



NATURE Play List

Written by Emma Alesworth
Illustrated by Madeleine Smith

Here is a little e-booklet, with exciting ways you can **PLAY** and be **CREATIVE** whilst at home and stay connected **WITH NATURE** and our much loved Eco Attractions across the **UK**.

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

Can you do one a day and show us what you have done? You can search online, some include clickable green links, use books or ask an adult to help. Tick each one off when you have done it and we have 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, family, and 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

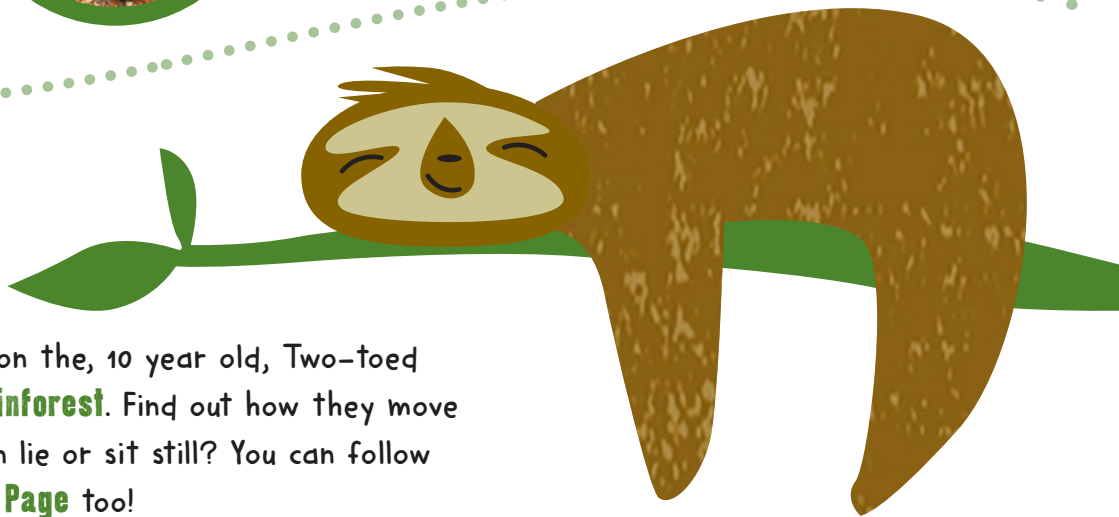




Make a Mandala, a circular pattern, using twigs, leaves, stones, feathers or recycled objects from around the house. You could make an animal or plant shaped one instead.



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 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 **Marks Hall Estate** and the **Eden Project Foyle**. What would you fill your secret garden with?

Marks Hall Estate



Go cloud spotting and see if you can see animal or plants, in the shapes of the clouds.





See if you can spot a bee in your garden or outside like *Bombus the Great Bee*, a sculpture by Robert Bradford, at the **Eden Project**. Draw a garden full of their favourite plants for them and their other pollinator friends.

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

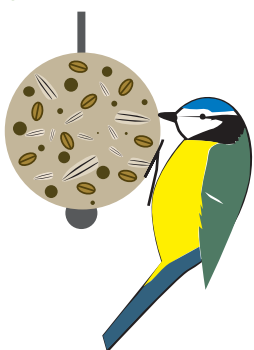


it has 4 fat legs
has tiny little eyes
has a long nose
a small thin tail...



Make a photo diary of the view from your window, the same time every day, and 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.

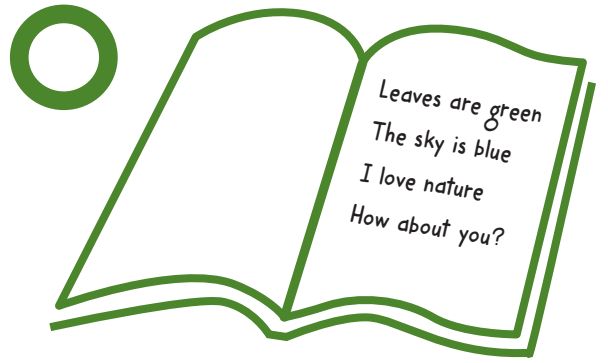


Make a bird feeder (fat ball) using melted lard, or vegetable suet, and mix in wild bird seed. Pour half the mixture into a cup cake tray placing loops of string in each before filling them up. Place in the fridge to set and when hard hang from a tree, or outside a window, and record how many birds you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



R O A R

The Wildwood Trust tells the story of British wildlife, past and present, 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!



Leaves are green
The sky is blue
I love nature
How about you?

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



Marks Hall Estate is an arboretum, a collection of trees, and 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?

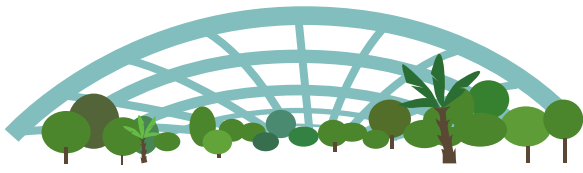
CREX CREX CREX



Pensthorpe Natural Park 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.



