

GUIDE TO AUTUMN ACTIVITIES

Cornwall
2020





GUIDE TO **AUTUMN** ACTIVITIES Cornwall 2020

Introduction

Join us this Autumn half term in the wildest corners of Cornwall to take part in a weeklong programme of adventures, activities and fun.

Our programme is designed to get you out, active, and engaged in the outdoors. There are opportunities to attend sessions led by our friends at Beach Guardian and Cornwall Wildlife Trust. This will help us understand why taking care of our environment is important. We are committed to the fight against climate change. You can help to protect Cornish wildlife and generations to come.

We are passionate about promoting the powerful benefits that come from being immersed in nature. Our aim is to support as many children, young people and families to get involved. Sign up to sessions and feel as excited by your surrounding environment as we do. Our wish, that every experience leaves you refuelled, exhilarated and wanting more.

This year, public bonfire displays and trick or treating is being discouraged. Finding other ways to create your own fun can be a challenge. That's why this booklet, put together by Together for Families and its partners, helps act as a guide to local events.

We've even included some exciting activities you can do at home. At the back of the booklet you'll find some ideas for sustainable mask making, cooking up some ghoulish recipes and more. Something for everyone.

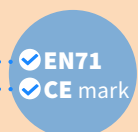
You can even sign up to time credits, earning your first when you book and attend a beach guardian session. Time credits is a simple system. The more time you give volunteering the more credits you earn and the more activities you can sign up to for free.

Whatever you're up to this holiday, stay safe, but most of all have fun!

Halloween fire safety



Use LED, battery-operated tea lights or candles to decorate your pumpkin and your home, they are much safer than real candles. If a candle tips over it could set light to materials such as costumes, curtains, clothes and furniture and start a serious fire.



Costumes should comply with EN71 – a Europe-wide standard, which tests for flammability. It should also have a CE mark, which means the product complies with European health and safety requirements.



Keep fancy dress costumes away from naked flames.



If clothing does catch fire, remember to:



Stop!

Don't run - it will only make the fire worse! Protect your face.



Drop!

Get down onto the floor immediately.



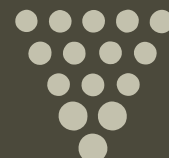
Roll!

Roll over and over - this will put out the flames.



Cool any burns immediately with cold water.

For help: Call 111, your local GP, or 999 if it is an emergency.



Booking Activities and events

While we wait for social distancing restrictions and regulations to change, there are still lots of opportunities to get out and about and enjoy what Cornwall has to offer this autumn with friends and family. We have been working together to COVID proof days out, and as a result will be reducing capacity, to keep you all safe. This means that numbers will be limited, so we encourage you to book as soon as you know when you'll be coming.

We would encourage you to Think – Plan – Book. All activities must be pre-booked, so book early to secure your spot on your chosen activity/ies.

We have included listings with local providers.

All activities offered through the Headstart, Cornwall Outdoors and Active Cornwall partnership can be offered at a subsidised price. If you want to attend activities run by external providers please ring to discuss possible funding options.

Once booked please do check the website prior to travelling to any event as activities may be subject to change, although we will make every effort to contact you should there be a cancellation.

If you have any questions please get in touch with the contact centre

Contact Centre

If you are interested in a particular activity and have any questions, please contact the relevant provider with your query or call the number below.

Phone: 01872 323241

Note: all funding queries must be directed to the contact centre.



Health & Safety (covid aware logo)

Together for Families and partners have given full consideration to the health and safety requirements for every activity and event. Keeping our children and young people safe remains our priority. This means that all events offered for children, young people and families to attend physically, will follow up to date government Covid-19 guidance.

Refreshments

Due to the locations and current Covid-19 restrictions please make your own arrangements for refreshments and ensure participants have sufficient hydration. We suggest a refillable water bottle.

MONDAY 26	TIME	VENUE	PLACES AVAILABLE	ADDITIONAL INFO
Mountain Bike skills (am)/ Bush craft (pm)	10am-3pm	Delaware	10 people per session	Minimum age 9 years old £20pp
Climbing and Archery	10am-12pm/ 1-3pm	Carnyorth	10 people per session	£20pp
Cornwall Bicycle project – Bike Safari	9:45am-3pm	Bisroe Trail		Minimum age 9 years old £20pp
Spooky Pendennis Castle	10am-5pm	Pendennis	Tickets available	Adult £13.50/ Child, 5-17 years £8.10*
Stuff Noises and Voices Writing	10-11am	Online Zoom	Tickets available	Via Zoom £10 for all 3 days*
EVERY DAY Halloweden – Eden Ice Skating	9am-6pm	Eden Project	Tickets available	Adult £28.50/ Child 5-16 years £15*
TUESDAY 27				
Mountain Bike skills (am)/ Bush craft (pm)	10am-3pm	Delaware	10 people per session	Minimum age 9 years old. £20pp
Water sports	10am-12pm/1-3pm	Newlyn	10 people per session	£20pp
Spooky Pendennis Castle	10am-5pm	Pendennis	Tickets available	Adult £13.50/ Child, 5-17 years £8.10
Stuff Noises and Voices Writing	10-11am	Online Zoom	Tickets available	Via Zoom £10 for all 3 days
WEDNESDAY 28th				
NICAS Indoor climbing Award		Delaware		3 day course leading to national accreditation £120 plus £7.50 certificate
Spooky Pendennis Castle	10am-5pm	Pendennis	Tickets available	Adult £13.50/ Child, 5-17 years £8.10
Stuff Noises and Voices Writing	10-11am	Online Zoom	Tickets available	Via Zoom £10 for all 3 days

