



Nature Activity Pack

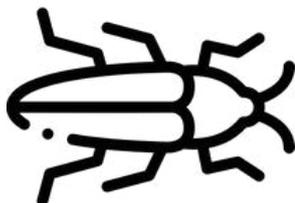
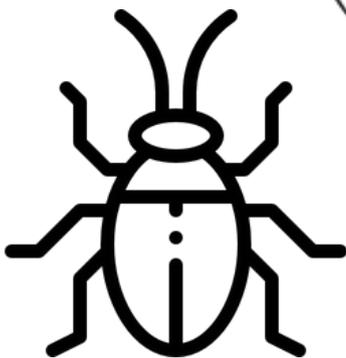
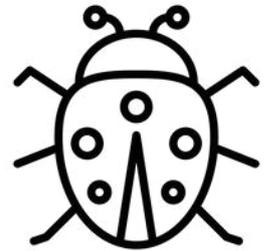
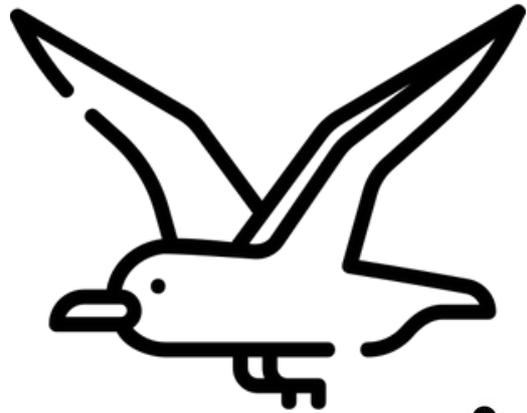


Supporting Mental Health Awareness Week
10th-16th May 2021



Colour us in

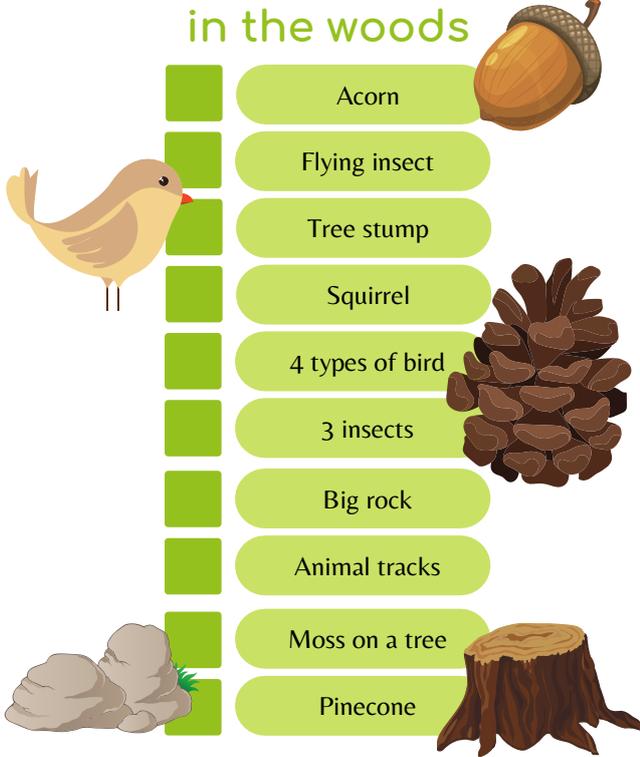
Can you spot us on your next adventure?



I spy...

