

# Take a Nature Walk



Nature is all around us, even if we live in the city. Use your senses to help you to discover the nature in your garden, your school grounds, the park or on your daily exercise walk.

## Stay Safe

Keep 2m from other people who are out and about but not part of your group. Be careful about what you touch—avoid objects which are sharp, discarded by other people, plants you don't recognise (or do, like nettles) and animals. One simple rule for to keep in mind interacting with the natural world is: 'DON'T PICK, DON'T LICK!' . Remember to wash your hands thoroughly when you get home.

## Use All Your Senses [be wary of taste!]

Don't **just** look around. Stop, close your eyes and listen. Feel tree bark, flowers, grass.... Smell the differences as you move around. Try to find good words to describe what you are experiencing. Be mindful!

## Record what you find

- Take photographs, draw pictures—we'd love to see them so do post them on social media and tag us @gnm\_hancock
- You can submit records of plants or animals to ERIC Northeast at <http://www.ericnortheast.org.uk/recording-wildlife-2/> so that your data will help to inform wildlife conservation.
- There are lots of on-line sources of help with plants or animals you don't recognise, eg
  - <https://www.opalexplorenature.org/identification>
  - <http://www.nhm.ac.uk/take-part/identify-nature.html>
  - <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>
  - <https://www.inaturalist.org/>

## Walking with Children (or the young at heart)

- follow up the rainbow theme by trying to find plants or animals in every colour of the rainbow
- use a journey stick (<https://growingfamily.co.uk/craft/journey-stick-kids-nature-crafts/>). This works well just with a piece of paper or card and some double sided tape.
- do a scavenger hunt, eg
  - <https://www.woodlandtrust.org.uk/blog/2020/01/nature-scavenger-hunts/>
  - <https://www.rspb.org.uk/fun-and-learning/for-teachers/lesson-plans-and-supporting-resources/spot-it/>
- if you are following the same route every day, or visiting the same spot often, record the changes you see over time
- try out leaf and bark rubbing
- it's a year since Dippy arrived at GNM, but you can still become a Dippy Naturenaut with the Natural History Museum: <https://www.nhm.ac.uk/take-part/naturenauts.html>
- you can sign up to do 30 Days Wild during June—you'll receive a challenge to do a wild thing each day. They have lots of resources to go with this too at <https://action.wildlifetrusts.org/page/57739/petition/1>

## Don't Forget the Old Stuff!

It's not just plants and animals which are all around us, but rocks too—either exposed in the ground or used in buildings. Keep an eye out for different rocks and see if you can spot any fossils

- find out what's under your feet using <http://www.bgs.ac.uk/igeology/>
- discover the most common fossils in your area with <http://www.nhm.ac.uk/take-part/identify-nature/fossil-explorer-app.html>
- try spotting the stones used in buildings with [https://www.earthlearningidea.com/PDF/134\\_Building\\_stones.pdf](https://www.earthlearningidea.com/PDF/134_Building_stones.pdf)

# HAVE FUN!