



As well as perhaps being a very strange or worrying time, this is also a time that we can all slow down and appreciate all the things in nature that we might not usually notice. Over the coming weeks we are going to be giving you some ideas for things you can do with your family to feel closer to nature and to find new things to enjoy.

One of the ways that we can add cheer to our community is by growing flowers for everyone to enjoy. Why not join in the 'Grow Happy Sunflower Challenge'? Details are at <http://www.landscapeshow.co.uk/growhappy> . Don't worry if you don't already have sunflower seeds. They will post some to you. It will look amazing to see all those happy sunflowers nodding their beautiful heads as people take their walks.

At this time of year there are a lot of plants and trees that are coming into flower. If there is a tree that you walk past most days why not keep a note of the changes that you notice with its blossom, leaves or changes in colour. What is its bark like? If you walk past the same front garden every day, notice which plants have flowers on them now and then see if that has changed in a couple of weeks. If you walk in a park or outside space, see how many different types of flower you can spot. Which ones do you think the bees prefer?

The first bluebells are out now. This is what they look like...

They are most
areas where they can
you can spot some on
might see some white



commonly seen in woodland
look like a blue carpet. See if
your walk (if you are lucky you
ones too!)

If you have access to a garden at home, why not use it discover how much
wildlife you have under your noses. This is a great time of year to hunt for
caterpillars in the undergrowth or look out for butterflies and see if you can
identify what you see. Encourage butterflies and other pollinators into your
garden by planting wildflower seeds ready for summer. Seeds can be bought
online if you don't have any to hand or call your local garden centre and see if
they can deliver to you.

Here are some pictures of butterflies you may see now.

The Peacock



The Red Admiral



The Holly Blue



The Orange Tip



But there are many more.

This page https://www.ukbutterflies.co.uk/flighttimes_this_week.php shows many of the butterflies you might see now. Why not make a chart and see how many of each type you can spot?

If you fancy making a butterfly mobile to brighten up your home here is a link to a template you can use. https://butterfly-conservation.org/sites/default/files/2020-03/Butterfly%20Lifecycle_0.pdf You could use recycled cereal boxes to strengthen them.

Happy making and nature spotting this week. We hope you have lots of fun.