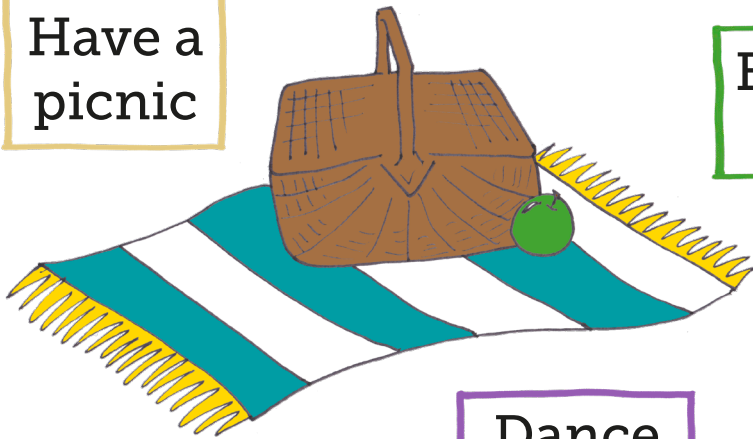


30 things to do in the dunes

Have a picnic



Befriend a bug

Make a sand angel



Listen to the birds

Run down a dune

Dance in the dunes

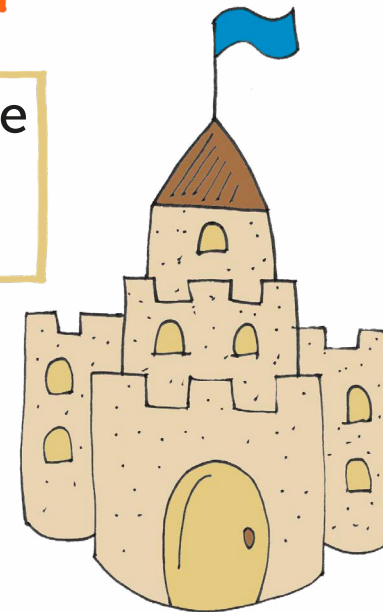


Play a ball game

Play frisbee

Reach the highest hill

Build a sand castle



Find a flower



Have a race

Find shapes in the clouds

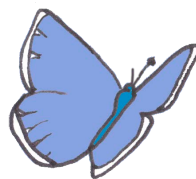
Track an animal

Bury a wishing stone

Did you know that sand dunes are one of the most threatened habitats in Europe? They are also home to many rare and interesting species. That's why we need to look after them and **Leave no trace**. All that means is take your litter and dog poo bags home, or put them in the bin. Protect our sand dunes for people, wildlife, and for the future.

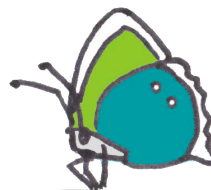
**Kites can be flown on beaches between Mablethorpe and Skegness, but please do not use them on nature reserves as they disturb rare birds.*

Run
in the
rain



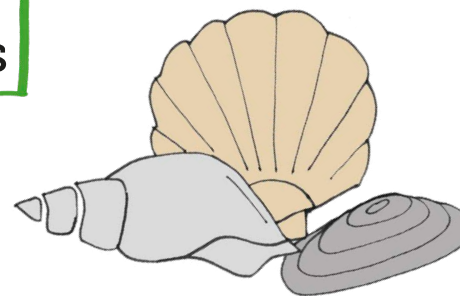
Hear the
wind and
waves

Count
butterflies



Roll
down a
dune

Make a
seashell
collage



Produce
a play

Make
some
noise

Dig
a big
hole



Make
mindful
movements

Discover
a new
species

Fly a
kite*



Play
stuck in
the sand

Write
your
name in
the sand

Make a
natural
bracelet

Study
a plant

