



Forest School Worksheet

Spring Term 1, Session 3

In these sessions we will be sharing inspiration, facts & ideas for activities

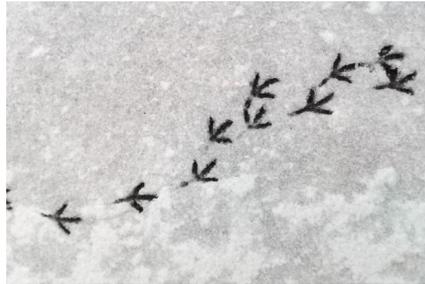
Did You Know?

- January's full moon, on Thursday 28th Jan, is called **The Wolf Moon**, and is named after the howling of hungry wolves lamenting the scarcity of food in midwinter.
- The weather in January can be stormy with snow, icy, hail and strong winds, but while we shelter in our homes nature is out there getting ready for spring, you could smell the snow drops and tiny scarlet hazel flowers, you can see migrating birds visiting, and you could hear foxes finding mates ready to have cubs in spring. If you can't go out remember to keep looking out the windows

Activities - Making Nature Trails

When we humans follow a trail we use sense of sight and look out for things we can see to guide us, animals often use other senses. For example; foxes and dogs use their sense of smell and follow scent trails, sometimes made by rubbing against trees to leave their scent and sometimes by peeing on lampposts so they know their way home; whereas birds use their sense of hearing to follow each other, tweeting as they find food or squawking if they spot danger

Ideas for Nature Trails



Who will follow your trail? It could be a trail for people in your family or bubble to follow together, or it might be a trail for people in your neighbourhood to follow on their own – remember we need to keep a safe distance from each other at this time

What do you need to make a trail? Go for a walk and collect some materials, remember not to pick living things, but you can pick up sticks, berries, leaves and flowers that have fallen from trees or plants, and you may find feathers, empty snail shells, interesting stones or shells



How are you going to make your trail stand out so people will spot it?

To make stones stand out you could put them in an unusual place like on grass, or choose stones that stand out, pale stones on a dark pavement; or you could paint the stones; or you could use shells which would be unexpected if you live in a city



Can you change nature so people look again? I noticed that I could cut the trimmings from the Christmas tree so they made arrow shapes; or I could twist the bendy birch twigs into circles and hang them in hedges to make a trail, a bright string makes them more visible

Why are you making a trail?

When you go for a walk could you leave a trail of stones like Hansel and Gretel from the fairy story so you know your way home. Or your trail could lead to something special to look at, a painted stone, a nice plant, a birds nest?

Fact: Birds have hollow bones, which make them light enough to fly; they have no teeth only beaks which are also lightweight. Baby birds have a projection on their beaks called an egg tooth, it is use it to break out of their eggshells and then it falls off



The Song Thrush lives in our gardens all year round, it eats snails which it breaks into by smashing them against a stone with a flick of the head.

It sings lots of short songs which it repeats 2 or 3 times before changing them

Birds of the week:

Another two birds which are very similar, can you tell the difference? The Song Thrush are often in pairs, and they like to sit high up in trees or on aerials and sing

The Redwings stay in flocks and feed on the grounds, so if you spot a big group of Thrushes they are probably Redwings, and they don't really sing

This weekend it is the RSPB big garden Birdwatch and you can join in by following this link -

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>



The Redwing is a winter bird in the UK, flying north in Summer, Its creamy strip above the eye and orange-red flank patches make it distinctive .

It has a very simple and quiet chirp

Time to Reflect: If you found a message in a bottle what would you like it to say?

And finally our new feature, **Story Time with Jane**, just follow this link online to listen to Jane tell a soothing story round the fire. This weeks story is called Mama God and the Birds
<https://www.youtube.com/watch?v=KdO3k1sCBh8&t=9s>