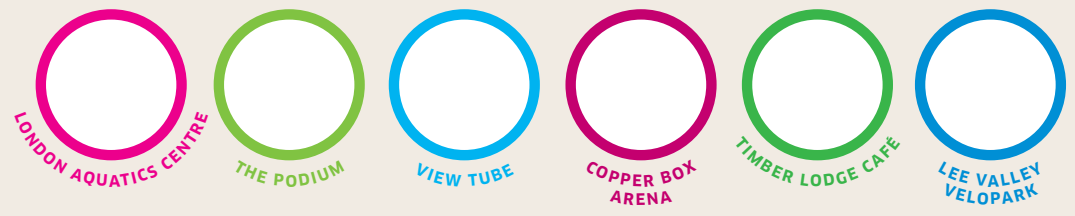
Great place to spot trains

Perform on stage near the spectacular mirrored bridge

Take a picture on the medals podium

Find the scented grass in the Great British Gardens

Find fantastic textures for rubbings on The Greenway



**FIND AND COLLECT ALL SIX STAMPS ON YOUR SECRET MISSION. HEAD TO THESE VENUES AND LOOK FOR THE  SYMBOL.**

**CHECK BEHIND THE ACTIVITY SHEETS TO DISCOVER YOUR SECRET MISSION!**



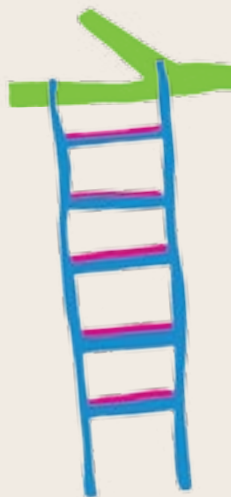
**I HEREBY ACCEPT THE EXPLORER'S CHALLENGE TO TREAT EVERYTHING AS AN ADVENTURE.**

**SIGNED .....**

# ACTION STATIONS



If you like adventure you've come to the right place. There's loads to do, lots of fun to be had and some really great places to explore. Turn over for some ideas.



ROLL



RUN

JUMP



**DRAW  
YOUR ROUTE  
AROUND  
THE PARK!**

Listen for the sound of cheering!  
Why not **perform a victory dance**, imagining you've just won a race?

LEE VALLEY HOCKEY AND TENNIS CENTRE

LEE VALLEY VELOPARK

**Jump** the trench and **scramble up the mountain** to the Martian outpost

**Climb up** to the clouds at the Scots Pines Observatory. **What can you spot** from up here?

**Roll down** the hill towards the river

TUMBLING BAY PLAYGROUND

TIMBER LODGE CAFÉ

Find the running track from the **London 2012 Trail** and race against your shadow

**Run up** the stairs by Waterden Road Bridge and **see RUN** appear on the horizon

HACKNEY WICK

**RUN**

COPPER BOX ARENA

WESTFIELD

**Play tag** among the trees along the Promenade

INFORMATION POINT

**Dash through arches** in the Great British Garden

See if you can **zig zag like the water** from the fountains

LONDON STADIUM

LONDON AQUATICS CENTRE

PODIUM

ARCELORMITTAL ORBIT THE SLIDE

THE GREENWAY

VIEW TUBE

As an extra adventure, **pick up a London 2012 Trail** leaflet from the Information Point, to relive the fun and spirit of the Games.

# WAYS OF SEEING



**Grab a pencil and start to sketch.**  
Don't worry about drawing something exactly as it looks. Just draw things you see around you. Can you see certain shapes? What about textures? Try writing down all the colours that you see.

**WARM UP!**

**See where these ideas take you:**



**1**

Sit in the café and look closely at the people you see. Draw something that you find interesting about them.



**2**

Look for shapes in nature and draw them.

**3**

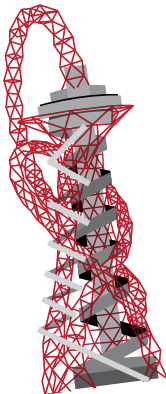
Lie down on the wooden seats and sketch the clouds. Can you see any hidden creatures in the shapes?

