

# Forest School Worksheet

## Spring Term 1, Session 4

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



February 2021

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

### Did You Know?

- February is normally the coldest month of the year in the UK
- February is the only month to have an extra day every four years. It has 28 days except on the leap year when it has 29 days

Is this year 2021 a leap year?

What do you think happens if you are born on the 29<sup>th</sup> February?

### Activities: This week it is all about sticks.

#### 1. Bud spotting

At this time of year, the trees may look bare or even dead but if you look closely you will see that all the twigs on the branches have buds that are ready to open up into leaves or flowers. While there are no leaves on the deciduous trees the buds are a good way of working out what type of tree it is. If you print off the twig ID and take it on your walk you can tick off the trees as you go.



#### 2. Stick nests

We challenge you to make a bird nest. Make it as hard or as easy as you want.

Hard: imagine you can only carry your nest materials with your beak so use one hand to pick up and build your nest.

Easier: collect a load of small sticks and lay them carefully down on the floor to build up the nest, you could try and interlock the sticks to make it stronger.



#### 3. Stick towers

Challenge someone at home to a stick tower contest. Who can build the tallest, strongest or widest tower? (You will probably have to go stick collecting unless you do this in a very sticky garden or a piece of woody park).



#### 4. Make stick art

Start with making a frame (4 sticks in a square or rectangle is the simplest style). In the frame put scavenged materials from the garden or park to make a picture. **At forest school we always say use anything that is on the floor, not taken from the trees or plants.**



#### Fact:

Did you know spider webs are an essential ingredient of many bird nests.

- Long tailed tits make a cup shaped dome with moss stuck together with cobwebs.
- Chaffinches use sticky cobwebs to make sticky pads on branches for the nest to sit on.



#### Bird of the week: Chaffinch

- The male bird is handsome with a blue-grey cap, pink cheeks and body with distinctive wing bars
- The females and young have a dull grey-brown upper and dull grey-white lower with distinctive wing bars
- The chaffinch can be found in gardens, hedgerows, farmland and parks
- The chaffinch is known for having a so called 'rain song' it was said it would predict the coming of rain

<https://www.british-birdsongs.uk/chaffinch/> (You can listen to the chaffinch by clicking on the link)



**Time to Reflect:** February in some cultures comes from the ancient februa which was a spring festival of washing and purification. 'Spring cleaning' comes from this traditional celebration time. This is a time to refresh and think to the future.

**What can you think of doing to feel refreshed and to look forward?**

Finally **Story Time with Jane**, just follow this link online to listen to Jane tell another story round the fire. This week it is a story is about a tree called Blackthorn

<https://www.youtube.com/watch?v=1iYsB-tBgyM&authuser=0>