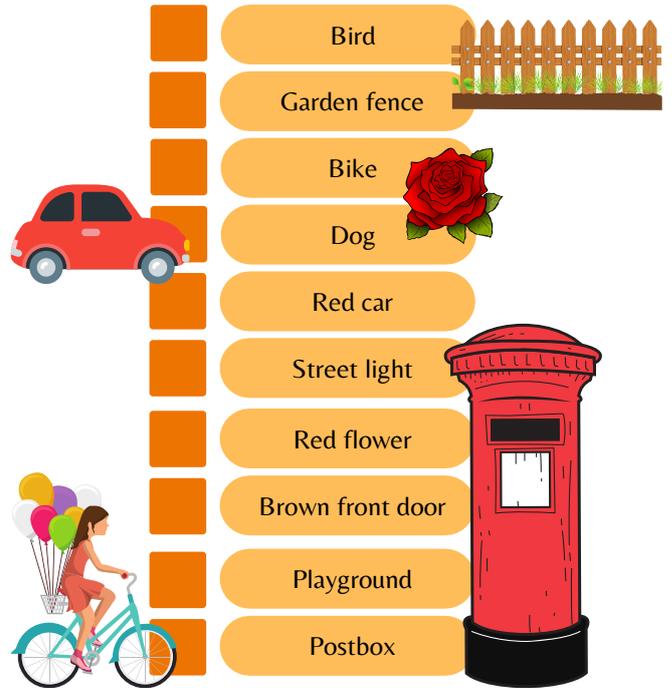
Can you find all these items?

in the woods



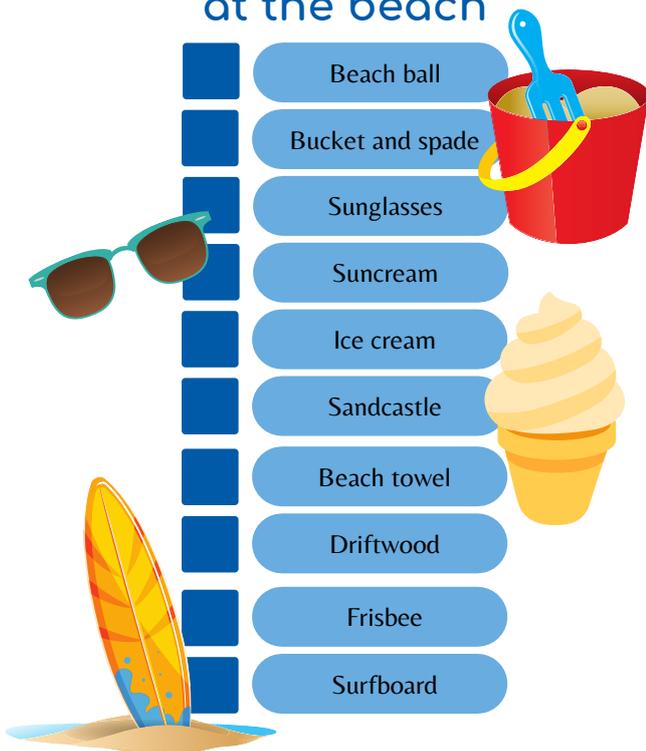
- Acorn
- Flying insect
- Tree stump
- Squirrel
- 4 types of bird
- 3 insects
- Big rock
- Animal tracks
- Moss on a tree
- Pinecone

in your neighbourhood



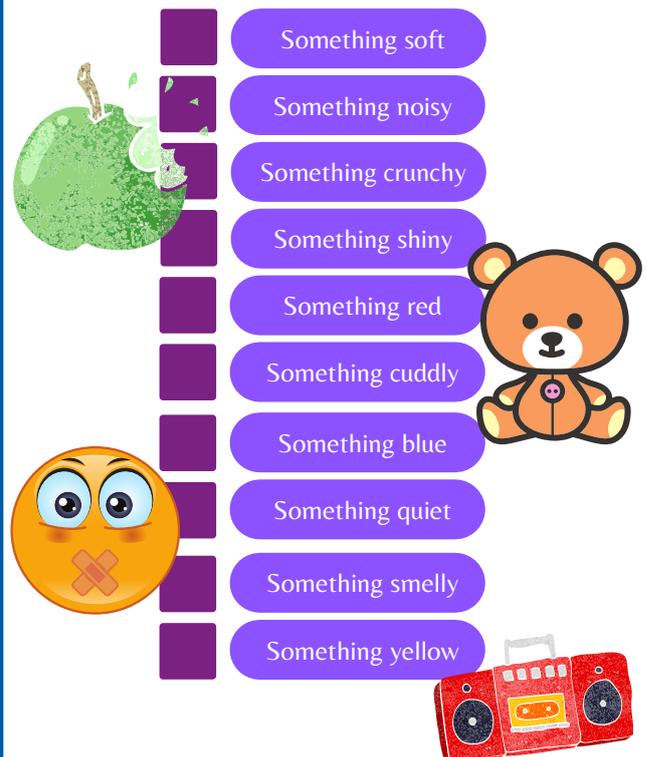
- Bird
- Garden fence
- Bike
- Dog
- Red car
- Street light
- Red flower
- Brown front door
- Playground
- Postbox