Here are some of the many artworks in the Park.  
Go visit them! Do you like them?  
What do they make you think about?



## SHADOW

There are **10 History Trees** dotted around the Park, at each of the entrances. Can you find them? And can you see their shadows? Try to **draw your own shadow**.



## MOVEMENT

Look at the **shapes and twists** of the **ArcelorMittal Orbit** and **The Slide**. Try drawing it without taking your pencil off the paper. You can even take a trip to the top and ride the world's longest and tallest tunnel slide!



## SHAPE

Look at the **objects standing in the Waterworks River**. They're an artwork called **Steles**. What do they remind you of? Try to **draw their shape**. How is their reflection in the water different?

There's more! **Download our Field Guide to Art in the Park** from the Trails page of the website.

# SOUND IT OUT



Queen Elizabeth Olympic Park is full of hustle and bustle, with lots going on. It can be a really noisy place!

What can you hear as you explore the Park? Try listening for both loud and quiet sounds.

On the other side of this sheet, draw the sounds you hear onto the map of the Park.

## SOME MARKS TO MAKE:

Use words or wiggly lines, or sketch something with your eyes closed, based on what you hear.

**SOME THINGS TO LISTEN FOR:**  
Conversations,  
wind blowing,  
people playing,  
birds singing...

Try recording some of the sounds you hear using your phone!

This is a map of the Park for you to draw what you hear.

LEE VALLEY HOCKEY AND TENNIS CENTRE

Can you hear the whoosh of bikes?

LEE VALLEY VELOPARK

What nature sounds can you hear?

TUMBLING BAY PLAYGROUND

What can you hear in Timber Lodge Cafés?

TIMBER LODGE CAFÉ



HACKNEY WICK

WESTFIELD

COPPER BOX ARENA

Can you hear the splash of water?

Can you hear the roar of the crowd?

LONDON AQUATICS CENTRE

LONDON STADIUM

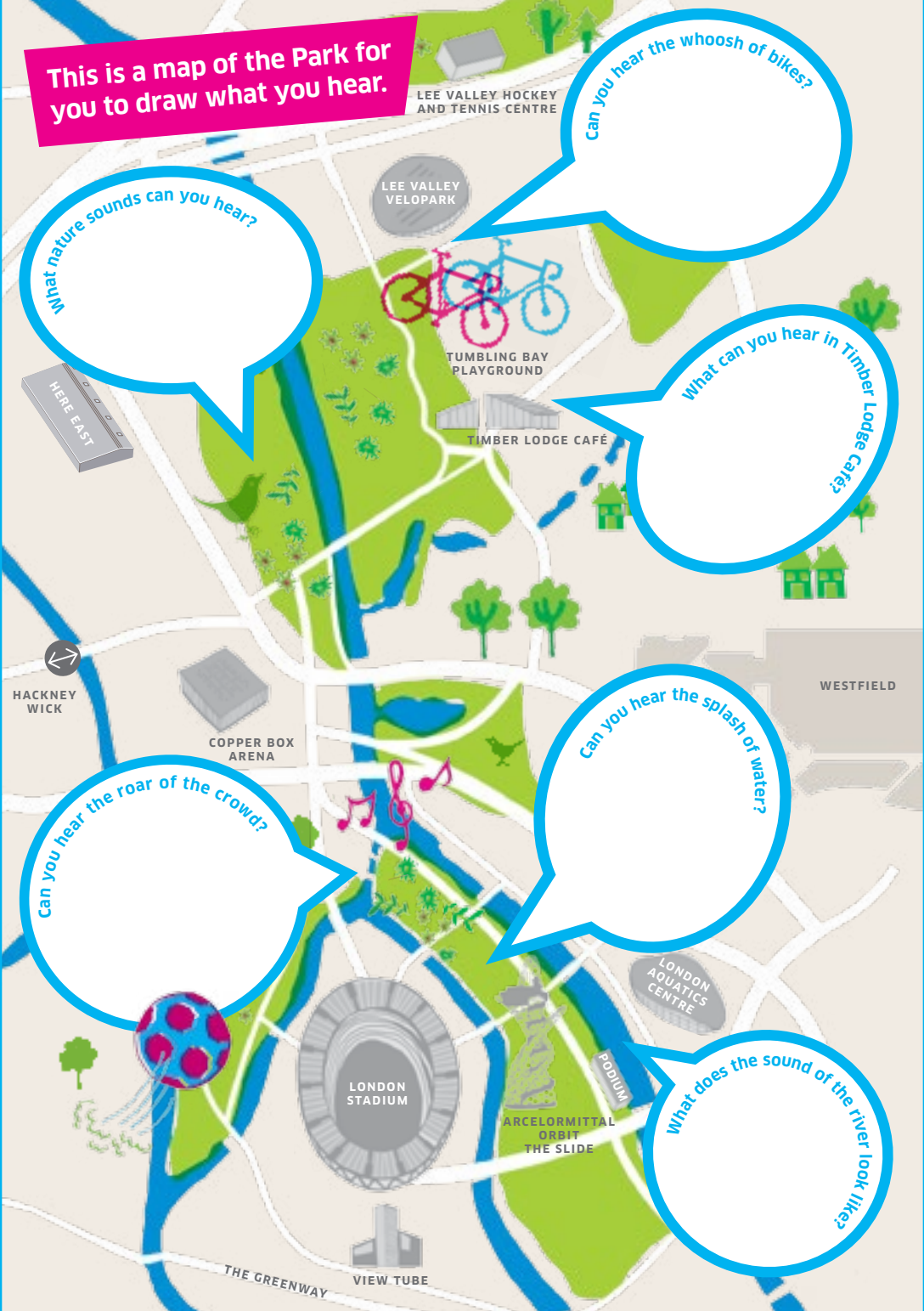
What does the sound of the river look like?

