



Wildlife walks are a great way to take time to stop, look and listen, taking in the wonders of our natural environment!

Can you walk a short distance in silence to help still the mind and open up your senses to the world? There is so much to see, hear, smell and feel when you are not in the car!

Make a Journey Stick



Find a long stick and some elastic bands or wool.

Tie the things you find along your journey to the stick. This could be a leaf, twig, feather, acorn or anything else you spot!

You're making a record of your walk and of the things that make you happy!

Pause and take notice

Stand still for a moment

Close your eyes:
What can you smell?

Look up:
What shape are the clouds?
What can you see growing?
Is the sun out?

Listen:
Can you hear a birds call?



Hidden Worlds

Hidden in and under the hedge row will be a world of small creatures.

Look out for spiders webs.
Check for sleeping snails.
When the leaves fall can you spot a birds nest revealed?
Are there any shiny slug trails over the sticks or on the path?

Finding Treasure

Use an empty egg box

Find 6 things that attracted your attention and pop them in the 6 egg holders.

You can change your mind and swap out anything as you go.

Make a space at home (a window sill or a small table or box) and build a nature table with your finds, or transform your treasure into something new!