at the beach



- Beach ball
- Bucket and spade
- Sunglasses
- Suncream
- Ice cream
- Sandcastle
- Beach towel
- Driftwood
- Frisbee
- Surfboard

sensory in your home



- Something soft
- Something noisy
- Something crunchy
- Something shiny
- Something red
- Something cuddly
- Something blue
- Something quiet
- Something smelly
- Something yellow



Puzzle time

Time for a cup of tea and a sit down while you challenge your mind

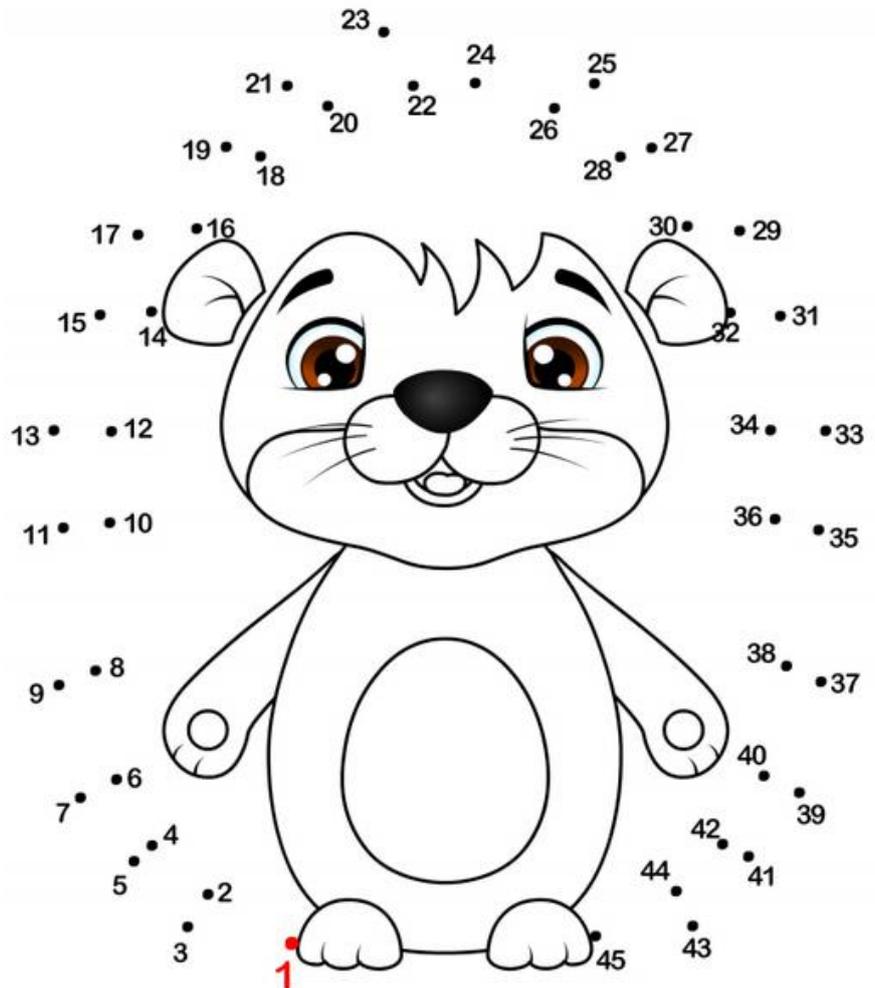
RAIN	I	E	I	I	W	O	N	S	S	E	O	E	I	S
SNAKE	M	R	E	T	S	R	E	W	O	L	F	R	N	U
HILLS	N	S	M	S	N	A	K	E	L	W	Y	T	S	D
LEAVES	N	S	M	S	N	A	K	E	L	W	Y	T	S	D
VALLEYS	M	O	U	N	T	A	I	N	S	R	R	I	L	L
MOUNTAINS	M	O	U	N	T	A	I	N	S	R	R	I	L	L
RIVERS	S	T	C	E	S	N	I	V	A	L	L	E	Y	S
WORMS	L	I	E	U	S	I	S	S	M	A	E	R	T	S
SNOW	L	I	E	U	S	I	S	S	M	A	E	R	T	S
TREES	E	T	I	T	R	E	E	S	S	S	N	L	T	S
STREAMS	A	S	T	O	N	E	S	D	R	I	V	E	R	S
INSECTS	V	H	O	T	L	L	O	E	A	R	N	F	S	A
LAKES	V	H	O	T	L	L	O	E	A	R	N	F	S	A
WIND	E	S	I	A	B	I	A	S	Y	R	D	I	R	T
STONES	E	S	I	A	B	I	A	S	Y	R	D	I	R	T
BIRDS	S	K	K	L	S	I	S	K	A	W	O	R	M	S
FIRES	M	Y	E	E	L	R	R	I	E	T	V	E	R	U
DIRT	M	Y	E	E	L	R	R	I	E	T	V	E	R	U
SKY	A	A	S	N	K	S	N	D	Y	S	I	S	S	B
FLOWERS	D	N	I	W	E	I	O	I	S	S	T	F	E	F

