

MAMMOTH MARATHON CHALLENGE



Explore the Deep History Coast this Autumn with the Mammoth Marathon Challenge. Below you will find fun, active and imaginative challenges to get your body moving and your mind working. You have until the 1st December so what are you waiting for? On your marks, get set, go!

OUT AND ABOUT MILESTONES

1. **Hunt for fossils** - There's no shortage of fossils to find on North Norfolk's Deep History Coast!
2. **Play I spy** - It's amazing what you can see when you stop and look around. Start your own game or download the Deep History Coast I spy sheet, from the website, and keep your eyes peeled on the shoreline.
3. **Go beach combing** - You never know what hidden treasures await you on a walk along the beach.
4. **Explore a rock pool** - Every time the tide goes out it leaves behind a secret snap shot of ocean life.
5. **Camp out** - Wild camping or in your back garden, just grab your tent and torch and away you go.

DISCOVERY MILESTONES

6. **Explore the Deep History Coast** - With 36km of coastline and millions of years of history there's always something surprising to discover.
7. **Go on a sensory scavenger hunt** - Use all your senses on this adventure. Think about where you're going, what might you see, hear, smell, touch or maybe even taste.
8. **Gather some seeds** - Gather seeds, fruits and nuts to grow local trees.
9. **Have a wildlife adventure** - There's worlds to explore just outside your front door. Try getting to know a tree or building a hedgehog house.
10. **Practice yoga** - Boost your strength, flexibility, and coordination

IMAGINATIVE MILESTONES

11. **Make some natural art** - With the world as your canvas the only limit is your imagination!
12. **Be Kind** - It can be big or small as long as it makes someone smile, you're on the right track.
13. **Get colourfully creative** - Simply close your eyes, randomly choose 3 pens/ pencils, then see who can come up with the most creative artwork.
14. **Design your own sports kit** - Whatever your sport, do it in style! Whether it's a football shirt, cycling helmet, running jersey or whatever your sport design your own kit.
15. **Tell a story** - We all love a good story so why not make up your own. You can write it down, put on a play or tell it round a camp fire.

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ACTIVE MILESTONES


- 16. Do a lap of honour-** Can you do 13 or 26 laps? One for every mile of the half or full marathon.
- 17. Target practice** - Get ready, aim, fire. You can use anything you can find, balls in a bucket, toys in the box, sticky darts on a window. Your goal is to get 13 or 26 in under minute.
- 18. Create an obstacle course** - This can be as creative and challenging as you like
- 19. Do some Keep-ups!** - Whether it's a football, hockey stick and ball or even a frying pan and pair of socks.
- 20. Become a Hunter gatherer** - Just find and gather 13 items from around the house, only catch, no hands!

UP FOR A CHALLENGE MILESTONE

- 21. Forage for food** - Autumn is a great time for finding nuts and berries.
- 22. Complete 'A mammoth task'** - Download the App and discover and meet a mammoth.
- 23. Discover Dark Skies** - Turn out the lights and see the night sky fills with stars.
- 24. Eat smart** - Make a healthy snack or dinner to keep you powering through the challenges.
- 25. Help keep our beaches clean** - Take part in a litter pick.
- 26. Follow the footprints** - Make a footprint case or animal print trap and see what you can discover.

Visit www.deephistorycoast.co.uk for more links and tips to help you complete your challenge.

Don't forget to share your adventures

 @NN_DeepHistory and

 @NNDeepHistoryCoast using #MMChallenge or #DeepHistoryCoast

Covid - 19

All the milestones on your challenge have been designed to be simple, fun and free. None need to be done in a particular time or place, and in fact you can do most of them without leaving your living room or garden. Please make sure you are safe while out and about and follow current social distancing guidelines at all times.

