



www.wildforlife.co.uk

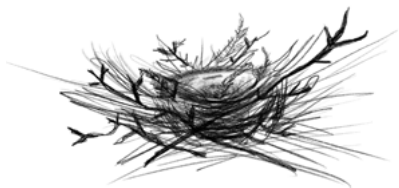
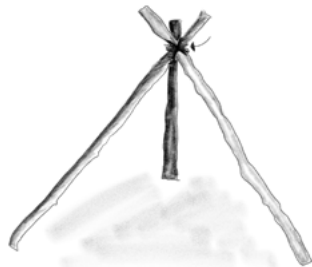
a PLACE OF my OWN

Den building is a fun and satisfying activity to do on your own or with others.

What's more, when complete, it creates a space that is completely yours - somewhere to go if you need some quiet time, somewhere to think, somewhere to play and use your imagination. In the wild, shelters are used by animals to stay warm, offer protection and raise young. How does your shelter help you?

Here are some examples of simple dens for you to try inside and out.

1. The strongest dens are created from triangular structures. For a simple outdoor den, take three sturdy branches of a similar size, cross them together at one end to form a pyramid, and use rope to secure them together using a lashing knot (see our knots sheet for help). Then rest other bushy branches or a sheet over your structure and your basic den is complete.



2. How about trying to build a giant, human-sized nest to snuggle into? Simply gather up lots of long, dried up pieces of grass, thin twigs, moss, feathers and anything else that looks soft and cosy, and arrange them into a nest shape big enough for you to sit in.

3. Dens can be built inside your home too. Try pushing a couple of chairs together and throwing an old sheet over the top, or use a clothes airer as the main structure. Use your imagination to make it super special and cosy. Add a blanket or cushions on to the floor, hang a torch or fairy lights if you have them.

