

# We're going on a Nature Trail

Nature Trails are a really fun way to get outside and explore the environment on our doorstep. We can often find beauty in the flowers or leaves which are normally overlooked. We are going to hunt down some wild flowers, weeds, grasses leaves.



1. Starting at your house take a walk and be on the look out for any wild flowers or foliage you can find. You can use the prompts below to help your quest.
2. Collect a selection of your favourites. Pick from the bottom, we want a long stem for later!
3. Look at the identification photo attached and see if you can match any of your finds! Petal and leaf details are important when identifying plants. Look at their different characteristics.
4. When you get home with your basket of goodies start to select petals and leaves to use in our collage picture. Remember! Don't pick all the flowers, leave some for the bees and for others to enjoy :-)



## Additional activities for nature trail walks

- Play eye spy (eye spy something coloured instead of letters for smaller children)
  - Jump in puddles.
  - Track animal footprints - can you guess the animal?
  - Hug a tree! Can you reach all the way around? So you need to hold hands with someone to reach around? Find the largest tree you can and see how many people you'd need to hug it.
  - \* Extra points for walking in grass in bare feet.
- Make stone stacks (balancing stones on top of each other)



## Materials

- Flowers, weeds, grasses, foliage, twigs
- you choose !

## Equipment

- Basket or bag
- Scissors

## Important information

Some wildflowers are poisonous and / or prickly or stinky. Please ask an adult before picking ones you are unsure of!

## Prompts to collect something:

yellow, green, brown, curly, smooth, rough, prickly (don't pick!), bumpy, soft, hard

## Prompts to observe something:

flying, hovering, flapping, singing, bouncing

## Questions to ask:

- What is nature?
- Why is it important?
- What is your favourite wild flower?
- What is your favourite wild animal?
- Can we see nature as wild rather than messy?

*"In nature, nothing is perfect and everything is perfect.*

*Trees can be contorted, bent in weird ways, and they're still beautiful."*

Alice Walker



Bush Vetch



Cowslip



Fern



Dandelion



Fumitory

Daisy



Primrose



Ribwort Plantain