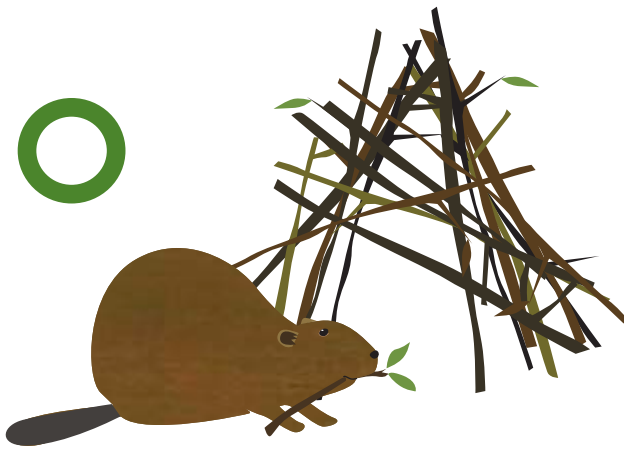
Make a veg patch and watch it grow, take a picture each day and see how it changes. Use peat-free compost and you can use things like toilet rolls, egg boxes or yoghurt cartoons to house your seedlings. If you don't have a garden make a mini '**Eden Project - biome in a Box**', using recycled materials and things you have found around the house.



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, online, and share pictures of your super marvel nature heroes.



Many animals build dens, like brown bears and beavers that can be 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 Easter egg hunt. Use empty eggshells, or make paper mâché ones, decorating them with bright colours. Hide them around the garden, house or both and see how many your family can find.



The National Botanic Garden of Wales are helping to save pollinators, bees and butterflies that produce many of our tasty foods. You can help too by sowing pollinator friendly seeds and making a **Pollinator Palace** (bug house). Enter it into our competition by posting it on Instagram or Facebook using **#projectpollinate2020** and tagging **@ecoattractions**. Find out other ways to build one on our resources page **here**.



Paint a pot with a face, you can use a recycled yoghurt pot with a hole in the bottom of it if you don't have a pot. Fill with earth and sow with some seeds to grow a hairy head of hair. Take a photo of it each day and see how long its hair gets!



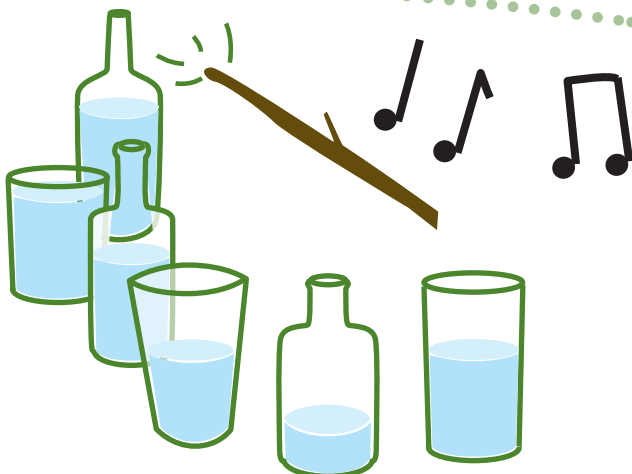
What is a herbarium? Explore the [South London Botanical Institute](#) website to find out what it is. Have a go at pressing some fallen leaves and flowers from your garden. Use a flower press or place them between two bits of kitchen paper and put lots of heavy books on them, for two weeks, to create 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 in your garden where you can sit and spot wildlife. If you don't have a garden find a place in your house where you think about nature. Close your eyes and feel it all around you, the sounds, the smells and beauty of it.



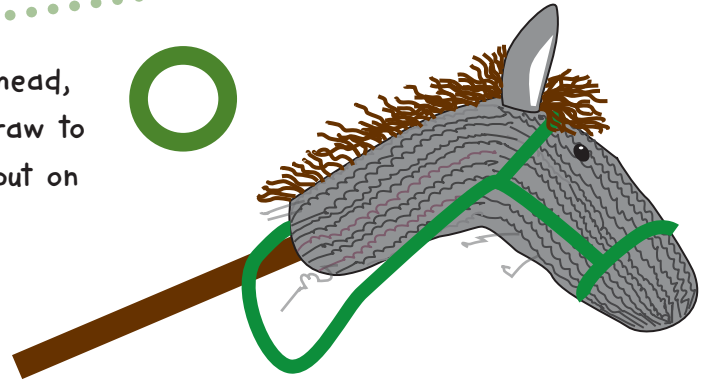
Make your own instruments using sticks of different sizes, glass bottles and tins filled with different amounts of water. Play a tune, can your family name that tune?





Marks Hall Estate holds a sculpture festival every few years, with lots of nature inspired pieces, like these dragonflies. 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 Natural Park have 50 resident Greater Flamingos naturally found in wetlands and 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.

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.





