



Forest School Session 2

Did You Know?

On Wednesday 29th April 2020, the day length is about 15 hours
The April moon is sometimes called the pink moon.

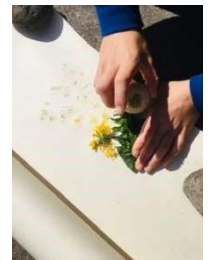
The dandelion seed clings to its home but is blown away to see the world-which is bigger, more frightening and more beautiful than it ever imagined.

The humble dandelion, by roadside and mountainside, a fitting symbol of life. It's journey-a journey filled with challenge, wonder and beauty.

From Joseph Antony's book *The Dandelion seed*

Activities: Dandelions- On a walk, in your yard or garden can you find any dandelions? Remember they are important for the bees and insects at this time of year so only pick one or two and only if there are a lot of them.

- **Printing with dandelions:**
 1. Use paint, dip the head of the dandelion into the paint and see what you can create
 2. Use a pebble to tap the flower and/or the leaf to make marks on paper or white fabric
(you could do this in the nature journal from Week 1)



- **Making energy balls (courtesy of Leonie Morris)**
These dandelion petal energy balls are a great snack to take on a daily walk.
They are made by mixing ground almonds and/or ground oats, cocoa powder, coconut oil, honey (or could use date syrup) and dandelion petals. I also add nettle seeds I saved from autumn.
I've been noticing loads of bees on the dandelion flowers, they've really been enjoying them too!



- Have a go at making a dandelion trumpet https://www.instagram.com/p/B_CXo8GBFCi/

Factbox:

- Dandelions open to greet the morning and close at night
- Up until the 1800's people would pull out grass to grow dandelions instead
- The name dandelion comes from the French 'dent de lion' meaning lion's tooth, referring to the jagged leaves.

Trees of the week: can you find these trees

Willow- Can you make a W with your hands, remember willow rhymes with pillow. Look out for the bendy branches that are great for making baskets. How many different species of willow are there?

Oak- Otherwise known as 'the mighty oak', they can live for up to 1000 years. You may see the new leaves opening out this week. Do you know what the oak tree seed is called? Can you remember our sign? (Print off the tree ID sheet if you want some clues)

Time to Reflect:

Use our reflection dice, choose a face to reflect on the activities you have done Learnt, best, worst, next, feel,.....



There are more dandelion facts and activities on the muddy faces website:

<https://muddyfaces.co.uk/activity/we-love-dandelions/>