



## Week 2 Nature at Home Resource pack

Welcome to week 2 of our Nature at Home Resources Pack! Our main goals of our packs are to promote Independence, risk taking, confidence, resilience, and nature connection. We hope to be able to plan some activities each week that support these key skills. There will be a mixture of crafts, mindfulness activities, messy play and activities that get you all outside of course!

These packs are Free. However, we have set up a Hardship fund and would welcome donations towards this if you are able, but please still feel free to still join in our Forest School at home even without donations. The Hardship fund is going to be there to support families who may otherwise not be financially able to access our sessions. It will enable us to subsidise their sessions. We really want forest school to be accessible to all!

Don't forget to let us know what you've been up to or share some photos, we would love to hear and see!





## A Song to sing together!

### **The Woodland Song**

*(to the tune of 'Old Macdonald had a Farm')*

Our woodland sings us a song,  
listen carefully,

and in the woods, I hear the wind,  
listen carefully.

With a whoo hoo here,  
and a whoo hoo there,  
here a whoo, there a hoo,  
everywhere a whoo hoo.

Our woodland sings us a song,  
listen carefully,



and in the woods, I hear a bird,  
listen carefully.

With a tweet tweet here,  
and a tweet tweet there,  
here a tweet, there a tweet,  
everywhere a tweet tweet.

Our woodland sings us a song,  
listen carefully,



and in the woods, I hear the rain,  
listen carefully.

With a pitter-patter here,  
and a pitter-patter there,  
here a pitter, there a patter,  
everywhere a pitter-patter.

Our woodland sings us a song,  
listen carefully,



and in the woods, I hear a bee,  
listen carefully.

With a buzz buzz here,  
and a buzz buzz there,  
here a buzz, there a buzz,  
everywhere a buzz buzz.

Our woodland sings us a song,  
Listen carefully.



## Activity 1. Bird Feeders!

Some of the activities in this pack will prepare you for Week 3. During week 3 the RSPB are conducting their nation wide "Big garden Bird watch". To find out more and to register:

<https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/>

**Talking Points:** Winter can be a difficult time for wildlife. Temperatures plummet and food becomes difficult to find. Insect-eating birds must turn to other foods, some species travel far and wide, and their foraging behaviour must change, but this is where all of you come in!

We can all lend a helping hand by providing a welcome source of extra food for birds to turn to in the winter months.

Different birds are attracted to certain foods. We need to make sure that we offer a variety of tempting goodies!

- Goldfinch, siskin, redpoll – smaller seeds like nyjer
- Greenfinch, tits – sunflower hearts
- Sparrows, woodpigeon, collared dove – large grains
- Woodpeckers, tits, starling – fat balls and peanuts
- Robin, thrushes – mealworms and live foods
- Thrushes, waxwing – windfall fruits

**Here is a selection of simple bird feeders you can make:**

### Pine Cones

You will need:

- Bird seed
- Lard or peanut butter
- A pinecone
- String



1. Pinecone bird feeder, a fond favourite in our forest school sessions! Firstly, you need to go for a walk and find your pinecone! Talk about what tree a pinecone comes from (Pine tree), how can we identify pine trees, what makes them look different from other trees?



2. Tie your string to the top of the pinecone.
3. You can either use peanut butter or lard for the next part, depending on allergies! You can just use your finger, or you can use a knife to cover your pinecone. This is a great opportunity to practice knife skills and fine motor control. Make sure you get it all the way inside and on every tip. Once you have covered your pinecone in either the butter or the lard you can add your seed! You could also try to mix in some meal worms if you have some!

## Cheerio's, fruit and cheese

You will need:

- A pipe cleaner, string, garden wire or a kebab stick/stick
- Cheerios, apple, cheese, blueberries
- string

These fruit and cheerio bird feeders are a great way to use up stale cereal and fruit that is past its best.

This activity is great to help strengthen their fine-motor skills and they can practice counting and patterning as well.



1. You can either use a piece of gardening wire, a kebab style stick, a pipe cleaner or just some string.
2. Bead your delicious goodies onto the wire/string/stick and then hang!



## bird seed, lard, and an orange!



Mix some bird seed with lard or peanut butter and squash it into an empty orange peel and then hang with string.