THURSDAY 29th				
NICAS Indoor climbing Award		Delaware		3 day course leading to national accreditation
Kayaking/canoeing/ Climbing/high ropes/archery	10am-3pm	Porthpean	10 people per session (Family groups only)	Some activities are subject to weather conditions. £20pp
Spooky Pendennis Castle	10am-5pm	Pendennis	Tickets available	Adult £13.50/ Child, 5-17 years £8.10
FRIDAY 30th	TIME	VENUE	PLACES AVAILAIBLE	ADDITIONAL INFO
NICAS Indoor climbing Award		Delaware		3 day course leading to national accreditation
Kayaking/canoeing/ Climbing/high ropes/archery	10am-3pm	Porthpean	10 people per session (Family groups only)	Some activities are subject to weather conditions. £20pp
Spooky Pendennis Castle	10am-5pm	Pendennis	Tickets available	Adult £13.50/ Child, 5-17 years £8.10
SATURDAY 31st				
Mountain bike skills am/ Bushcraft pm	10am-3pm	Delaware		£20pp
Beach Ranger – Rock pooling	10:30am – 12pm	Porthpean	10 per session	Minimum age 9 years old FREE
Beach Guardian – Beach Clean	12:30-2pm	Porthpean	10 people per session	Minimum age 9 years old FREE

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Our time, our environment

We know that accessing safe, nurturing environments for both you and your family can be a challenge during these changing times. The thought of venturing outside can feel overwhelming and it can be tough to find the internal energy needed to keep you and your family emotionally strong and resilient. Research tells us that engaging in a nurturing environment that provides the opportunity to discover (or rediscover) ourselves and reconnect with the world around us can positively impact on our emotional, mental health and wellbeing.

A great way to do this is to go outside and get active. Engaging in outdoor activities surrounded by beautiful blue and green spaces not only boosts mental wellbeing, but it is also good for maintaining positive physical health too. So, whether it's taking regular walks in the park, chasing after a kite on the beach, forest bathing, climbing rocks or paddling a kayak, exercising outside is proven to have huge benefits for our emotional health and wellbeing.

In Cornwall we are lucky to have 422 miles of coastline with plenty of green spaces inland. Getting you and your family outside has never been more important, so what are you waiting for....

This half term, Tempo Time Credits have teamed up with Together for Families and Headstart Kernow to offer you an exciting opportunity to volunteer your time and help your community.

Why volunteer?

Let's get the whole family involved! It has already been proven that giving your time and feeling valued, improves health, happiness and future prospects. The principle is simple:

You will be encouraged to use your skills and interests to play an active role in your community and earn Time Credits. These can be exchanged for community, cultural and leisure activities in the local areas, including selecting from the many outdoor activities provided on the Headstart Kernow programme. A chance to spend quality time together participating in something fun and enjoyable outdoors.

If this is something which you would love to be involved in, then please contact your TFF key worker or one of the Cornwall Time Credits team who will discuss the project further:

Celia Davis celiadavis@wearetempo.org / 07578 181277, **Helen Smith** helensmith@wearetempo.org / 07578147282, **Kelly Taylor** kellytaylor@wearetempo.org/07588142085

HeadStart Kernow



This work was developed as part of the Community, Engagement, Participation and Parents workstreams of the Headstart Kernow programme, in collaboration with Cornwall Outdoors and Active Cornwall, and is funded in part by the National Lottery Community Fund, the largest funder of community activity in the UK. Headstart Kernow is a partnership programme led by Cornwall Council to develop resilience and mental well-being in children, young people and their families throughout Cornwall.

Started in 2016, Headstart is a five-year, £58.7 million National Lottery funded programme which aims to explore and test out new ways to improve the mental health and well-being of young people aged 10-16 working and prevent serious mental health issues from developing. Working together with local young people, parents, families, schools, charities, community and public services we design and test out new initiatives and interventions that aim to make a difference to young people's mental health, wellbeing and resilience.