ARCELORMITTAL ORBIT THE SLIDE

PODIUM

THE GREENWAY

VIEW TUBE





# CREATURE CONSTRUCTION



● BIRD



● HIVE



● OTTER



● HOLT



● 'HOTEL'

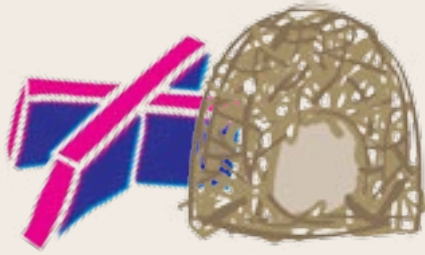


● BEE

**Like you, animals live in homes.**

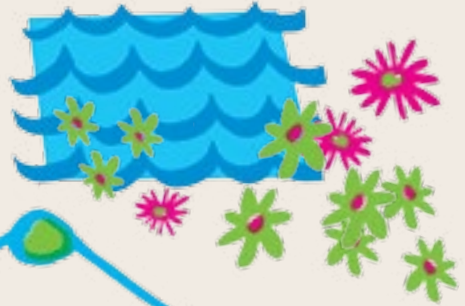
They make their homes using materials they find around them. As you walk through the Park, see if you can spot different animals that make their homes in the Park.

In the picture above, try to match the three different animals to their homes.



### Head to the south of the Park

Sit in an outdoor **'room' made of plants**, or jump through the maze-like **water fountain**. What sorts of creatures could these make good homes for? Try to write each one you think of.



### Head to Timber Lodge Café

Can you find the **Cross and Cave** sculpture? It is like a cave. The **willow shelters** nearby are like nests. What kind of animals might live in each of these? Make your own list!

**Pretend you are an imaginary creature and design your own home. What kind of animal are you, and why is this home right for you?**

**Pick up a Parklands and Wildlife** leaflet from the Information Point to discover more about the plants and animals in the Park.

