



Express yourself

Get outside and enjoy nature!

Getting outside and spending time in green space has been shown to benefit both your mental and physical wellbeing. For example it can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active

It's also really enjoyable to learn about the world around us and you would be amazed to know how much life there is around you, even if you live in the middle of a busy town.

This week we're challenging you to get outside and do some nature spotting. Find something you have never seen before or learn something new about the nature in your back garden or on your street.

Things to look out for.....

- Even though it's winter, there is still lots to see when you are outside
- You might see birds or animals out and about, or you may see signs of them, like their tracks, or feathers.
- Some spring flowers are appearing like snowdrops. See what the first flowers are around you.
- Maybe you find out about something new. Have you ever closely studied a lichen?
- Have a look at the Woodland Trust's website to help you identify what you see.
- <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/identify-wildlife/>



Don't just use your eyes.....

- You can identify birds from their calls. Some common ones to listen out for are great tits, blackbirds, starlings, robins. The little wren may be tiny and secretive but it has a big song!
- Try the woodland trust website for help identifying some bird calls:
<https://www.woodlandtrust.org.uk/blog/2019/04/identify-bird-song/>
- If you are by the river you might see or hear moorhens or even a kingfisher!