What we do know is that there are huge benefits to being outdoors and the positive impact participating in activities outside can have on an individual's emotional, psychological and physical health and wellbeing. Mother nature's powerful way of helping ease stress and anxiety by providing us with all the beautiful blue and green spaces that surround us here in Cornwall. For further information on the work that we do here in Cornwall follow the hyperlinks below

Headstart Kernow Website <https://www.headstartkernow.org.uk/>
Start Now (Headstart website created and run BY young people in Cornwall FOR young people in Cornwall) <https://www.startnowcornwall.org.uk/>
Your Way <https://your-way.org.uk/>

Cornwall Wildlife Trust Beach Rangers

The Your Shore Beach Rangers are working across Cornwall to engage and inspire the youth of Cornwall to protect the beautiful marine environment that surrounds us. The YSBR team is working with schools, colleges, youth groups, and local community groups throughout Cornwall, and inviting everyone to get involved. The future is in your hands!

Our Bright Future aims to tackle three big challenges facing society today; a lack of social cohesion, a lack of opportunities for young people, and a vulnerability to climate change.

Cornwall Wildlife Trust's Your Shore Beach Rangers project, funded by the Big Lottery Fund and in partnership with Cornwall College, is going to work within Cornish coastal communities and with young people from 2016 to 2021.



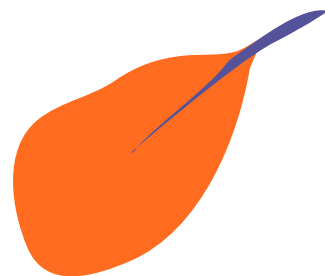
Cornwall Outdoors

Cornwall Outdoors is part of the Education Service within the Together for Families Directorate of Cornwall Council. Established in 1947 as a means to reunite and re-energise the young people of Europe after the Second World War, Cornwall Outdoors began with a set of tents in a field near Restormel Castle in mid Cornwall. Humble beginnings with a hugely ambitious aim, our belief remains the same; that being active and outdoors offers massive benefits to everyone, young or old.

We have outdoor centres based in mid, east and west Cornwall and work extensively with schools, youth groups and families delivering a wide range of outdoor activities in a variety of locations; sea, moorland, river, woodland. Our centres are all licensed by the Adventure Activities Licensing Authority, part of the Health and Safety Executive.

We are delighted to be working in partnership with Headstart Kernow, Active Cornwall and other partners to bring you this summer programme and we look forward to meeting you out there.

**CORNWALL
OUTDOORS**



Beach Guardian



Beach Guardian is an award-winning social enterprise, co-founded by the dynamic father and daughter duo: Rob and marine biologist, Emily. As an organisation, they aim to engage, educate and empower against plastic pollution,

through regular organised community beach cleans, school education activities and encouraging local businesses to support environmental initiatives.

The Beach Guardian summer sessions are held at Porthpean Beach across six days throughout the holiday, with different times allocated across the day.

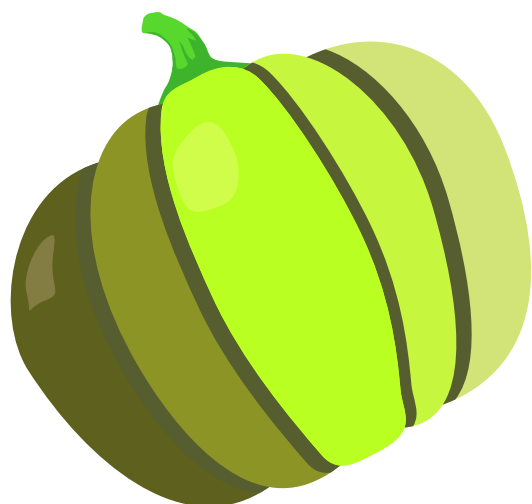
They are suitable for age groups 6-12.



Active Cornwall



Active Cornwall is the leading organisation working across Cornwall and the Isles of Scilly solely dedicated to reducing inactivity through physical activity and sport to transform lives. We understand, influence, connect and support to unlock the wider benefits that physical activity and sport can have to improve the quality of life for the people of Cornwall, specifically for PEOPLE who would benefit the most in PLACES that need it most. By working together WE can create the right conditions and opportunities for people to live an active, healthy and happy life.



Together for Families



In Cornwall, we brought all of our children's services together under an integrated children's services directorate called Together for Families.

This means education, health and wellbeing and social services including fostering and adoption are included under one directorate to ensure that each agency communicates effectively with the others.

Think of Together for Families as the place to go for children and families services in Cornwall.