Test your knowledge

- 1) What's the fastest member of the animal kingdom?
- 2) What's the female version of a peacock called?
- 3) 'Felis domesticus' is Latin for which animal?
- 4) Who has the strongest bite in the animal kingdom?
- 5) What is the largest known animal on Earth?
- 6) Which are the only birds known to fly backwards?

Find the answers to all puzzles on the final page

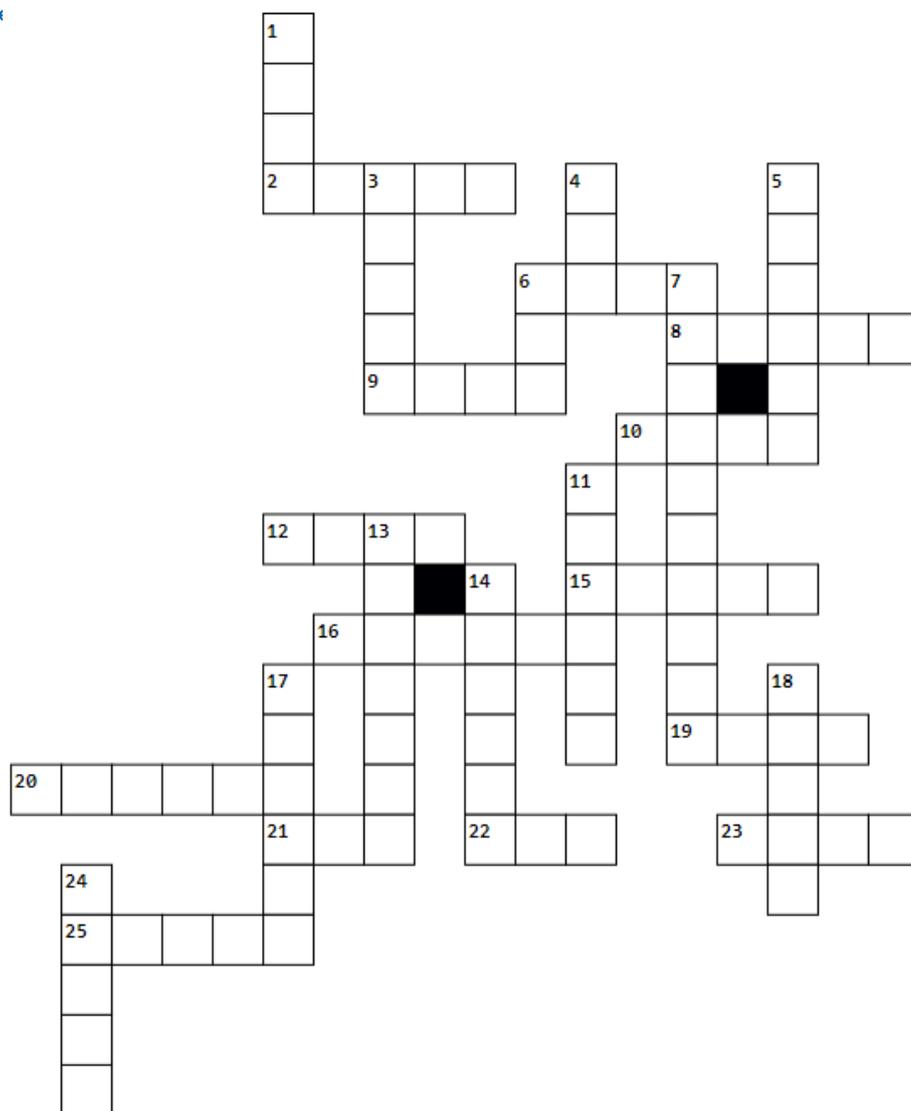
What are these close ups?