## Activity 2. Binoculars for bird watching!

### You will need:

- 2x toilet rolls
- String
- Pens or crafts to decorate with
- Sellotape



These binoculars are not only great for encouraging kids to engage with play-pretend professions that are STEAM (science, tech, engineering, arts, maths) oriented, but also provide a good way for up-cycling toilet paper rolls.

The binoculars can be decorated and modified to be used in various ways, making them an excellent project for kids of all ages. No matter how your child decides to play with them. Why not go sit by a tree and see if you can spot any birds or squirrels! Next week we will be taking part in the RSPB Big bird watch so keep them safe!



## Activity 3. Meet a tree!

This is a great activity to really encourage children to use their senses. Walk to an area with a selection of trees. Ask your child to close their eyes. You can use a blindfold or scarf to ensure there is no peeking!

Guide them towards a tree, stopping right in front of the trunk. They can say hello and introduce themselves. Then ask your child:

### Touch

- to feel the tree; to use their sense of touch. How does the bark feel? Is it smooth or bumpy? Are there any branches low down that they can reach? Can they feel any features or shapes? Can they get their arms all the way around the tree?

### Smell

- ask your child to give the tree a little sniff! Can they smell any features such as pine sap? What does it smell like?



## Taste

- If they are daring enough, ask them to give it a little lick! (just avoid the base of the tree for obvious reasons!). What does it taste like?

## Sound:

- If they put their ear right up to the tree what can they hear?

Once your child has spent a little time really getting to know the tree, they can say goodbye and you can guide them away from the tree. Walk a short distance from the tree and then turn them towards the group of trees. Ask your child if they can go and find their friend they made, can they find the tree they go to know? Remind them of some of the features they discovered!

## Activity 4. Scavenger Hunt



### **Gratitude Scavenger Hunt!**



1. Find something that makes you happy
2. Find something to give to someone else to make them smile
3. Find one thing that you love
4. Find one thing you enjoy looking at
5. Find something that is your favourite colour
6. Find something you are thankful for in nature
7. Find something that smells nice!
8. Find something that you do not know the name of
9. Find something that tells us it is Winter

## Activity 5.

When Aboriginal people of Australia went on journeys, they collected objects along the way. These natural objects were then tied to a stick in the order that they found them.

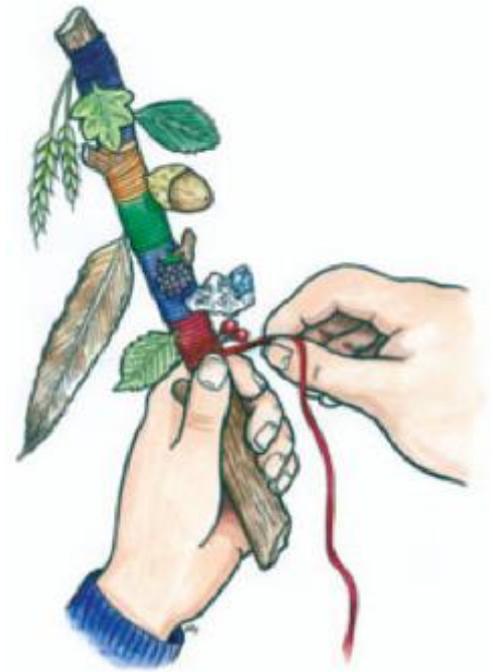
When they arrived home, they used the stick to remember their journeys and to share the story and memories with friends and family.

A journey stick is a great activity to do with children as it helps them focus on their surroundings, learn about nature, keeps them busy, and results in a wonderful handmade, customised souvenir from their adventure.

All you need to take is a pair of scissors and a little ball of string to help attach their treasures to their stick along the way.

Your child may want to spend some time at the start of their walk finding the perfect stick! Be prepared, this may take some time! Choosing the perfect stick is an important task! No stick is a wrong stick, do not worry if they choose a huge one, or a tiny one, a muddy one or one that looks like its seen better days!

The stick they choose will be the right stick, and they will experience more enjoyment and pride in their journey stick compared to if an adult selected what they felt was a better stick. Remember, two of our core principles at forest school is independence and child led learning.



An example might be that you stopped by a pine tree because you spotted a squirrel up it and you stood and watched for a few minutes, here you might pick up some pine needles, use some orange string or an acorn to tie to your stick.



Once you return home see if they can share their journey stick with a friend or family member by recalling their discoveries and the story of their walk.

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