We welcome your feedback. Please engage on our social media channels:

Facebook: www.facebook.com/TFFCornwall

Twitter: www.twitter.com/TFFCornwall

Instagram: www.instagram.com/tffcornwall

Delaware Outdoor Education Centre **CORNWALL OUTDOORS** Autumn Half Term programme

Bushcraft, Mountain Biking Skills, NICAS Indoor Climbing Award

Adventure days 10-3 | Dates: Monday 25 and Tuesday 26 October | Venue:
Delaware Centre, PL18 9EH

Mountain Biking morning

Learn the essential skills of good mountain biking. Learn to turn, balance and lift your bike over our skills track obstacles.

Bushcraft afternoon

Get involved in creating your own camp fire from just a few basic tools. Cook popcorn and hot chocolate on your very own camp fire.

Age range: 11+

NICAS Indoor Climbing Dates: 28,29,30 October Venue: Delaware Centre PL18 9EH

This is a 3 day course leading to national accreditation so participants need to attend all 3 days. *£120 for the 3 days plus £7.50 handbook and certificates.*

Age range: 11+

- Specialist equipment will be provided. Please dress appropriately for the weather
- Minimum age 9+, must be accompanied by parent/guardian or responsible adult
- Advance bookings only. Email: porthpean@cornwall.gov.uk



Cornwall
Outdoors



More details to be found at:
www.cornwalloutdoors.org

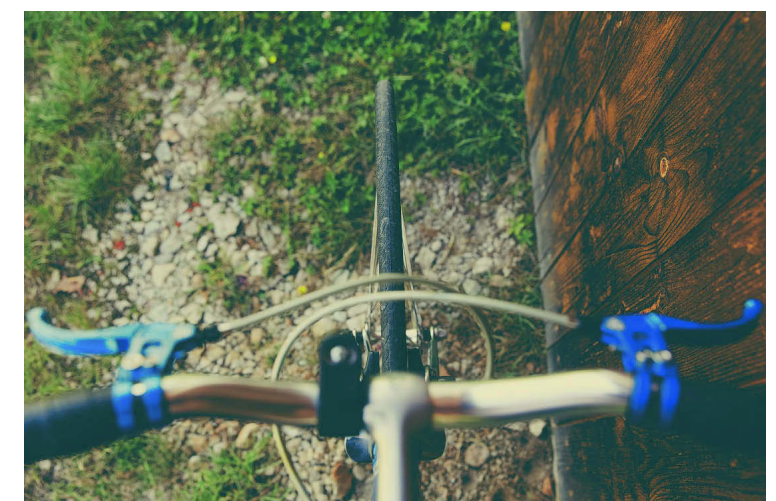


Join Cornwall Bicycle Project for a bike safari

Bike safari - Bissoe Trail Monday 26 October 9:45am - 3:00pm

Riding will be in separate groups on the Bissoe cycle trails with a chance to explore some fun parts of the Poldice Valley. There will be a fair amount of pedaling so a good level of fitness is needed. Riders should be confident at riding off-road and have a geared bike suitable for riding in an off road environment. Riders will need to carry a small backpack with their own water bottle, lunch and snacks. Places are limited and will cost £20pp. For more information or to book on please see below.

We will provide hand sanitiser. Please bring your bike and safety equipment. Additionally, please ensure you have a filled re-usable water bottle to keep hydrated. **Book now, email:** itsallaboutthebike@outlook.com



email :itsallaboutthebike@outlook.com
www.facebook.com/The-Cornwall-Bicycle-Project-CIC-106853771099326

Porthpean Beach Autumn 2020



CORNWALL OUTDOORS

Join the Your Shore Beach Rangers for rockpooling session at Porthpean beach.

Do you know your pincers from your pulmonates? Want to find out what creatures we share our beaches with? Join Beach Rangers for a rockpooling session. MAX 10 young people per session. Age 11+

**Saturday 31st October
10.30am – 12.30pm**

**sustainable Hallow'een
costume optional**

All equipment will be provided and please wrap up and ensure you have appropriate footwear for rockpooling. We will provide hand sanitiser. We ask that you are sure to wash your hands thoroughly before and after each session. Additionally, please ensure you have a filled re-usable water bottle to keep hydrated.

Email jennifer.sandiford@cornwallwildlifetrust.org.uk to book



**There is a pay and display
car park close to the beach.
Please bring coins**



Website: <https://beachrangers.com/>
Facebook: [beachrangers](#)
Instagram: [beach_rangers](#)
Twitter: [YSbeachrangers](#)

