SUMMER NATURE Play List

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Illustrated by Madeleine Smith

Here is a little e-booklet, with exciting ways you can PLAY, be CREATIVE and stay connected WITH NATURE.

Being connected with nature helps us all relax and being playful makes us happy.

How many can you do this summer? You can search online, some include clickable green or pink links, use books or ask an adult to help. Tick each one off when you have done it. We've left some blank ones for you to come up with your own #natureplaylist suggestions too!

Share your creations and other play ideas with your friends and family. We would love it if you could share with us too. Post to your favourite social media platform using the hashtag #natureplaylist and tagging @ecoattractions.

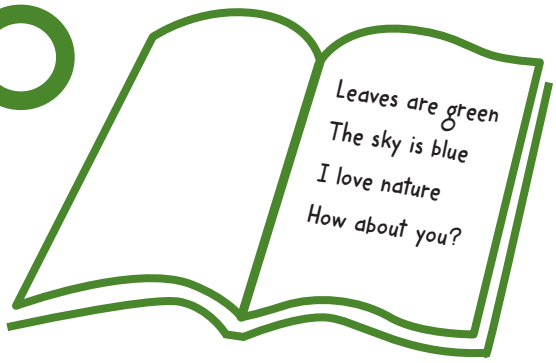
Happy #NaturePlayList

Discover more! Check out our website for some great SUMMER events happening around the UK and **great green days out** near you.
www.ecoattractions.com

eco attractions

R O A R

The Wildwood Trust tells the story of British wildlife including bears once found all over the UK. Find a picture of a Brown Bear, stand tall and growl, bringing your inner bear like character out!



Write a poem or a story about nature and what is so special about it.

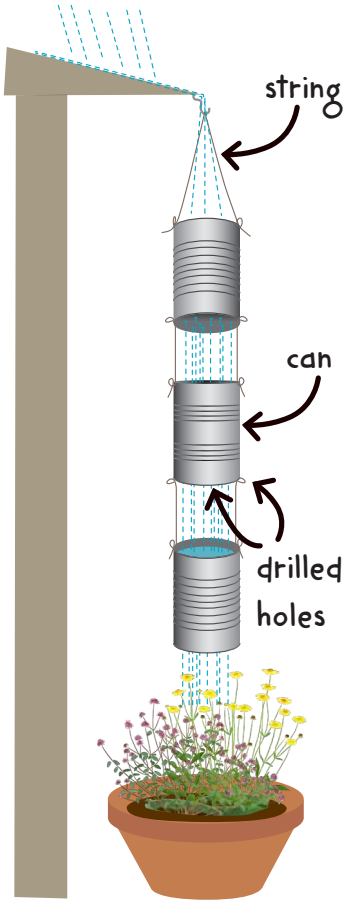
Markshall is an arboretum – a collection of trees. It has some of the rarest trees called the Wollemi Pine tree. They look a bit like bottle brushes. Research and plan your own arboretum. What trees would you include and why?

CREX CREX CREX

Pensthorpe is home to lots of wildlife, many with interesting sounds. Make, and record, your very own 'wildlife orchestra' filled with different animal sounds. Listen online to learn how to 'crex' like a corncrake, 'boom' like a bittern, 'squeak' like an otter and many other animals. Go outside and listen to what bird sounds you can hear.

In 2023 **Durley Chine Environmental Hub** will be opening and showing people what's amazing about the beaches of Bournemouth and how they can help protect them. If by the sea go on a rock-pool or sandy beach adventure and see how many different wildlife species you can spot. Be very careful not to disturb them!

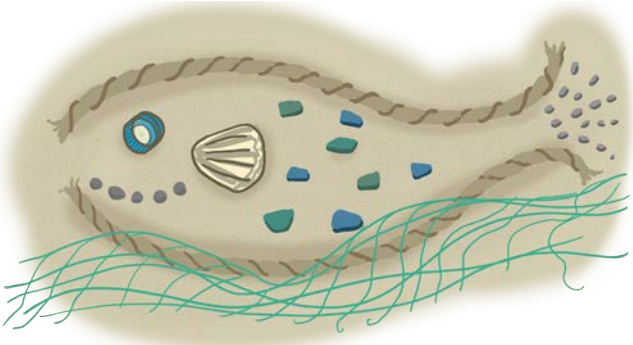
Make a nature memory game. Write different animals and plants on bits of paper, include objects and drawings too. Everyone has 30 seconds to look and then cover them with a towel and try to write as many down as possible in 60 seconds. See who remembered the most and did any new ones creep in!

