



## **Royal Highland Show 2024 Activities**

### **RHET Discovery Centre**

Explore and discover hands-on activities linked to food, farming and the working countryside under one roof. Education charity the Royal Highland Education Trust (RHET), along with a selection of partners, provides several activities for young people. Some are bookable, others are drop in, but they are all FREE! The RHET Children's Discovery Centre, located on Avenue Q is open from 9am to 5pm over the 4 days of the show.

### **RHET Countryside Cottage**

The RHET Countryside Cottage is located in the Outdoor Living/Countryside Area at the end of the Floral Walkway.

Outside in the garden you can find inspiration for activities you could do at home to improve your patch for wildlife. We also have a short wildlife trail in the woodland area, the opportunity to make seed bombs and information on gardening with a wool, a brilliantly sustainable material! The garden hosts a range of different planting layouts for you to explore and we will have people on hand to answer your questions. We also have The Builder's Forum in the garden offering slate and soap based hands on activities for all ages.

Inside the cottage, Soil Association Scotland are on hand to help visitors discover more about seasonal foods.

Please be aware places are limited and are in high demand during 10am-2pm on Thursday and Friday. Most activities are drop in, availability will be subject to demand. Activity listing is subject to change.

## **Bookable Activities**

To book your space click here  
[www.ticketsource.co.uk/rhet](http://www.ticketsource.co.uk/rhet)

Please ensure you select the correct day. Please remember to scroll down the page to see all the options as the activities are listed in time order.

### **Scone Making – RHET**

*Location : RHET Discovery Centre, Avenue Q*

#### ***Bookable activity – 20 minutes - Suitable for Early Years/Primary***

Ready for some hands-on baking? The scone making session lasts for 20 minutes and the scone then takes 8 minutes to bake. You can look around the centre and try some other activities whilst you wait for the scone to cook or return to collect later.

### **Cook with Lamb – RHET**

*Location : RHET Discovery Centre, Avenue Q*

#### ***Bookable activity – 20 minutes - Suitable for Primary/Secondary***

Cook with lamb! This hands-on session will involve cooking a burger with Scotch lamb mince for you to take away and enjoy.

### **Natures Networks – SP Energy Networks**

*Location : RHET Discovery Centre, Avenue Q*

#### ***Bookable activity – 10 minutes - Suitable for Early Years/Primary***

Join SP Energy Networks for interactive activities to find out more about Nature's Networks - SP Energy Networks ambition to Net Zero. They will be showcasing the flow of electricity through the network, from sustainable resources to your home, keeping you safe and protecting the environment. There will be activities on SP Energy Networks crusade to Net Zero, sustainable generation of electricity through our networks to your home, the dangers of electricity outside, what to do in the event of a power cut, and the importance of the environment and biodiversity.

### **Fish Cookery Demo – Seafood Scotland** *Location : RHET Discovery Centre, Avenue Q*

#### ***Bookable activity – Thursday & Friday only - Suitable for P4-7***

Seafood Scotland's Seafood in Schools programme is delighted to offer the opportunity to join a cookery demonstration using seafood sourced from Scottish waters. During the session, the team will offer the chance to learn where seafood comes from, the different species available from Scottish waters, how to cook seafood and the best part - tasting it! Through these interactions, many young people gain the confidence to try new things while taking away valuable information on food and nutrition in a fun and enjoyable way.

**Seed Bombs – RHET**

*Location : Countryside Cottage, Countryside Area*

***Bookable activity – 30 minutes - Suitable for Primary***

Join us to mix up the ingredients to make a seed bomb that will help attract bees and butterflies to schools and gardens! We also have a demonstration wildlife garden and a quiz for younger visitors to try.

**Seasonal Food On Your Plate – Soil Association** *Location : Countryside Cottage, Countryside Area*

***Bookable activity – 30 minutes - Suitable for Primary***

These fun and engaging activities will focus on seasonal produce in Scotland and the UK and identifying what Scottish produce is used on your school menus using a large map of Scotland. Pupils will be divided into two groups to rotate around activities looking at seasonal food on your plate and local food on your school menus.