Porthpean Beach Autumn sessions 2020



CORNWALL OUTDOORS

Join the Beach Guardian team for a 1.5 hour fun-filled beach clean

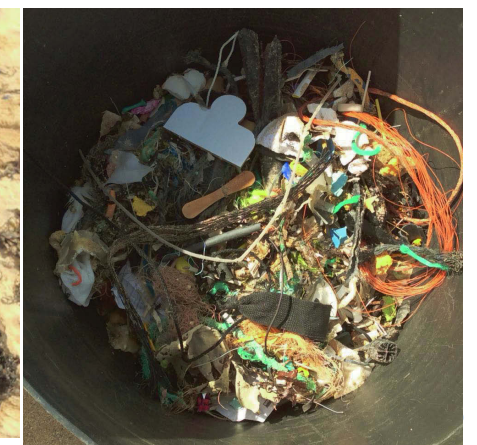
The autumn months bring a fresh wave of plastic pollution onto the beaches; with stormier seas come the larger items, huge ghost fishing nets and washing machines of microplastic soup. Be sure to wrap up warm and prepare for some epic, extreme beach cleaning! **Max 10 children**

**Saturday 31 October, 2020
12:30 - 14:00**

**Sustainable Hallow'een
costumes optional!**

All necessary equipment will be provided, including sanitiser and face masks which are distributed free of charge. It is not a requirement for you to wear a face mask, though if you feel safer, the team have re-usable masks to distribute, for you to keep afterwards. We only ask that you are sure to wash your hands thoroughly before and after each session. Please also bring appropriate clothing for all weather conditions, including waterproofs, sun hat and suncream. Sessions will still go ahead even in the rain! Additionally, please ensure you have a filled re-usable water bottle to keep hydrated.

Register at www.eventbrite.co.uk/e/porthpean-beach-autumn-beach-clean-session-tickets-125472590897



**There is a pay and display
car park close to the beach.
Please bring coins**

Website: www.beachguardian.org
Email: emily@beachguardian.co.uk
Facebook: [Beach Guardian](#)
Instagram: [@BeachGuardian](#)
Twitter: [@PlasticWaive](#)

Porthpean Outdoor Education Centre

Adventure Days at Porthpean Outdoor Education Centre, St Austell

Come and challenge yourself on an outdoor adventure day at Porthpean OEC, learn new skills, have fun and surprise yourself with your hidden abilities! Depending on the weather there will be opportunities to scale the heights of the climbing wall or high ropes, splash around in kayaks on the beach or hit the bullseye on the archery range.

The day will run from 10 a.m. to 3 p.m. Thursday 29th and Friday 30th October only

Price £40 per person for the day

We will provide hand sanitiser. We ask that you are sure to wash your hands thoroughly before and after each session.

Additionally, please ensure you have a filled re-usable water bottle to keep hydrated.

Email porthpean@cornwall.gov.uk or Phone: 01726 72901 to book



cornwalloutdoors.org
www.facebook.com/cornwalloutdoors

Climbing, Archery, Watersports

Climbing/Archery | Date: Monday 26 October - Venue: Carnyorth Centre, TR19 7QE

Climbing 10am - 12 noon -or- 1.00pm - 3.00pm - Max 10 persons £20pp

Come and climb on our 8 metre mobile climbing tower. It is equipped with multiple climbs to suit any ability. Join us for the morning or afternoon.

Archery 10am - 12 noon -or- 1.00pm - 3.00pm - Max 10 persons - £20pp

Have some fun on our target archery range. Join us for the morning or afternoon and test your skill against your family and friends

Watersports | Date: Tuesday 27 October - Venue: Newlyn waterfront

A grand splash about on the Newlyn waterfront.

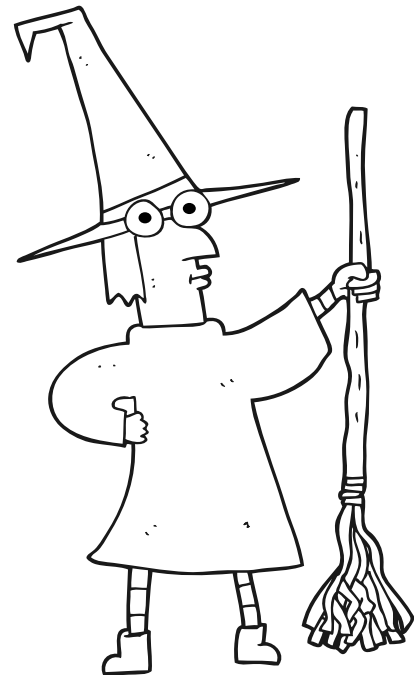
10am - 12 noon -or- 1.00pm - 3.00pm - Max 10 persons £20pp