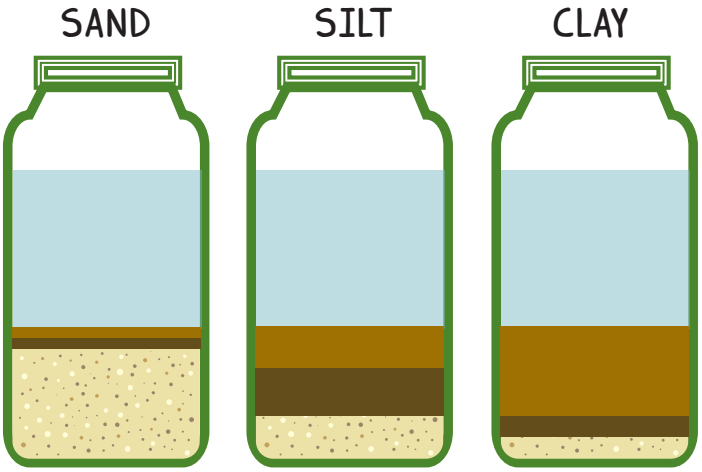


Make your own rain chain and help slow the flow of rainwater like the ones on the new eco built Earth Lab at **Earth Trust.** You can use recycled tin cans or yogurt pots attached to string. Get an adult drill holes in the base to let water flow and to attach string. Hang them up on the side of your house or a shed. Put a plant pot underneath to catch the water and you won't need to water it!

Recycle any animal toys you have to decorate an old coat, t-shirt, dress or trousers. Simply stich the toys on to make a new outfit! You could upcycle some old clothes into something new by sewing a nature pattern using cotton and thread.

Durley Chine Environmental Hub is helping to protect Bournemouth beaches and will open in 2023. If near the sea why not go on a beach clean. You might find some treasures like marine glass, bits of rope and plastic that can be used to make a wildlife sculpture. Remember to wear gloves and wash your hands afterwards!



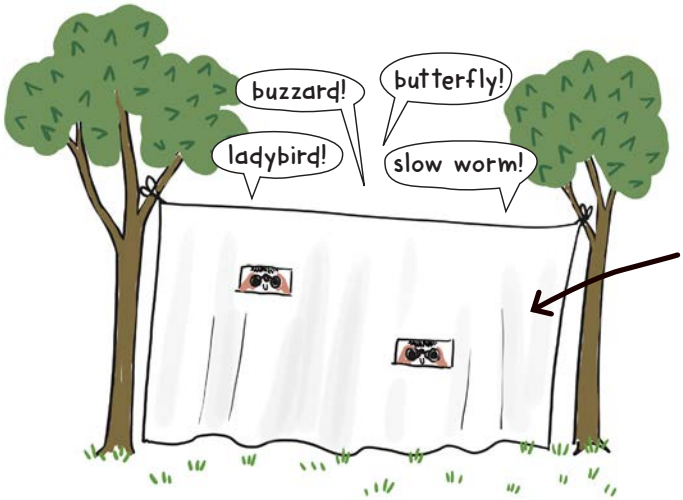


Soil is fantastic! We need it to grow all the lovely food we eat. **Earth Trust** are passionate about looking after soil and how our food gets to our plate. Make a soil shake and discover what type you have in your garden or near where you live. Plants like to grow in different types of soil so it can help with choosing what vegetables and flowers to grow.

1. Use a tray to collect some soil, fallen leaves and dirt
2. Fill a jar 3/4 full of water
3. Put lid on and give it a shake!
4. Put your soil shake in a sunny place for 24 hours
5. Look at the layers to see what you have

Make a pollinator paradise and create a buzz in your own garden. Use this amazing **Pollinator Pathmaker Online Tool** created by artist Alexandra Daisy Ginsberg for **Eden Project**. Input details of your growing space and this clever tool will create a planting plan to attract as many pollinators as possible – then have a go in autumn or spring at growing it! This summer you can visit Eden Project's Pollinator Pathmaker garden.