Nature crossword

Can you complete it all?



Across

- 2. bottle _ dolphin
- 6. night birds with big eyes
- 8. a type of fruit; its tree usually has pink blossom
- 9. type of bird of prey
- 10. very dry like a desert
- 12. Australian Yorkshire, Kunekune, and Hampshire breeds
- 15. cricket series, think trees
- 16. Area around the North Pole
- 19. glasshouse in cornwall
- 20. short period of rain
- 21. female deer
- 22. female boar
- 23. 0.405 of a hectare
- 25. venomous snake found in Britain

Down

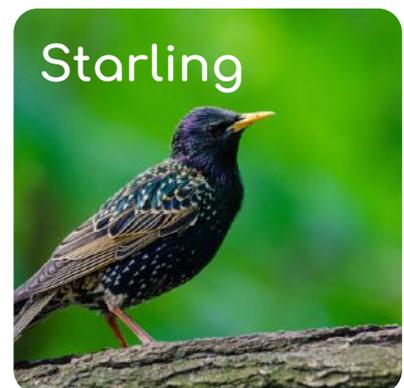
- 1. Simba
- 3. lazy animal
- 4. female elephant
- 5. komodo dragon is a type of what
- 6. large European hardwood tree
- 7. animal with the largest brain (two words)
- 11. rough paths followed by animals
- 13. land animal with the greatest range of vision
- 14. small rocks
- 17. collective name for crows
- 18. band of sand beside the sea
- 24. large expanses of fresh water

Answers on final page



Garden spotting

How many can you find?



What else
did you spot?



How to make a...

Bird feeder

You will need:

A plastic drinks bottle

Bird seed

Two plastic or wooden spoons

String

Some tools and an adult to help you



- Cut two holes about the size of a penny in your plastic bottle - making sure the holes are directly opposite each other.
- Push one of your spoons through these holes.
- Make two more holes slightly higher up for your second spoon making sure the next spoon is at a 90 degree angle to your other spoon (so the birds can land on each spoon).
- Fill your bottle with bird seed and pop the lid back on
- Tie string around the top of your bottle.
- Hang your feeder in the garden and wait for the birds to arrive!



Make sure you ask an adult for help with any sharp tools!



Did you know you can apply for a Blue Peter Green Badge if you help the environment? Some of the activities in this pack could help you towards those badge activities! With your badge you can then get free entry to over 200 attractions in the UK!

For more information visit
www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-green-badge



How to make a...