Booking: Jon Allen, 07483 172853

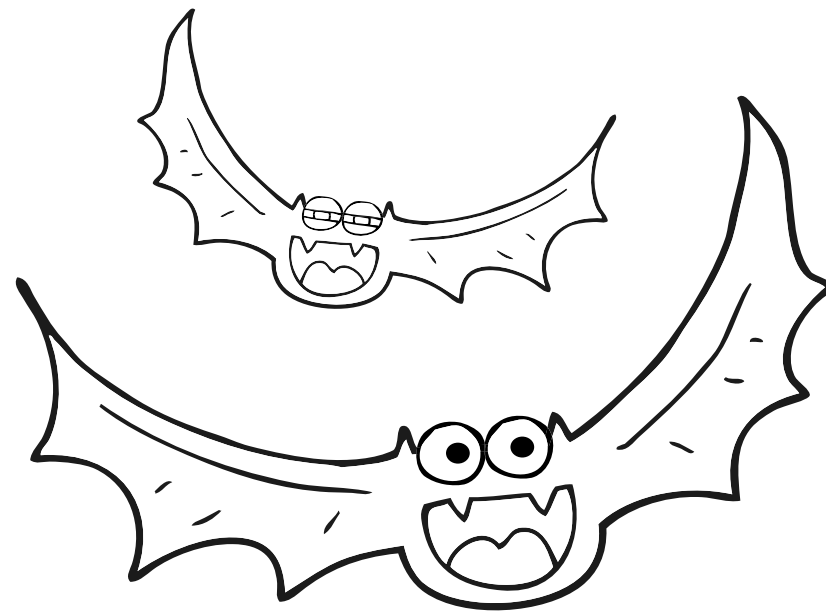
Email: jonathan.allen@cornwall.gov.uk

- Specialist equipment will be provided. Please dress appropriately for the weather
- Minimum age 9+, must be accompanied by parent/guardian or responsible adult
- Advance bookings only. Email: jonathan.allen@cornwall.gov.uk

