

THE DAILY NATURE DISCOVERY WALK



GROWING THE FUTURE
TYFU'R DYFODOL

Hello! My name is Rebecca Thomas. I am usually very busy at this time of year creating, preparing and delivering activities that inspire children and adults to engage with nature whilst having fun, at the National Botanic Garden of Wales. While the Botanic Garden is closed, and most of you will be confined to your home, I have put together some more activity ideas to keep everyone busy and interested in the natural world around us. These activities can be easily taken into your garden with only a few resources needed. Please share your comments and photographs with [@GTFCymru](https://www.instagram.com/GTFCymru).

Let's have fun together!

Transform the daily walk into an exciting Nature Discovery Walk. Become a nature detective by spotting, recording and gathering natural treasures. Pack essentials on the walk to become an intrepid explorer. April, May and June are perfect months to watch and discover nature unfold, each day is different.

Suggestions of what to take on the walk:

- Ruck sack or bag
- Small bucket or bag to collect treasures
- Egg box with elastic band to collect individual treasures
- Note pad and pencil for sketching and taking notes
- Magnifying glass or magnifying pot
- Camera or phone
- Identification spotter sheet or book
- Snack and water bottle [exploring is thirsty work!]
- Binoculars, if you don't have any try making some from toilet rolls, focus the eyes on the subject which 'appears' bigger



To make a perfect personalised pair of binoculars:

- Take 2 toilet rolls
- Glue them together down the sides
- Cover them with some decorated paper
- Pierce two holes in the top of the rolls for straps
- Thread string through



What to do on the walk:

As you walk, engage each sense - look, listen, smell, and touch. Record your findings in a notebook and take photographs.

- **Flower identification:** Colourful spring flowers are emerging, look at the flowers and smell them. Try to identify them, if you're unsure, take a photograph or draw them in your notebook to look up later. Try not to pick the flowers, leave them for the bees and butterflies to enjoy.
- **Spot butterflies, bees and bumblebees:** They fly around landing on flowers. Bumblebees have different coloured tails, try to spot the white and red tailed bumblebees. Butterflies like the sunshine and prefer different plants. Spot which plants they land on and record how many are seen.

- **Bird spotting:** Birds are busy building their nests and feeding their young. Listen to their song, stop and watch as they dart in and out of bushes and trees, try to identify them.
- **Mini beast hunts:** They usually like dark and damp places. Look under stones or logs, underneath or on leaves. Use the magnifying glass or pot to look at them carefully before putting them back to continue feeding, record them in the notebook.
- **Treasures to bring back home:**
 - Interesting sticks and stones
 - Feathers
 - Leaves
 - Empty snail shells

The Nature Code

Look and study living nature, but always return it to its home where it was found as this is where it lives with its food, family and friends.



THE NATURE TABLE

Having been on your daily walk the findings and discoveries made can be looked up, displayed, recorded, admired and used. The perfect place to do this is on a nature table.

Creating a nature table:

- Nature tables are an ever-changing display of discoveries made in the natural world
- They are a place of identification and record keeping
- Nature tables are treasure troves of precious things found
- Nature tables can also be a 'creation station', making arts and crafts using the object found
- Nature tables are Science, Art, History, Maths, Geology and Geography rolled into one

Where to place the nature table:

The nature table can be sited in the house, in a porch, in a garden shed or in the corner of the garden. A nature table needn't be a table, it can be a shelf, tray or a basket.

What to put on the table:

- Pots and small boxes to display your treasures in
- Magnifying glass or microscope (not essential but useful)
- Identification books and sheets
- Nature
- Feathers
- Shells
- Vases of twigs
- A calendar
- Nature journal



The nature table can also serve as a craft table:

- Art materials
- Paper
- Pens
- Paint

Nature easily transforms to create imaginary play.



GROWING THE FUTURE

The Growing the Future project at the National Botanic Garden of Wales is a five-year project to champion Welsh horticulture, plants for pollinators, the protection of wildlife and the virtues of growing plants for food, fun, health and well-being.

Whether you are a seasoned gardener, a fledgling grower or a budding beekeeper – we want to help provide training, information and support to you. For more information on the project's events and courses, please call **01558 667150**, email gtf@gardenofwales.org.uk or visit botanicgarden.wales/science/growing-the-future.

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