**Bees & Honey – Scottish Beekeepers Association**

*Location : Honey Tent, Countryside Area*

***Bookable activity – 30 minutes - Suitable for Primary***

Guided sessions with honey tasting, candle making & viewing bees.

## **Drop In Activities**

### **Technology on the Sheep Farm – RHET Location : RHET Discovery Centre, Avenue Q**

#### ***Drop In activity – Suitable for Primary/Secondary***

Come along and find out more about some of the technology on the sheep farm. Have a go with a lambing simulator, find out how sheep are weighed and join in with a live auction.

### **Textile Crafting – RHET**

*Location : RHET Discovery Centre, Avenue Q*

#### ***Drop In activity – Suitable for Primary/Secondary***

Join us for some textile crafting and make your own unique and sustainable Harris Tweed keyrings using offcuts from the production line!

### **The Science of Sheep Farming – RHET Location : RHET Discovery Centre, Avenue Q**

#### ***Drop In activity – Suitable for Primary/Secondary***

The science of sheep farming will let your pupils find out about some of the science involved in looking after sheep and they can get involved in a quick experiment looking at chocolate sheep poo!

### **Learn all about Peat – Peatland Action Location : RHET Discovery Centre, Avenue Q**

#### ***Drop In activity – Suitable for Primary/Secondary***

Peatland ACTION will be hosting a range of activities that cover messaging around peat and where you find it in Scotland, the importance of peatland habitat, the benefits of healthy peatlands and why protecting and restoring peat is key to tackling the climate and nature emergencies. This messaging will be shared during interactive play and learning sessions. Activities will include: a peat damming activity, making mini rafts, swimming fish races, a trumps-style card game focusing on peatland plants and animals and “Where’s the peat?” mapping and colouring.

### **Scotland's Seafood – Seafood Scotland Location : RHET Discovery Centre, Avenue Q**

#### ***Drop In activity – Suitable for Primary/Secondary***

Scotland's catchers and fish farmers land over 65 species of seafood that become nutritious, sustainable and tasty food on our plate! Seafood Scotland will provide information on the fish and shellfish in our waters, how and where they are caught, the people who work in our sector, and delicious meals that can be created using our seafood. On certain days, we'll have tastings so that young people can sample seafood and take away recipe cards to recreate these dishes at home.

**Seeds & Grains – RHET**

*Location : RHET Discovery Centre, Avenue Q*

***Drop-in activity - Suitable for Early Years/Primary***

Farmers and growers in Scotland plant and harvest arable crops which are used to feed animals and humans. Find out more about seeds and grains and have a go at grinding. We will also have our oilseed rape press so you can see how oil comes from the plant seeds.

**Farm to Fork – Quality Meat Scotland**

*Location : RHET Discovery Centre, Avenue Q*

***Drop In activity – Suitable for Primary***

Come and visit Quality Meat Scotland to learn all about how red meat gets from 'Farm to Fork' and hear about some of the benefits of including red meat within a healthy balanced diet. Take part in our hands-on craft activity, as well as challenging yourself with our Farming Foodsteps quiz to win a prize!

**Milking Mabel – RHET**

*Location : RHET Discovery Centre, Avenue Q*

***Drop-in activity - Suitable for Early Years/Primary***

Come along and meet Mabel, our fibreglass cow and have a go at milking her! Thanks to Grahams Dairies, we also have some free milk for our visitors.

**STEM & Milk – SmartSTEMs**

*Location : RHET Discovery Centre, Avenue Q*

***Drop-in activity - Suitable for Primary***

Come and learn about robotic milking, the digestive system of cows or maybe make some butter.

**Tree Wishes & Nature Table – Tree Council**

*Location : Countryside Cottage, Countryside Area Q*

***Drop-in activity - Suitable for all***

Add your tree hopes and ideas to our wishing tree and explore our nature table.

**Virtual Reality Trip to the Farm – Skills Development Scotland/RHET**

*Location : RHET Discovery Centre, Avenue Q*

***Drop-in activity - Suitable for all***

Take a virtual trip to the farm with our brand new on the farm virtual experience.