Hedgehog House



You will need:

A medium-sized box

A 2 litre plastic drinks bottle

Sticky tape

Hay or dry leaves for bedding

Leaves, mud and sticks

Some tools and an adult to help you

- Locate a quiet and shady area of your garden to position your hedgehog home.
- Check that your box fits where you want to put it
- Make sure your box has a base and a lid to it - if you don't have one with the box you can make one with a piece of wood.
- Carefully (with an adult) make plenty of air holes in your box.
- Cut out the entrance hole the size of your plastic bottle. The entrance needs to be around 10cmx10cm, big enough for a hedgehog to get through but small enough to stop predators entering their home.
- Cut the ends off your plastic bottle and carefully cover them in some tape to make sure they aren't sharp.
- Add hay or dry leaves to your box for bedding and secure it down if it's lightweight and might blow away.
- Assemble your house with the entrance in the right place.
- Cover the house with leaves, mud and sticks so it appeals as a hiding place for hedgehogs.



Make sure you ask an adult for help with any sharp tools!



How to make a...

Bee Hotel

You will need:

Lengths of bamboo, hollow plant stems, dried twigs and grasses

A plastic drinks bottle

Modelling clay or wax (optional)

Some tools and an adult to help you



- With a craft knife, cut both ends off the plastic bottle. Ideally the remaining tube will be at least 18cm long.
- To keep the stems and canes dry from rain, make them 3 cm shorter than the cylinder – use sharp garden clippers to trim them.
- Use sandpaper to smooth the ends of the bamboo or stems if uneven.
- If you have some use modelling clay or wax to block the rear of completely hollow canes – and to help secure the stems and bamboo in place.
- Bind the bunched stems and canes with twine.
- Before filling the cylinder with your stems, thread a length of twine through, so you can hang up the finished hotel.
- Fill your bottle with your stems, bamboo, twigs and reeds until the cylinder is tightly packed and secure.

You can also lay these on the ground, instead of hanging them, as a hotel for small bugs too!



Make sure you ask an adult for help with any sharp tools!

Pebble painting

Let's brighten up your home!



- First you will need to pick the perfect pebble for your art work.
- Next, spend some time sketching out your design with a pencil onto the rock, or if it is too dark to see sketch it onto a piece of paper of the same size.
- Now is time for the fun bit - get out your paints and colour in your design!
- Wait for your pebble to dry.
- Carefully coat the entire pebble in PVA glue or a varnish to seal in your design and make it weatherproof.
- Find the perfect spot for your art - whether that is in the garden, on a windowsill or even just in your bedroom!



We'd love to see your colourful pebbles! Get an adult to share your creations with us via social media!



Team NDH's favourite walks

Nature is great for your mental health and so Team NDH has put together their favourite walks for you to explore!

Max says: "Walk from Bucks Mills car park to Peppercombe beach. You just cannot beat those beautiful views through the woodland."

Mike enjoys walking around his area of Woolacombe but also travels to Westward Ho! so he finishes at the local pub for a hearty pie and mash meal to finish the day.

Lucy opts for Wistlandpound reservoir - a circular walk with wide paths for social distancing, so great for current times. There's lots of parking so no worries about somewhere to stop.

Cath agrees saying: "Wistlandpound at Blackmoor Gate is a favourite of mine, it's great with the dog and kids. Parking is £1.50 for 2 hours or £2.50 all day. A very peaceful walk away from it all."

Download the Woodland Trust or Seek free apps to help identify trees and species while you're out on your adventures!



Wistlandpound Reservoir

Sharon has a few favourites along the north coast - Baggy Point, Fremington Quay and along the coastal path from Abbotsham Cliffs to Westward Ho!

Megan says: "Starting at Fremington Quay, walk along the Tarka Trail towards Bideford, on the right there is a sign for a nature reserve. Take a couple of stiles and walk along the coast until you reach a large duck pond with some swans and a shingle beach which is perfect for taking in the view. Go back the same way (perfect length for little legs) or carry on through some fields and back onto the Tarka Trail. Always end your walk with cake or ice cream at the Fremington Quay Cafe!"