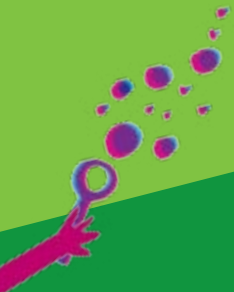
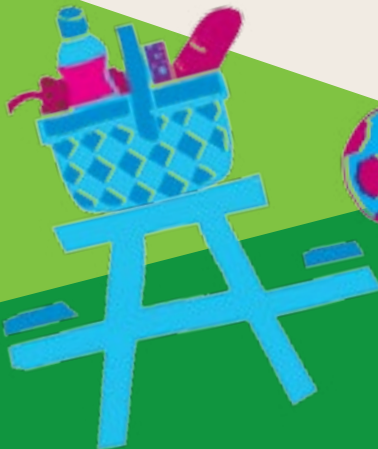
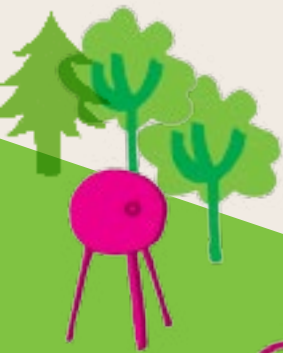
# BEST PLACES



We're always on the lookout for the best places and secret spots in the Park. Have you found any more on your visit?

Fill in some of the blanks on the sheet to add more of your own favourite places.

Share your pictures with us on Instagram using @QueenElizabethOlympicPark, or join the conversation at [facebook.com/QueenElizabethOlympicPark](https://www.facebook.com/QueenElizabethOlympicPark)



# BEST PLACES IN THE PARK

**Best place to take in the view:**  
Slope with the Spiegelei Junior near  
Tumbling Bay playground

**Best place for a picnic:**

.....

**Best place to fly a kite:**  
Hilltops near the Olympic Rings

**Best place for a whistle:**

.....

**Best place for blowing bubbles:**  
Wildflower meadows near  
Timber Lodge Café

**Best place for ice cream:**

.....

**Best place to spot trains:**  
Up high on the Waterden Road Bridge

**Best place for collecting caterpillars:**

.....

**Best hill to roll down:**

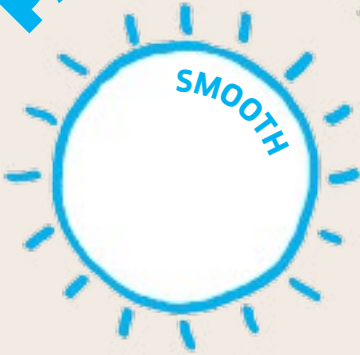
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Tell us what you think and share your pictures!  
Check out [QueenElizabethOlympicPark.co.uk](http://QueenElizabethOlympicPark.co.uk)  
Use [@QueenElizabethOlympicPark](https://www.instagram.com/QueenElizabethOlympicPark) on Instagram  
Join the conversation at [facebook.com/QueenElizabethOlympicPark](https://www.facebook.com/QueenElizabethOlympicPark)



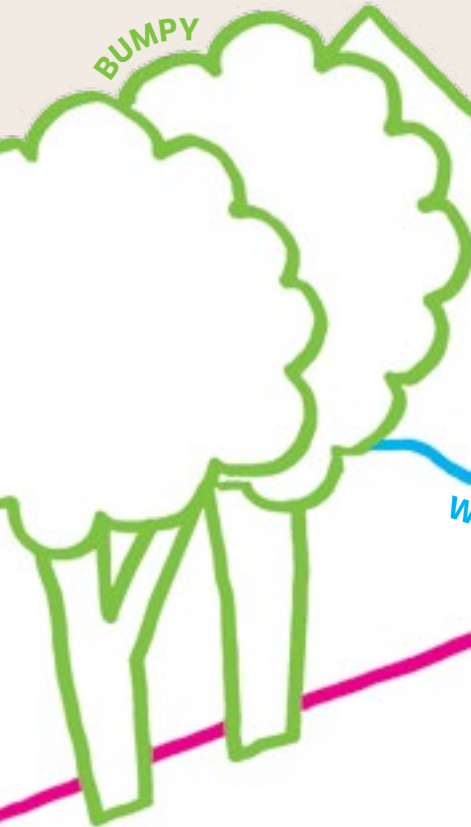
# PATTERNS ON THE PARK



The Park is full of textures and patterns. What textures do you notice? Are they pointy or wavy, ridged or smooth?