©Alexandra Daisy Ginsberg



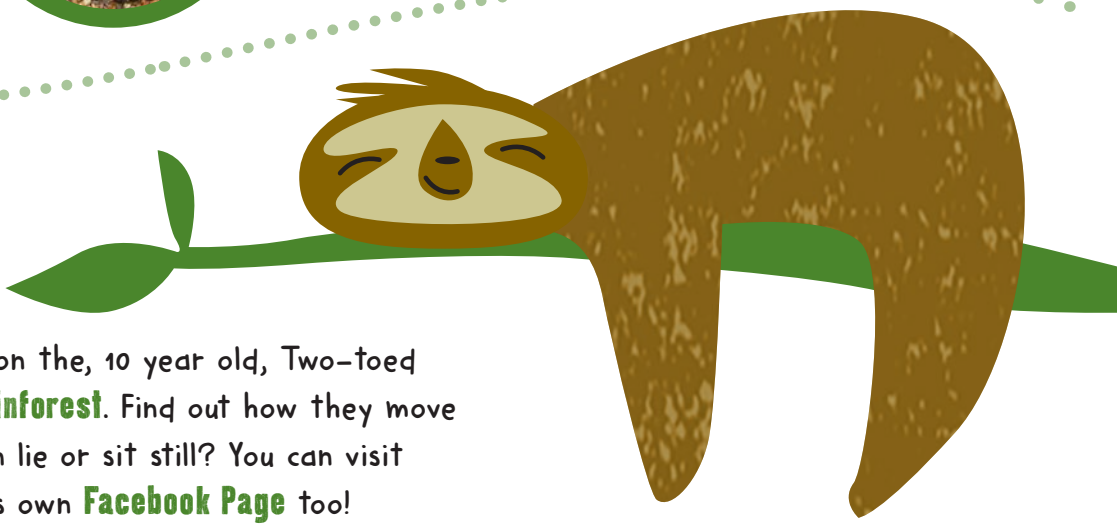
Tie up an old sheet with peep holes to make your own hide screen.

Holkham Lookout

You can visit the amazing Lookout at **Holkham Nature Reserve** and marvel at the different wildlife living in these coastal wetlands. Make your own wildlife lookout using a tent, beach shelter or a sheet. Place it in your garden or outside. Bring a snack and wait for wildlife to come to you. Listen, look and record what wildlife you find. See if it changes at different times of the day and throughout the summer!

Make a nature Mandala! Use twigs, leaves, stones, feathers or recycled objects. You could make an animal or plant shaped one instead. It's very relaxing!

Tick box



Find a picture of Cinnamon the, 10 year old, Two-toed Sloth from **The Living Rainforest**. Find out how they move and see how long you can lie or sit still? You can visit him and follow him on his own **Facebook Page** too!

Make magical shadow animals using your hands or with sticks and leaves. Can your family, or friends, guess what you are? You could record a puppet show too.

Draw a picture of what you imagine might be behind a door into a secret **walled garden**, like the ones being restored at **Markshall** and **Eden Project Foyle**. What would you fill your secret garden with?

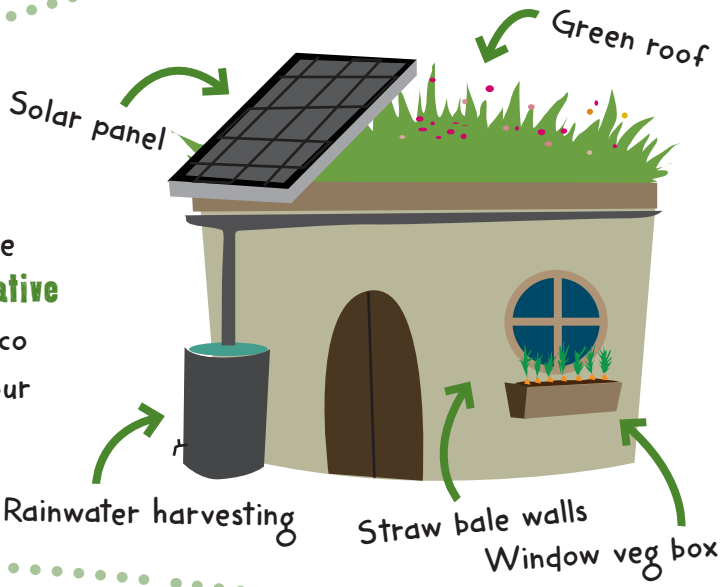
Markshall

Go cloud spotting and see if you can see animal or plants shaped clouds.