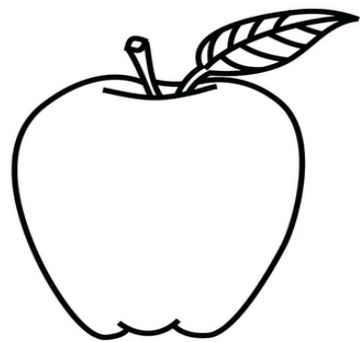
Five Ways to Wellbeing & Halloween



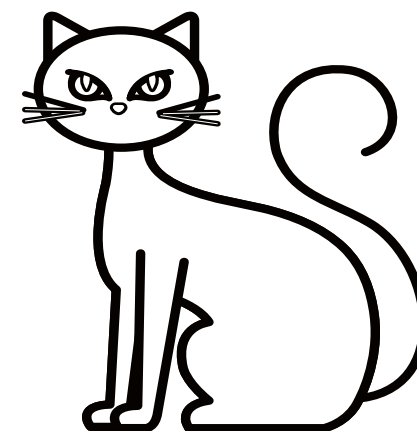
Get Moving



Take Time for You



Stop and Take Notice



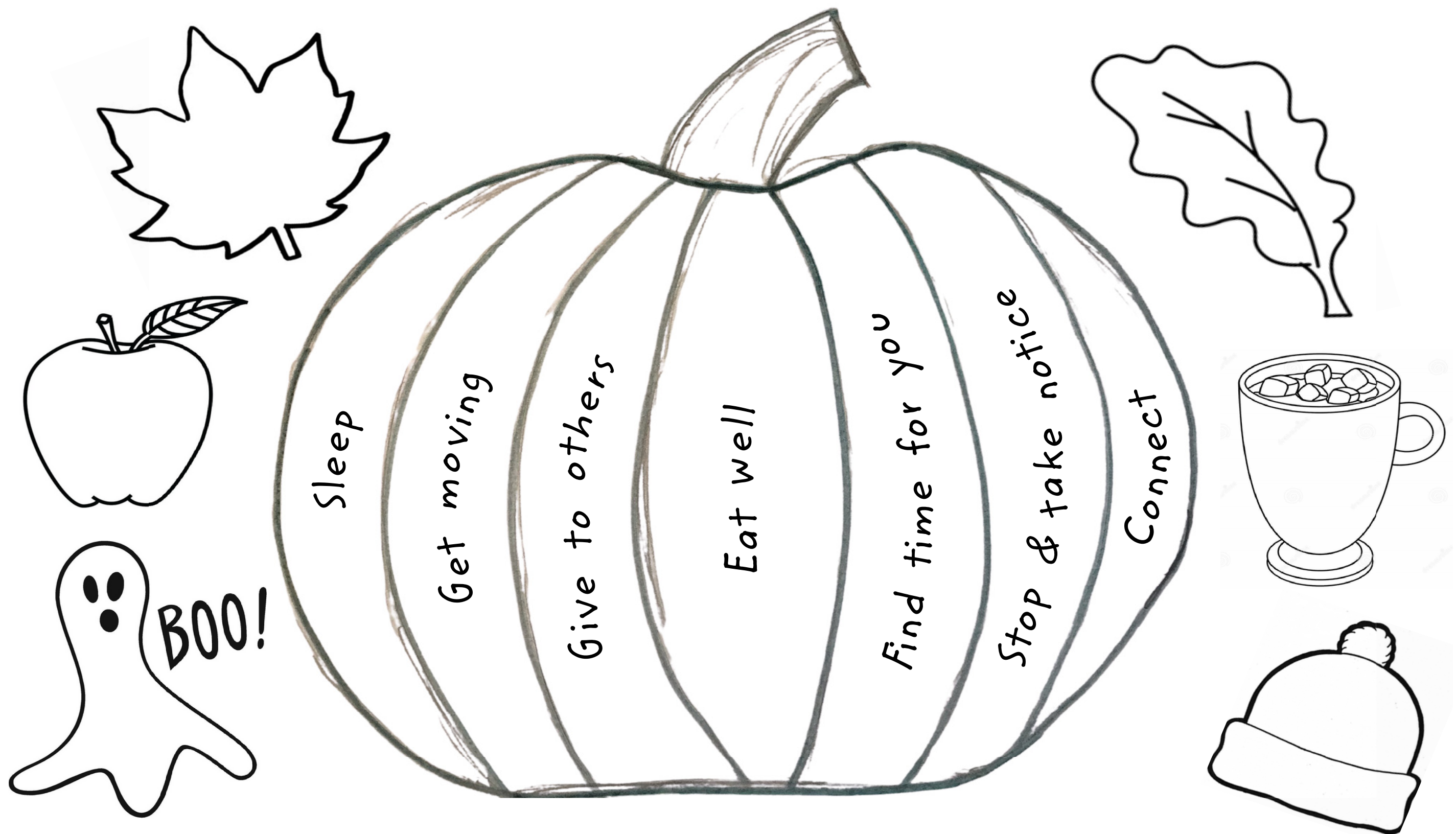
Connect



Give



Five Ways to Wellbeing & Halloween





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| 2 | 4 | 4 | 2 | 4 | 5 | 7 | 4 | 6 | 5 |
| 1 | 6 | 7 | 1 | 3 | 6 | 7 | 4 | 7 | 4 |
| 3 | 2 | 4 | 6 | 2 | 7 | 3 | 9 | 6 | 3 |



Get moving

Go for a walk and find a carpet of leaves to walk across. Listen to the crunch.

Stop and take Notice

Smells, tastes, sights and sounds of autumn

Find time for you

Do something you love, something that makes you smile.

Connect

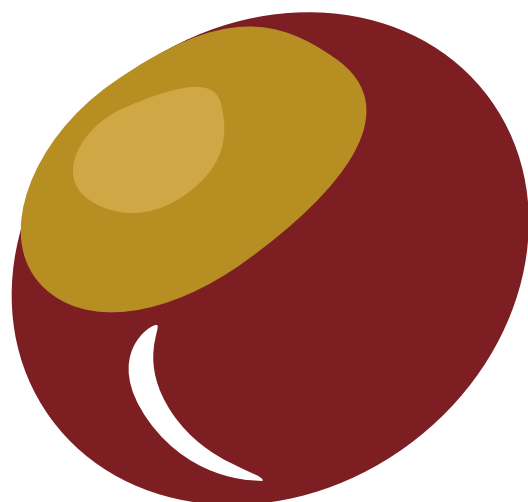
Write a letter, phone a friend.

Give

Do something to help someone else.

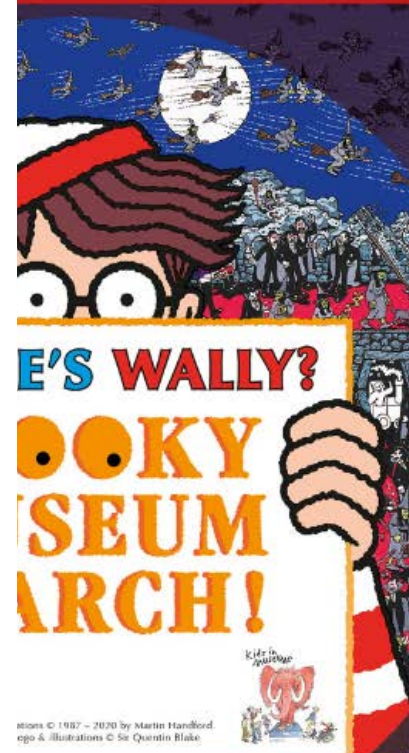
www.startnowcornwall.org.uk

www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/



Low cost, local activities

**DAILY
ACTIVITIES
HALF TERM
26 - 30 OCT**



WE ARE OPERATING A STAGGERED ENTRY SYSTEM FOR FAMILY OR BUBBLE GROUPS OF UP TO 6 PEOPLE.

PRE-BOOKING IS ESSENTIAL
GO TO
WWW.BODMINKEEP.ORG

HALLOWEEN @ viaferratacornwall.co.uk

Join us for the ultimate Halloween adventure!