Pete's favourite walk is at Saunton Down. He said: "It's a long circular walk, so you can start where a convenient parking space can be found, but I like to start a route from Downend car park in Croyde. From here you take the cross road towards the beach and stick to the coast path until you eventually pass the new 'lighthouse' construction. From here you cross over the main road and drop down towards Croyde rejoining the footpath via the steps. After about a mile or so of level footing you'll take a left and the path climbs steeply up between Saunton and Croyde. The photo above shows that the view from the top is worth it! After you've caught your breath follow the path and drop back down to Croyde. There's a couple of routes you can choose here to get you back to the car park."

Nikki says: "My favourite walk is up through Buckland Woods in Braunton, carry on through Spreacombe Estate Wood and drop down onto the road between Heddon Mills and Nethercott. Turn left along the road and on reaching Nethercott, turn up the track on the left. Eventually you drop down back to Buckland Woods. Very pretty in the spring with loads of primroses and also very tranquil."

Lou's recommendation comes for families to head to Torrington Commons. From here you can wind your way around 20 miles of footpaths through woodland, wild meadow, and along riverbanks. Plus you can enjoy free parking, refreshment and toilet facilities, play parks, seating, plenty of wildlife and it's completely dog friendly.

Emma says: "If you are happy to head a little further afield for some really quiet woodland walks Powler's Piece, just outside of Parkham, offers some great woodland trails, which are perfect for cycling with the kids and for letting dogs off the lead (as long as able to be controlled) with no risk of traffic coming your way. Also Tamar Lakes (Upper Lake) is a great circular for those that love the water and wildlife that comes with it. Plus, once you're half way round the lake there's no turning back so great to encourage a slightly longer (3 mile) walk around the lake. You need a couple of pounds for parking but there's a cafe available at the end during the summer season so a great spot to refresh before heading home."

If you are a keen walker and want more to enjoy consider an app to help find trails, recommend routes to others and upload your photos of your adventures. Here's one that Team NDH members recommend: www.alltrails.com/mobile



Help your garden grow!

Want to know what's good to plant all year around? Follow our handy calendar for top seeds to start planting now!

Jan to
Mar

Fruits and veggies: Start the season by sowing veggies indoors: aubergine, brussel sprouts, cucumbers, tomatoes and melons are all good for indoor sowing. Broad beans, garlic, onions, parsnips and peas can all be sown outside early in the year. Flowers: Sow snapdragons on sunny windowsill or Nasturtium can be planted outdoors from March.



Apr to
Jun

Fruits and veggies: As the weather gets warmer sow carrots, sweetcorn, courgettes and spring onions outdoors. You can also move some of those indoor veggies outdoors and add turnips and parsnips. Flowers: Sow stocks outside for lovely scent later in the summer. April is the best time to plant your sunflower seeds outside and your snapdragons can move outside as soon as the frost is over. In preparation for next year, plant pansies and lupins on a windowsill ready for winter flowering.



Jul to
Sep

Fruits and veggies: Now is the time to start harvesting your hard work. You should have perfect veggies to start enjoying. Flowers: Plant your sweet williams, wallflowers and foxgloves on sunny windowsill ready for planting out in the autumn and red hot pokers on a sunny windowsill for next summer. Outside you can sow forget-me-nots, love in a mist, poppies, and cornflowers for spring flowers next year.



Oct to
Dec

Fruits and veggies: As your harvest continues into the autumn you can also now sow a second round of peas, garlic and broad beans to get ready for the next harvest. Flowers: Prepare for spring by planting bulbs outside for crocus, hyacinths, tulips and daffodils. Move your winter pansies and wallflowers outside. Inside you can sow your herbs on a sunny windowsill and sow sweet peas and foxgloves in a cool room.





Answers

Knowledge Questions

1. Peregrine Falcon
2. Peahen
3. Cat
4. Saltwater Crocodile
5. Blue Whale
6. Hummingbird

Close up photos

- Frog
- Horse
- Foxglove