See if you can spot a bee in your garden or outside like Bombus the Great Bee. You can visit this sculpture by Robert Bradford at **Eden Project**.

Shut your eyes and describe a plant or animal to someone else. Ssee if they can draw it from your descriptions.

Make a photo diary of the view from your window. Do it the same time every day – see how the weather changes from day to day. If lucky you may spot some wildlife too.



Design your own eco house, like those you can see at **The Centre for Alternative Technology**. Come up with exciting eco things you would like to include in your imaginary home.

Make a bird feeder (fat ball) for the autumn. Use melted lard or vegetable suet and mix in wild bird seed. Pour half the mixture into a cup cake tray placing loops of string in each before filling them up. Place in the freezer to set. In autumn hang from a tree, or outside a window, and record how many birds you see.

Help #stampoutwaste and make your own compost! At **Holkham** they collect eco friendly packaging, cups, plates, cutlery, napkins and food waste from their cafes and magically turn it into compost for their farmland! Find out more on how to make a compost bin **here.**

Holkham eco bins

Wait 12 months and spread your lovely compost in the garden or on flower pots

Lie on the floor and relax!

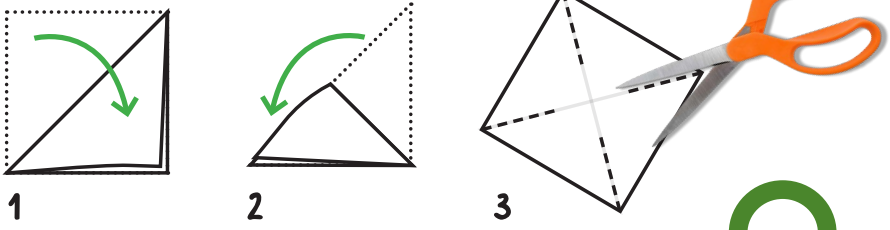
Go 'Forest Bathing' a Japanese form of relaxation. It's simple, just need to be calm, quiet and breathe deeply amongst the trees – like those found at **Queenswood Arboretum & Bodenham Lake**.

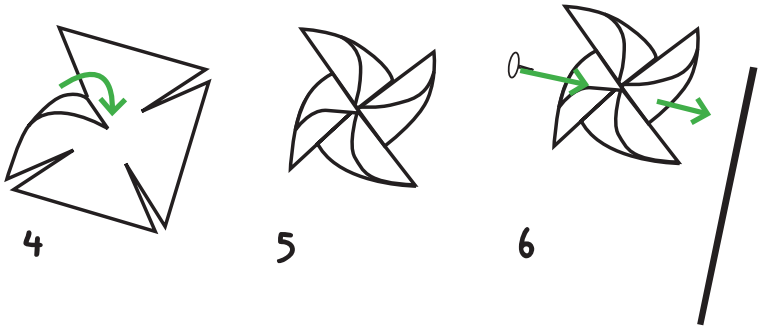
Make a rainforest collage out of scrap paper, card and old magazines. Be inspired by visiting or looking at what is found at **The Living Rainforest**. Find amazing facts about these special places where much of our food, like chocolate and bananas, come from.

Make a nature treasure box. Decorate it to house things you have collected such as beautiful fallen leaves, stones, seeds etc. You can use it to store all your amazing #natureplaylist drawings, poems and photos of your creations.

Do a dot painting inspired by the Nyoong art found at the **Eden Project** Western Australia garden in their temperate biome (a special type of greenhouse). Start with a simple drawing and then fill in with colourful dots using paints on a cotton bud, corks for little fingers, or anything else with a point, or pens. You can visit the Western Australia garden and see this art amongst the plants.

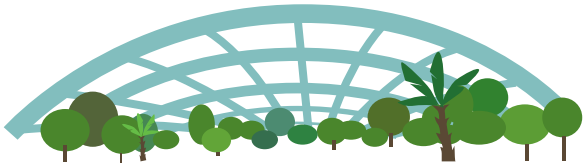
Be inspired by **Queenswood Arboretum & Bodenham Lake** 'Biophillic Art' project and create your own visual or sound art using your inner natural self. Dance, sing, move, and connect to nature at the same time.





