



## Herby Cheese Scones

Best eaten with a seasonal soup!

### Ingredients

- 450g self-raising flour
- 10g baking powder
- 1 teaspoon salt
- 100g mature cheddar cheese
- Any mixed herbs
- 1 teaspoon English mustard
- 50g butter
- 220ml milk



### Method

1. Preheat the oven to 230 C / 210 C Fan / Gas 8. Line a baking tray with parchment.
2. Put the flour, baking powder, salt, dried herbs, mustard and cheese into a mixing bowl and mix until well combined. Add the butter and rub through with your fingers until the mixture resembles breadcrumbs.
3. Make a well in the middle of the flour mixture and pour in a little at a time the water and milk and stir until the mixture forms a ball and until you have ran out of milk and water. (If the mixture looks dry add a tiny bit of water but not so that it looks wet.)
4. Knead for about 2 minutes on a floured surface. Roll the dough out on a floured surface and cut into twelve 7.5cm (3 in) rounds and put on your baking tray. Try to cut the scones as close together as you can so you can fit more scones out of the mixture. Re-roll the dough and cut more scones until you have no dough left.
5. Bake in the oven for about 17 minutes. Keep an eye on your scones to make sure that they do not burn!

# Wild at Heart

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## Bluebells

Bluebells carpet the woodland floor  
Packed so tightly that insects tip-toe  
Softly and quietly between them.  
Their beauty unlocks a woodland door

With such colour of delicate blue,  
And a fragrance that is heaven sent.  
They droop their heads in the spring rain,  
With their beauty making all things new.

Their magic weaves a pleasant spell  
A sea of blue that meanders in the breeze  
And floats delicately over the forest floor,  
Their fragrance creates a delicate smell.

Nature now has all its beauty brought  
To the fore before summer casts its spell  
Delicate bluebells making spring so fine  
Their time on earth far too short.

## David Wood





# Butterfly detective



Wildlife  
Watch



Peacock



Brimstone



Comma



Orange-tip



Green-veined white



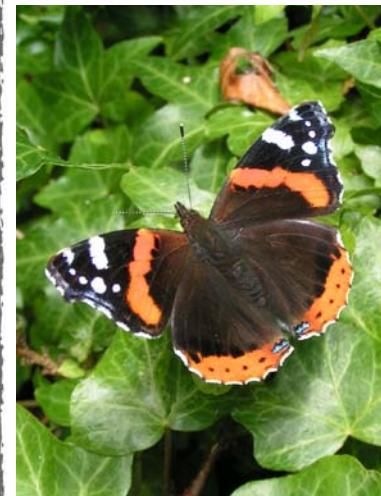
Holly blue



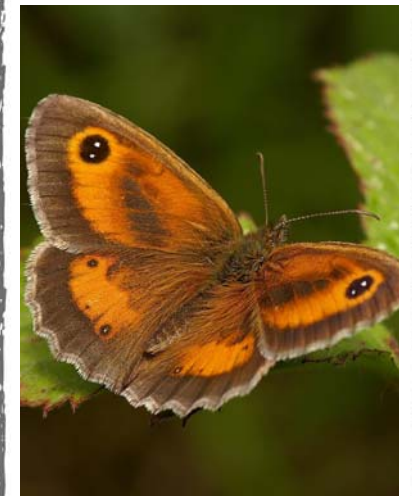
Small tortoiseshell



Painted lady



Red admiral



Gatekeeper





# Garden bird detective



wildlife  
watch



Chaffinch



Greenfinch



House sparrow



Blackbird



Blue tit



Goldfinch



Great tit



Collared dove



Starling



Wood pigeon







From "Nature Mandalas Coloring Book" - [www.art-is-fun.com/nature-mandalas](http://www.art-is-fun.com/nature-mandalas)

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## Longley Wild at Heart Pop Quiz!

Q1. What do you call the art technique of using a hot metal 'pen' to burn decorative patterns into wood?

Q2. Where have we visited to see bluebells?

Q3. Name 2 tree species you could find around Longley 4 Greens?

Q4. Name a herb, flower or fruit that Delphine brought in to drink as a medicinal herbal tea?

Q5. Name a type of owl the Wise Owls have brought in to Longley?

Q6. What can you use to make a festive wreath or table decoration?

Q7. Name something you might plant in a wildlife pond?

Q8. Name the mythical, mischievous tree spirit which we made out of clay and put up around the Longley 4 Greens?

Q9. Name any natural material you can paint with, either from a wood or from the kitchen!

Q10. Name a type of bird feeder you can make to attract birds to your garden?

**ANSWERS: Q1.** Pyrography **Q2.** Woolley Woods, or anywhere you have spotted bluebells! **Q3.** Plenty of right answers, including: birch, hawthorn, crab apple, apple, whitebeam, lime, sycamore, maple, ash, cherry, oak, plane, beech, holly. **Q4.** Marsh mallow, elderberry, sage, or calendula. **Q5.** Storm the Harris Hawk, Boo the Eagle Owl, Orville the Little Owl, Gizmo the White-Faced Owl, Peanut the American Kestrel, or Squeak the Barn Owl. **Q6.** Holly, ivy, willow, poppy heads, pine cones, etc. **Q7.** Lots of right answers here, here are some: submerged pondweed, water lilies, loosestrife, iris, watercress, sedges, thrift, etc. **Q8.** Tree Bogart **Q9.** From a woodland – oak galls or shaggy inkcap, from the kitchen – coffee, spinach, onion skins, turmeric, berries, and many others! **Q10.** Fruity bird-feeders made of oranges, willow weaved bird feeders, or coconut bird feeders.





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## Nature Quiz

### December 2018 Rotherham

#### Section 1 Clifton Park

**Q1.** Can you name the beautiful red autumn leaved tree at the top of the Rock Garden?

**Q2.** Where did the Roman Granary stone remains at the back of the Museum originally come from?

**Q3.** What year was The Coronation Beech tree planted? (to the nearest 10 years)

**Q4.** Name 3 plants that grow in the Walled Garden?

**Q5.** Can you name the large tree on the grass at the front of The Garden House?

#### Section 2 Rotherham

**Q6.** Can you name the Nature Reserve very close to the centre of Rotherham? Clue: Its part of the Town's flood defences and it is a Roman hundred!

**Q7.** Which local park has its very own Castle?

**Q8.** Can you name the ancient woods that extend across the hillside from Boston Castle?

**Q9.** Can you name the 2 rivers that flow through Rotherham?

**Q10.** Rotherham and Sheffield have lots of beautiful, local green spaces. Can you name 3 more?



### **Section 3 Wild at Heart**

**Q11.** Can you name the type of craft work that uses hot tools to engrave on wood?

**Q12.** If you are a Hedgehog Hero what food and drink must you NOT give to hedgehogs?

**Q13.** Name one of the Wise Owls that visited us last week.

**Q14.** Can you name a butterfly you might see in Clifton Park?

**Q15.** Can you name a type of fungi, tree or plant you might find on our walks in Clifton Park?





# Sheffield & Rotherham

## Wild at Heart

### Make a Mandala

Create a unique design made of leaves, twigs and petals as a meditative piece of artwork, before sweeping it away in an ancient tradition.



Mandala simply means 'circle' in Sanskrit, and is also an ancient practise used in Hindu and Buddhism, but the concept is also found across the globe in Christianity and in Native American traditions.

The spherical mandala represents Earth, life, the universe, and everything in it.

Mandalas are traditionally made with coloured sand or crushed glass and are arranged into a circle, or into any symmetrical shape. A mandala can be created using a geometric blueprint, or can be made up on the spot as simple as a spiral design. They can be large or small, and can take a few minutes, several hours, or a whole week to make.





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Once the mandala is created, the whole thing is swept away. The aim of a mandala is not the end result, but the process itself. The object is not to create a permanent structure, but to experience the meditative process and to learn a lesson in impermanence.

Traditionally, mandalas are created as a spiritual practise by monks, as the relaxing process of building up an intricate design over several days allows for a lot of time to contemplate. The destruction of the mandala serves as an important lesson about the impermanence of life, and to appreciate being in the moment.

## Create your own Mandala

To create a mandala of your own, the aim is the same: as a meditative process in creating your mandala, knowing as you create it that it is a transient formation and to enjoy the process itself, and learning to come to terms with impermanence. Finally at the end, sweep your mandala away, or relinquish it to the elements.



### 1. Choose the design for your mandala.

A mandala can be a simple pattern, or an intricate design – the basic idea is something symmetrical: a circle with repeating patterns. How complex you go may depend on how much time you have to create your mandala. Take inspiration from a flower, a spiral, or a sun shape. Or, simply make up a pattern as you go based upon the materials you collect.



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**2. Collect materials for your mandala.** Here are some materials you can collect to make your mandala:

- Sand
- Soil – wet and dry soils makes for different shades
- Pebbles
- Leaves
- Flowers or petals
- Foraged berries
- Fallen fruit
- Grass
- Twigs
- Cones – try different sizes
- Catkins
- Acorns and nuts
- Sea shells
- Snail shells



Make a mandala at different times of the year using seasonal materials, they will look very different depending upon when you make them!

**3. Find a flat surface to make your mandala.**

Find a space in your garden, a park, the woods, or a beach. Look for a flat area of ground, or even a level tree stump. You may need to brush away fallen foliage to create a flat surface to work on.





#### 4. Make your mandala.

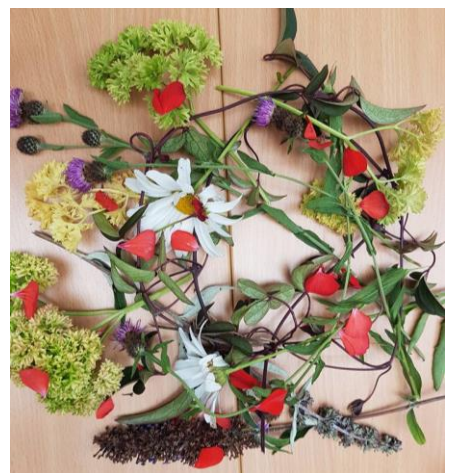
Place your materials to make up your design: it can be easiest to start from the middle and work outwards.

As the design comes together, make sure to be in the moment and appreciate the time you are getting to relax, be absorbed in your art, and be creative.

#### 5. Sweep it away.

Once you have finished your mandala, take a moment to take in what you have created, before sweeping it all away. If you prefer, you can leave it up to nature to sweep it away in time – the wind will blow, and creatures will investigate it and run over it, and eventually it will be gone.

Whatever you chose, remember the feeling of joy of creating your unique design, and remember what you learned in the process.







# Sheffield & Rotherham

## Contemplating impermanence:

Change is inevitable, and nothing lasts forever. We may wish that nothing will ever change and try to stop things ending, but this can stop us enjoying the moment.

When we accept that something will not last forever, we come to terms with change and enjoying being in the moment. It will always be sad to say goodbye to someone, but if we accept change and impermanence we can take comfort in knowing that the time spent with them was truly appreciated and not wasted.



Accepting, and even embracing impermanence can help make us live in the moment and not worry about change. This can help us understand that everyone



and everything is always changing, including ourselves, which can help us be more forgiving of others and ourselves.

The result of such mindfulness can help us to realize what is really important and live in the moment, appreciating life as it happens.



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