



Discover nature on a walk

While you're getting your daily exercise, keep your eyes peeled for wildlife. Even though it's winter, there's plenty to see and hear. Encourage your family to look out for:

- birds feasting on berries
- squirrels scampering up and down trees
- animal footprints in frost or snow
- the tuneful singing of a robin
- snowdrops popping up out of the ground.