Make a paper windmill using recycled material, inspired by the bigger one found at **The Centre for Alternative Technology**. See how the wind or your breath makes it go around. This movement creates energy and is how wind turbines create eco-friendly electricity.

Design your own Eco Attraction, like the new one, **Eden Project Foyle**, being created in Northern Ireland. What fun things would you include to help people connect with nature and inspire eco-friendly living? We would love to know your ideas!



Draw your very own glass house and fill it with amazing plants, like the one at **The National Botanic Garden of Wales**. What shape would you make it?

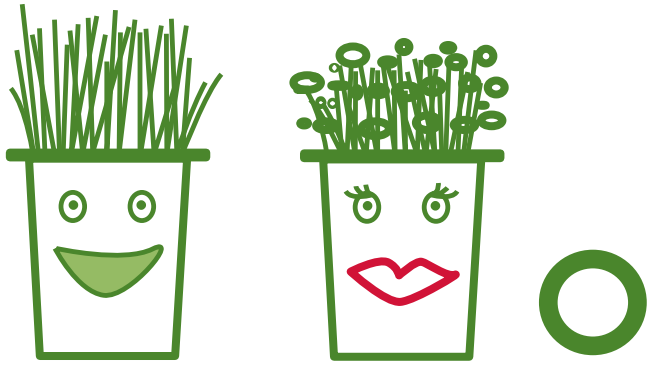
Make an animal mask, decorate it and get your friends to do the same. Put on a play and share pictures of your super marvel nature heroes.

Many animals build dens, like brown bears and beavers found at **The Wildwood Trust**. Have a go at **building your own den** in your house or garden, using sticks, old blankets, recycled materials and making your very own 'Keep Out' sign!

Make your own summer treasure hunt. Use pebbles or make paper mache ones. Decorate them with bright colours and hide them around the garden or outside. See how many your family and friends can find.

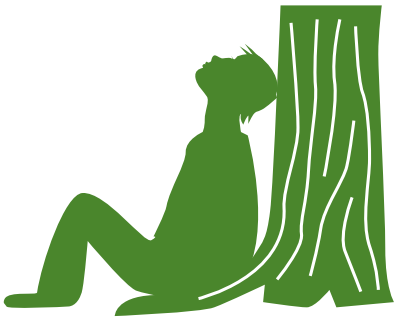
The National Botanic Garden of Wales are helping to save pollinators that help produce many of our tasty foods. You can help too by making a **Pollinator Palace** (bug house). Find out other ways to build one on our resources page **here**.

Paint a pot with a face! You can use a spare garden pot or recycle yogurt pots – don't forget to put a hole in the bottom of it. Fill with earth and sow with some seeds, like herbs or cress, to grow a hairy head of hair. Take a photo of it each day and see how long its hair gets!

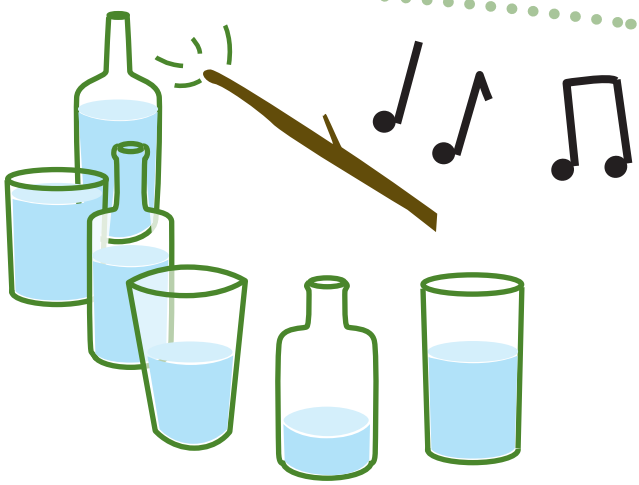


What is a herbarium? Explore the **South London Botanical Institute** website to find out what it is. Have a go at pressing some fallen leaves and flowers. Use a flower press or place them between two bits of white paper and put lots of heavy books on them. Leave it for a couple of weeks to create your own herbarium.

Design and make a natural mobile or wind chime. Use recycled materials (like milk bottle tops, cut out shapes of painted food packaging etc), sticks, feathers, and fallen leaves. Place it in a window and watch how it moves and listen to the noise it makes.



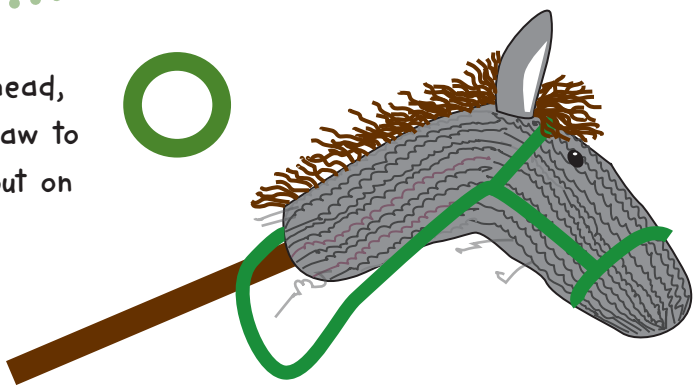
Find your 'sit– spot'– a favourite place outside where you can sit and spot wildlife. Close your eyes and feel it all around you, the sounds, the smells and beauty of it and see how it changes each time you come back.



Make your own instruments using sticks of different sizes, glass bottles and tins filled with different amounts of water. Play a tune, can your family name that tune?

At **Pensthorpe** there are many sculptures inspired by nature. Collect fallen leaves, twigs, feathers and recycled material to make your own sculpture. Give it a name and place it in your garden or on your window ledge.

Make a hobby animal out of old socks for the head, buttons for eyes, scrunched up newspaper or straw to fill it and attach it to a stick or a broom, and put on your own play.



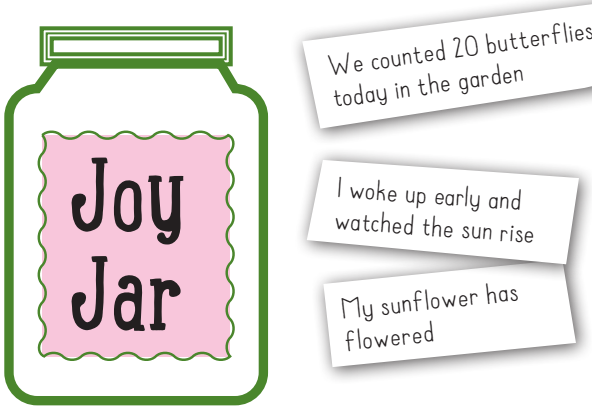
HONK!

HONK!

Pensthorpe have 50 resident Greater Flamingos naturally found in warmer climates. A group of flamingos is called a 'flamboyance' or a 'stand'. Put on a Flamingo Fiesta: dress in pink, honk like a flamingo and see how long you and your family can stand on one leg for. Find more amazing facts about them **here**.

Be a nature architect and build a tiny nest for your garden, or your window ledge, using twigs and other natural materials. See if someone makes a home out of it next spring.

What is the leaf used on the logo for the **South London Botanical Institute**? Draw this unusual leaf and find three fascinating facts about this amazing ancient tree.



Make a Jar of Joy – just need a jam jar and some paper! Write something that has brought you joy each day, ask your family to do the same, and each week tip them out and read them to each other to keep the joy going!

Be inspired by **The National Botanic Garden of Wales** and **Eden Project** and this autumn sow a tiny **wildflower meadow** to provide food for precious pollinators like bees, wasps, butterflies and many more insects.

Make a tree or wall monster. Use leaves, stones, sticks and mud. You can also use recycled material from the house to build your weird and wonderful monster. Meet scary Dave! His hair is made from dried sedum with stone eyes and teeth, rosemary eye lashes, leaf ears and a muddy nose. What will you call yours?

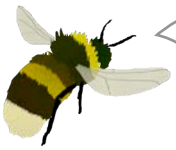
Make cupcakes, or a cake, in the shape of your favourite animal or plant? Search our eco attractions websites found on our **Great Green Days Out** page for nature inspiration.

Make a wild storyboard out of sticks, fallen leaves and recycled materials. Put on a play or get your family to guess the pictures.

Collect some fallen leaves and do some leaf printing or cut a shape out of recycled material to use as a template to print with.

It's thirsty work being a bee, especially when they are collecting pollen in the warmer summer months. Make a bee drinking pool using shiny things like marbles and pebbles. Place them in a shallow bowl with some water in it. Put it in your garden or on a window ledge and see who comes and visits.

Make your own nature Top Trumps with your favourite animals and plants or make up your own super nature heroes. Come up with a list of special qualities like strength, coolness, size, friendliness etc. and play them with your family and friends.



Now buzz off and enjoy our #NaturePlay List

Come up with some more fun ways to stay connected with nature and have fun. Write them down below and share them with your friends and with us on online using hashtag #natureplaylist and tagging @ecoattractions.

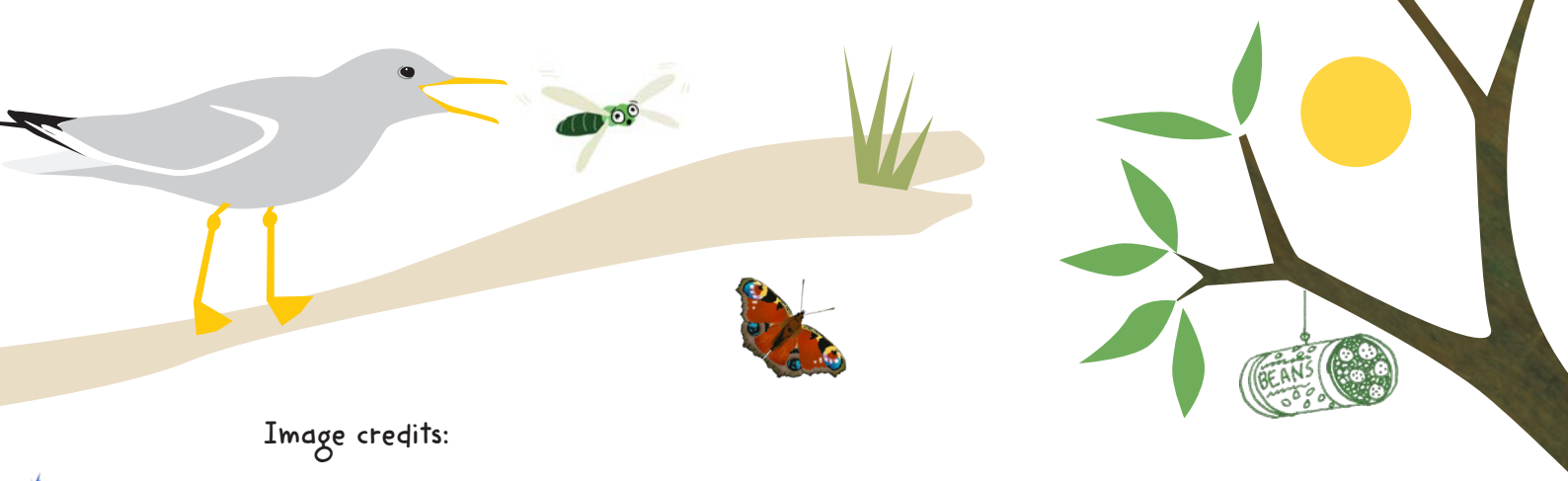


Image credits:

Wollemi Pines by Markshall; Calling male corncrake by Mike Powles for Pensthorpe; Earth Lab by Earth Trust; Lookout by Holkham; Mandalas by Matthew Simpson & Marie Orchard; Markshall walled garden by Ian Chandler; Bombus the bee by Robert Bradford for the Eden Project; Inside glasshouse and animal face masks by National Botanic Garden of Wales; Pressed poppy by South London Botanical Institute; airy sculptures by Pensthorpe; Nyoong Art by the Eden Project; Dancing at Queenswood Arboretum & Bodenham Lake by Jamie Jackson; Windmill by The Centre for Alternative Technology; Artistic impressions of the Eden Project Foyle by Grimshaw Architects; Leaf printing by the Eden Project; Animal Top Trumps by Axel and Huey Bond and all others by Emma Alesworth.

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MARKSHALL ESTATE

Pensthorpe Natural Park

Royal Botanic Gardens Kew

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HOLKHAM

South London Botanical Institute 1910 - 2010

Queenswood Country Park & Arboretum

earth trust

BCP Council

Centre for Alternative Technology
Canolfan y Dechnoleg Amgen

National Botanic Garden of Wales
Gardd Fotaneg Genedlaethol Cymru

THE LIVING RAINFORESTTSL
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eden project

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