Ghosts, pumpkins and creepy goings-on are taking place high up in the quarries this Halloween. Join us for epic adventures with spooky surprises, ghoulish delights made by The Cornish Barista and much hilarity as you face your fears.

30th & 31st Oct @ 17:00, 17:30 & 18:00 – Halloween Adventure Zone (1 – 1.5 hrs) for families with kids aged 8+ – £25

You'll get to complete the Adventure Zone detailed above, with added spooky surprises and an extra challenge: fishing for pumpkins at height!

30th & 31st Oct @ 19:00 – Halloween Full Classic (2.5 – 3 hrs) – for adventurers aged 13+ – £40

For those brave enough, we have an even creepier experience, including all of the Adventure Zone, plus the full Via Ferrata and zip-line in the larger quarry! You'll get to tackle higher challenges and conquer your fears as you journey through our quarries in the dark, with only head torches to guide the way!

26th- 31st Oct @ 09:30 & 13:30 – Via Ferrata by day with ghoulish delights!

This runs every day of the half term (both the Adventure Zone for kids aged 8+ and the Full Classic tour for those aged 10+). Push your limits then end on a high!



HALF TERM ACTIVITIES AT WHEEL MARTYN

Enjoy nature in the Wheal Martyn woodlands this half term with autumn inspired, hands-on activities: clay modelling, art and a pumpkin trail!

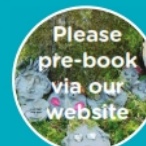
Our woodland offers the perfect place to be an explorer, play hide-and-seek, get creative, have a picnic or simply relax and enjoy nature! Get involved in our three Autumn Roots activities this October.

All FREE with museum entry.

■ **Clay modelling in nature:** create a clay insect, animal, plant or landscape using objects in the woods as decoration.

■ **A picture tells a thousand stories:** be inspired by our outdoor photo exhibition and create your own stories.

■ **Woodland pumpkin trail:** track down our hidden pumpkins and crack the secret code.



UNDER 5s GO FREE
FAMILY SAVER TICKETS

01726 850362 St Austell PL26 8XG
www.wheal-martyn.com



Halloween recipes



Witches Hats

- Packet of Toffeepops, caramel digestives or fudgey biscuits
 - 25g of any chocolate
 - Hershey's Kisses
 - Yellow writing icing
- 1) Lay out the Toffeepops onut
 - 2) Melt the chocolate: break into small pieces and microwave for 10 second intervals until melted
 - 3) Paint the chocolate onto the bottom of the Kisses and stick
 - 4) Decorate using the icing
 - 5) Repeat
- Easy!*



Spooky Fingers

- 1 1/3 cup warm water (100-110°F)
 - 2 teaspoons active, dry yeast
 - 2 teaspoons brown sugar
 - 1 egg
 - 3 cups flour
 - Cream cheese
 - Almond slices, slices red and green pepper
- 1) Combine water, yeast and sugar. Add flour by the cup to make dough. Knead
 - 2) Roll the dough a bit to give it a finger shape. Lay it on a baking sheet.
 - 3) Using your thumb, press down on the narrowest tip of each breadstick. If using almonds, press a sliced almond onto each tip. If using bell peppers, add AFTER baking. Bake for 20 minutes.
- Medium*



Mummy Sausages

- Bread from spooky fingers
 - Frankfurters/veggie/vegan sausage
 - 1 egg, lightly beaten
 - 4 tsp soft cheese, to decorate
 - 1 tsp chopped black olives, to decorate
- 1) Preheat oven 200°C/fan 180°C/gas mark 6.
 - 2) Roll the bread thin to make a rope
 - 3) Wrap each frankfurter to create a mummy-wrap effect. Brush with the beaten egg, then put on a lined baking tray.
 - 4) Bake for 18-20 minutes, until the bread is puffed and golden, and the sausages cooked through. Use blobs of soft cheese for the eyes, then top with a small piece of black olive.
- Medium*

Getting creative at home

National Trust

Family fun in the South West: <https://www.nationaltrust.org.uk/lists/family-fun-in-the-south-west>

Family Fun in Cornwall: <https://www.nationaltrust.org.uk/lists/family-fun-in-cornwall>

How to carve a pumpkin lantern: youtu.be/IzYXGL6UImk

Ideas for a spooky Halloween at home: [www.pinterest.co.uk/search/pins/?q=HALLOWEEN&rs=typed&term_meta\[\]=HALLOWEEN%7Ctyped](https://www.pinterest.co.uk/search/pins/?q=HALLOWEEN&rs=typed&term_meta[]=HALLOWEEN%7Ctyped)

English Heritage

Make your own beastly Halloween Mask

https://www.english-heritage.org.uk/siteassets/home/halloween/family-events/s3.1_3558_beast_mask_activity_pack.pdf