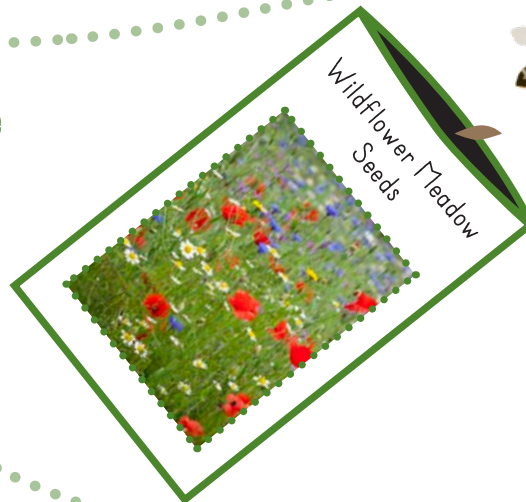
We counted 20 butterflies today in the garden

I woke up early and watched the sun rise

My sunflower seed germinated!

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, if you have a garden, by **The National Botanic Garden of Wales** and the **Eden Project** and sow a tiny **wildflower meadow** to provide food for precious pollinators like bees, wasps, butterflies and many more.



Make a tree, or wall, monster. Use leaves, stones, sticks and mud, or 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.

Create a simple nature animation. Go to **Living Connections UK Facebook** page and learn how to create a simple animation, like 'The Great Easter Egg Escape' starring a Giant Monster Avocado! You need a mobile phone, camera or tablet to record your animation.



If out walking, on your daily exercise, see what wildlife you can spot each day and keep a list.

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

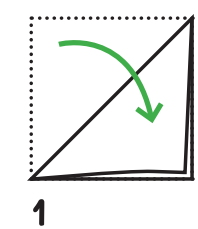


Make a nature treasure box, decorating it, to house things you have collected such as beautiful leaves, stones from your garden. You can use it to store all your amazing #natureplaylist drawings, poems and photos of your creations.

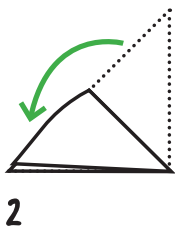
Do a dot painting inspired by the Nyoong art found at the **Eden Project** Western Australia garden in their temperate biome (a special type of greenhouse). Start with a simple drawing and then fill in with colourful dots using paints on a cotton bud, corks for little fingers, or anything else with a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



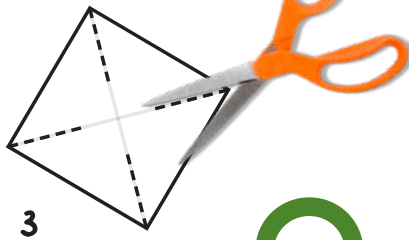
Make a nature memory game for your family. Write lots of different animals and plants on bits of paper, include drawings too, and place them on the floor. Everyone has 30 seconds to look, cover them with a towel and try to write as many down as possible in 60 seconds. See who remembered the most and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



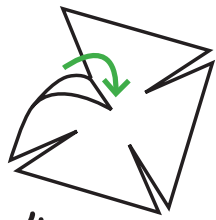
1



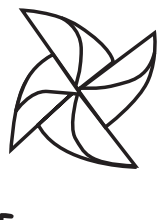
2



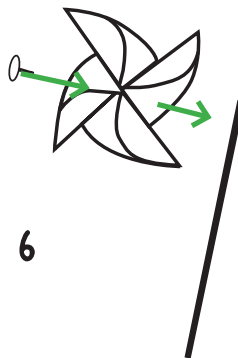
3



4



5



6

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, the **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!



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.

Collect some fallen leaves from your garden, or on your walk, to 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, placing them in a shallow bowl with some water in it. Place 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, or online with your friends.



Now buzz off and do some school work!

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/creation credits:

Illustrations by Madeleine Smith, mandalas by Matthew Simpson & Marie Orchard; Marks Hall Estate walled garden by Ian Chandler; Clouds by Emma Alesworth; Bombus the bee by Robert Bradford for the Eden Project; Wollemi Pines by Marks Hall Estate; Calling male corncrake by Mike Powles for Pensthorpe Natural Park; Seedlings in recycled toilet rolls, by Emma Alesworth; Inside glasshouse and animal face masks by National Botanic Garden of Wales; Pollinator palace by Kirsten Cheung; Pressed poppy by South London Botanical Institute; Dragonfly sculptures by Marks Hall Estate; Wildflower seeds by the Eden Project; Dave the tree monster by Emma Alesworth; Animal cupcakes by Eleanor Bostock; The Owl and the Pussycat by Emma Alesworth; nature animation by the Pollard family; Tropical rainforest collage and nature box by Emma Alesworth; Nyoong Art by the Eden Project; Memory game by Emma Alesworth; Windmill by The Centre for Alternative Technology; Artistic impressions of the Eden Project Foyle by Grimshaw Architects; Animal toy coat by Emma Alesworth; Leaf printing by the Eden Project; Bee drinking pool by Emma Alesworth and animal Top Trumps by Axel and Huey Bond.

Working together with:

