

# Nature Diary

Mrs Smith kept a diary of her daily life.

In her diary she would take time record the changing of the seasons, taking a note of when she first saw snowdrops and lambs, or heard the first cuckoo.

Spending time in nature is a great way to improve your physical and mental health, and making a record of what you see can help you learn a lot more about the world around you.

## Making the dairy

Nicki Jarvis, our artist in residence, created tutorial for making a diary from a single sheet of A4 paper.

Follow the link to follow her tutorial:

<https://www.youtube.com/watch?v=oLy2s1eiVW8>

Decorate the front page and back page! Add your name and title 'Nature Diary'

## Recording what you find

When you have made your diary we want you to go out for a walk in your local area and draw some of the things you see, it might take more than one walk to fill the diary.

**Can you find an example of each of these 6 things?**

- A leaf from a tree
- A mushroom
- A flower
- An insect
- A bird
- A cloud

When you get home try and find out the name of each of the things you have seen, there are lots of resources online to help you.

We recommend these sources:

- The Woodland Trust: Tree AtoZ - <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/>
- RSPB: Identify a Bird - <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>
- Wildlife Trust: Habitats and Wildlife - <https://www.wildlifetrusts.org/wildlife>



Here is one our learning officer made!