Collect different patterns by making rubbings on this drawing of the Park. Which do you like best, and why?

**BUMPY**



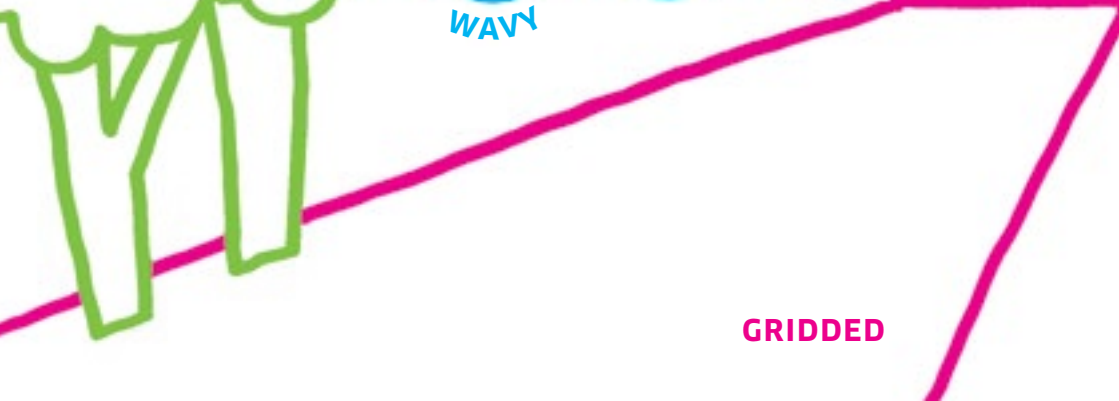
**POINTY**

**WAVY**

**RIDGED**



**GRIDDED**





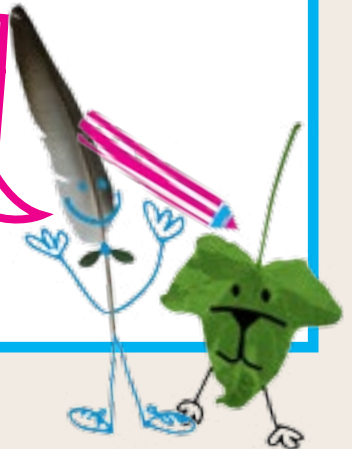
# FEELING CREATIVE?

Use the textures or objects you find in the Park to **create** your own Park mascot. **Share it** with us on Facebook, Twitter or Instagram or **drop off** your mascots at the Information Point.



Share your mascot with us by dropping it off at the Information Point.

Want to stay in touch? Subscribe to our newsletter for all of the latest news and events from the Park.





# EXPLORING REFLECTIONS

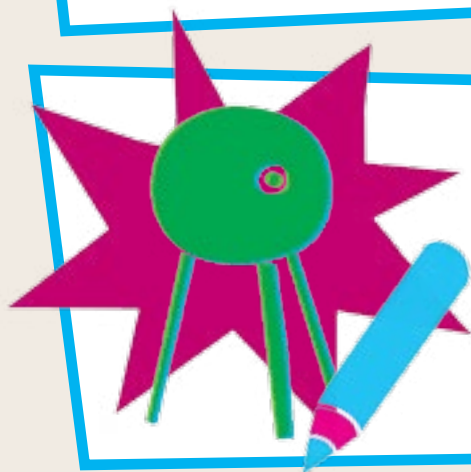
**Did you know that you can hear reflections as well as see them? Sound and light travel through the air in waves.**

When they hit surfaces, they 'bounce back'. Light waves cause reflections in water and shiny things, and sound waves reflect as an echo.

