



Forest School Session 1- Summer 2020

In these sessions we will be sharing inspiration, facts & ideas for activities
The stick book activity sheet shows you how to make your own nature diary

Did You Know?

That today, on Wednesday 3rd June 2020, the day length is nearly 17 hours

The official start of Summer is this week, on the 1st of June

The next full moon is this Friday June 5th- it is known as The Full Strawberry Moon

Activity: This short meditation is great to do before you go nature spotting. Do this by yourself or with someone from your family for as long as you can...

Find yourself a quiet place to sit under a tree and put your left palm over your right palm, with your back straight, relax and close your eyes. Practice deep breathing by breathing in to a count of three, hold the breath, and breathe out to a count of three. Each breath you take in is full of fresh energy, joy and peace. Can you feel your breath on your lips as you breathe? Does any part of your body feel warm, or cold?

Slowly bring your attention back to your body. Slowly wriggle your fingers and toes. Rotate your head. When you are ready, slowly open your eyes.

Now you are ready to*experience the signs of Summer*

Can you spot these six signs of Summer?

- 1. Trees in full leaf** - can you see any light between the leaves when you look up into the tree? What kind of green colours can you see? How many different greens can you see? What shape are the leaves? Download this free app to help you identify the trees around you and learn more about them.
<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/>
- 2. Fledglings learning to fly** - at this time of the year baby birds begin to leave the nest, many spend a few days on the ground before they fly. If you sit really quietly near some trees you might see one. How many different bird sounds can you hear? Birds make the most noise at the beginning and the end of the day. Can you listen out at different times of the day and count how many different birds you can hear?
It is sometimes easier to hear with your eyes closed.
- 3. Chirping grasshoppers** - you can find these in the woods on a warm day. Grasshoppers are easier to hear than see. So while you are sitting comfortably and quietly can you hear them- they are active in the day and at night? Crickets on the other hand come out at dusk. If you can't hear one, click on this link, close your eyes, and pretend you are sitting under a tree...
<https://soundcloud.com/ukceh/sets/orthoptera-sounds>

- 4. Summer Flowers blooming** - flowers want bees and other insects to visit them, some are bright colours and some have a strong smell, some smell strongest at night because they attract moths. What flowers can you see on your walk and how many different colours can you see? Do the bright flowers have a strong smell?
- 5. Butterflies all aflutter** – butterflies love flowers, and come in all shapes and sizes. You can find them in the Summer in the woods and gardens- anywhere that has flowers. If you can find some where to sit by some flowers, you could wait a while and see if a butterfly comes along. If you spot one, how long can you follow it with your eyes?
- 6. Bats on the wing** – bats give birth in June, so they are busy hunting for insects to feed to their family. A Summer evening is a great time to spot them swooping through the air. Go for a walk at dusk with your family- in the woods, near rivers or ponds.

Factbox: Flowers, birds, insects, bats and trees live and work together to keep nature strong and healthy. Trees offer a home to birds mammals and insects ...insects are food for birds and bats...flowers give nectar to insects...insects pass pollen from flower to flower to make the seed...the place they live is called their habitat, and together this makes an eco system.



Flower of the week: can you find this flower?

Foxglove-

The foxglove is a tall plant, with lots of bell shaped purple flowers at the top, and oblong leaves at the bottom.

You can find them in the woods, in clearings and in gardens.

They are a deadly poisonous plant, but are also used in medicine.

Some stories say fairies give foxes the flowers for their paws, so they can be quiet when they hunt.

Can you see the marks on the petals, they act like an runway markings, telling the bees and insects where to land. Bees love them.

Time to Reflect- can you discuss this with someone at home or write down in your nature diary? What has been your favourite part of nature this week? Is it something you have seen or heard? Is it really colourful or a wonderful sound? Can you draw a picture of it in your book (squiggles are good for sounds).