Here are three places where you can explore reflections:

### RUN ARTWORK

**Stand** beneath the R or the N and **count** how many times you can see yourself. **Take a photo** of yourself reflected in RUN at day or night. **Upload** it to Twitter or Instagram using @QueenElizabethOlympicPark or **tag us** in your photo on Facebook.



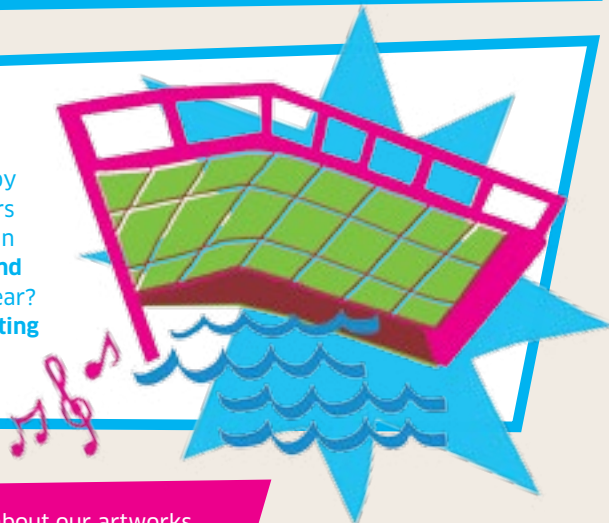
### SPIEGELEI JUNIOR ARTWORK

(Clue: It looks like a Martian outpost!)

**Look at** the reflections on the curved surface. What do you notice? Do shapes look the same, or do they look strange? **Draw** some of the shapes that you see. **Try putting your head inside** the dome like a space helmet. **Hum, sing or whistle, and listen** to the sound swirl around in an echo!

### MIRRORED BRIDGE

**Head to the mirrored bridge** by Carpenters Lock. Which colours can you see in the water and in the bridge? **Close your eyes and listen.** What sounds do you hear? **Try whistling, singing or shouting** under the bridge.



If you want to find out more about our artworks, **download a Field Guide to Art in the Park** from the Trails page of the website.



# MAKE IT AT HOME

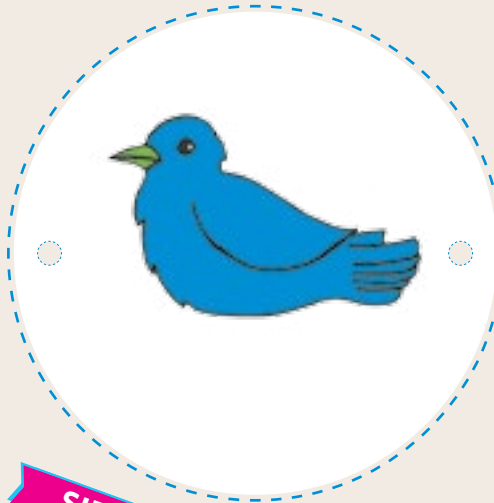


## MAKE A WONDER TURNER

How many different types of birds have you seen on your trip to the Park today?

This toy uses a trick of your eye to make the bird sit in its nest. Make this wonder turner at home to remind you of your visit to the Park. Turn over to see how to do it.

# MAKE A WONDER TURNER



SIDE A



SIDE B

## MATERIALS

- Heavy string or yarn
- Scissors
- Hole punch
- Glue



## HOW DOES IT WORK?

As the circle spins, the images seem to overlap. This is because your eyes keep a snapshot of what they've just seen for a fraction of a second after the object has gone.

## STEPS

Cut out the circle from the paper.

Glue side A to side B. Don't worry! Side B is meant to be upside down!

Using the hole punch, make two holes near the edges of the disc, as shown.

Cut two pieces of string, approximately 20cm long

Thread the strings through each of the holes and secure them to the disc with a knot, leaving a tail.

Hold the strings tight in both hands and twirl to see the two images become one.

What other types of bird houses can you find in the Park? (Tip: Look by London Stadium, or check by the bridges.)

**Pick up a Parklands and Wildlife** leaflet from the Information Point to discover more about the plants and animals in the Park.

