



Sheffield &  
Rotherham

# Wild at Heart

Be wild, whatever your age

Hello,

I hope that this nature activity pack finds you well.

Throughout July, all sorts of butterflies are out in full force. Why not take part in the Big Butterfly Count this year? We've attached the chart for you to give it a go, just spend 15 minutes outside noticing what butterflies you see anytime between Friday 17 July to Sunday 9 August!

We've been busy trying to work out how and when it might be possible to start short, small group, outside walks in the park but this is going to take some time and will be dependent upon the local Coronavirus situation. Watch this space!

We have also had some changes to our phone system at the office so if you need to ring us and can't get through on the old number do try this one: 0114 312 2235.

Here is a selection of nature inspired activities to enjoy. Do let us know how you get on! Email us at [J.King@wildsheffield.com](mailto:J.King@wildsheffield.com) or call.

Stay Wild!

With very best wishes

Jenny, Susan & Jess



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## July Foraging

**Foraging is the activity of finding, gathering and harvesting wild foods – for free. It's a great way to stay active and spend time outdoors connecting with nature and learn more about where your food comes from.**

### Tips for Foraging

At Wild at Heart we advocate getting to know the nature in your neighbourhood and caring for and nurturing it wherever you can. Plants are the basis for our existence so we treat all plants with respect. Foraging for us means engaging with our plant neighbours with all our senses and taste does come into it **BUT!**

1. Some plants can be poisonous so get to know what you can taste on your patch safely.
2. Never pick more than a small amount – leave some for wildlife, regeneration and other people might like a taste too.
3. Make sure you have a plan to use or preserve your foraged bounty so it doesn't go to waste once its collected.
4. If you have access to a growing space to grow your own and you find something you like, collect a few seeds and grow it yourself – it's a really lovely way to keep connecting with the nature you have access to all year round.
5. It should go without saying to never collect someone else's property! If in doubt ask permission.

There's lots more info online. Try starting with the Countryfile Monthly Foraging Guide.



### Summer Garden Salad

If you have flowers at home, try brightening up a shop bought salad with a few edible flowers like nasturtiums, calendula, borage, chives or mallow. Split the petals up or leave them whole. Be adventurous and add in some tender young foraged leaves like, dandelion, sorrel, or orache.

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## Wild Strawberries

Wild strawberries are a delicious little find if you are out on a walk. They are small, sweet and juicy and found in hedgerows and woodlands.



## Wood Sorrel

There are several varieties of sorrel, but wood sorrel is a true forager's friend. Found mostly in woodland at the base of trees, wood sorrel can be identified by its low-lying, fresh-green leaves, and in summer by its dainty, white flowers. The plant has a distinctive sharp, citrus taste, making it suitable for sauces and salads. It does however contain oxalic acid which is poisonous if consumed in large quantities,

## Bilberries

Bilberries are one of our South Yorkshire specialities! They grow well on thin moorland soils and are very abundant on the edges of the Peak District. They are small and take a long time to pick but what a way to spend some time out in nature! Bilberries can be eaten raw (or used as face paint – watch out they will stain), or made into a simple jam or sauce. Look out for our W@H recipes!



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## Observation Walk

**Head outside with a camera. Take time to notice what is natural in your local area and think about what it means to you.**

Take a photo of something green

Find a tree to watch for a while

Can you touch it? Say one word about how it feels.

Look up at the clouds. Say one word about how they make you feel

Can you see a living creature? A bird, an insect? Watch it for a while

Take a photo of where it is – even if it has flown off or scurried away

Is the sun shining? Take a photo with the sun in front of you

Turn around and take a photo with the sun behind you. Can you see any difference?

Count how many different shades of green you can see

Breathe in the air. What does it smell like?

Listen out for birds singing. Look closely, can you see them?

Take a photo of something yellow

Keep an eye out for butterflies. Can you get a photo?

Stop and stamp your feet. Notice the ground beneath your feet

Find an object to take home – a feather, a stone, a leaf

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# How to help birds avoid windows

## You will need:

- card  A4
- black marker pen 
- scissors 
- thread or fishing line 
- suction cup, blu-tack or duct tape



You can find these on most shower puffs.

- 1 Sketch a large bird shape on your card, and colour it in with your black pen. Cut it out.



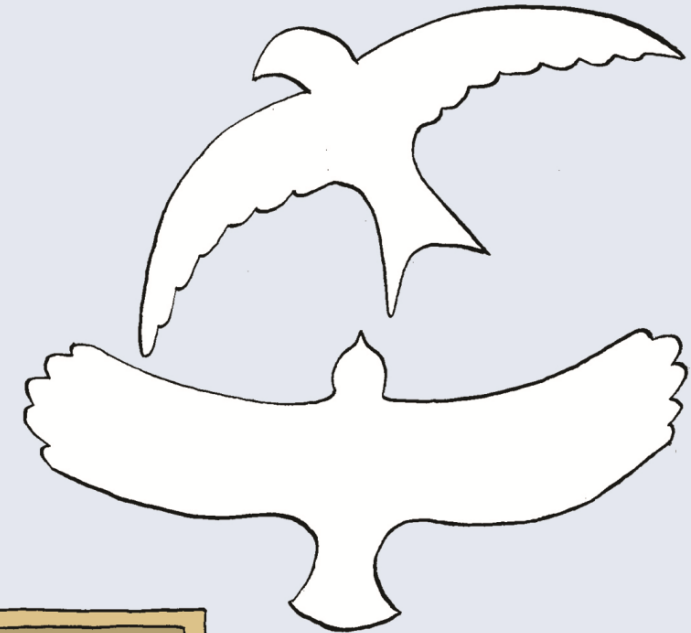
- 2 Make a small hole in the top of the bird and tie it onto a short thread.



- 3 Hang the bird outside a window to break up reflections on the glass. It will also move in the wind.



## Some shapes to try:



Attach with a suction cup, blu-tack or duct tape.



# BIG BUTTERFLY COUNT

Spend 15 minutes in a sunny spot. Use this chart to note how many of each species you see. Then submit your sightings at [www.bigbutterflycount.org](http://www.bigbutterflycount.org) or download our free app

supported by



Large White



Small White



Green Veined White



Brimstone



Marbled White



Small Copper



Speckled Wood



Meadow Brown



Ringlet



Gatekeeper



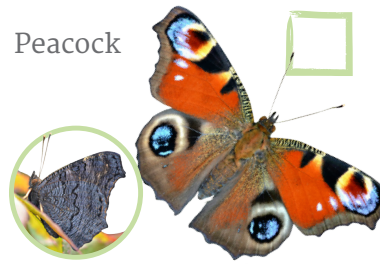
Comma



Painted Lady



Peacock



Red Admiral



Small Tortoiseshell



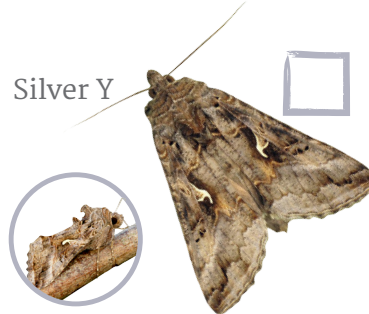
Common Blue



Holly Blue



Silver Y

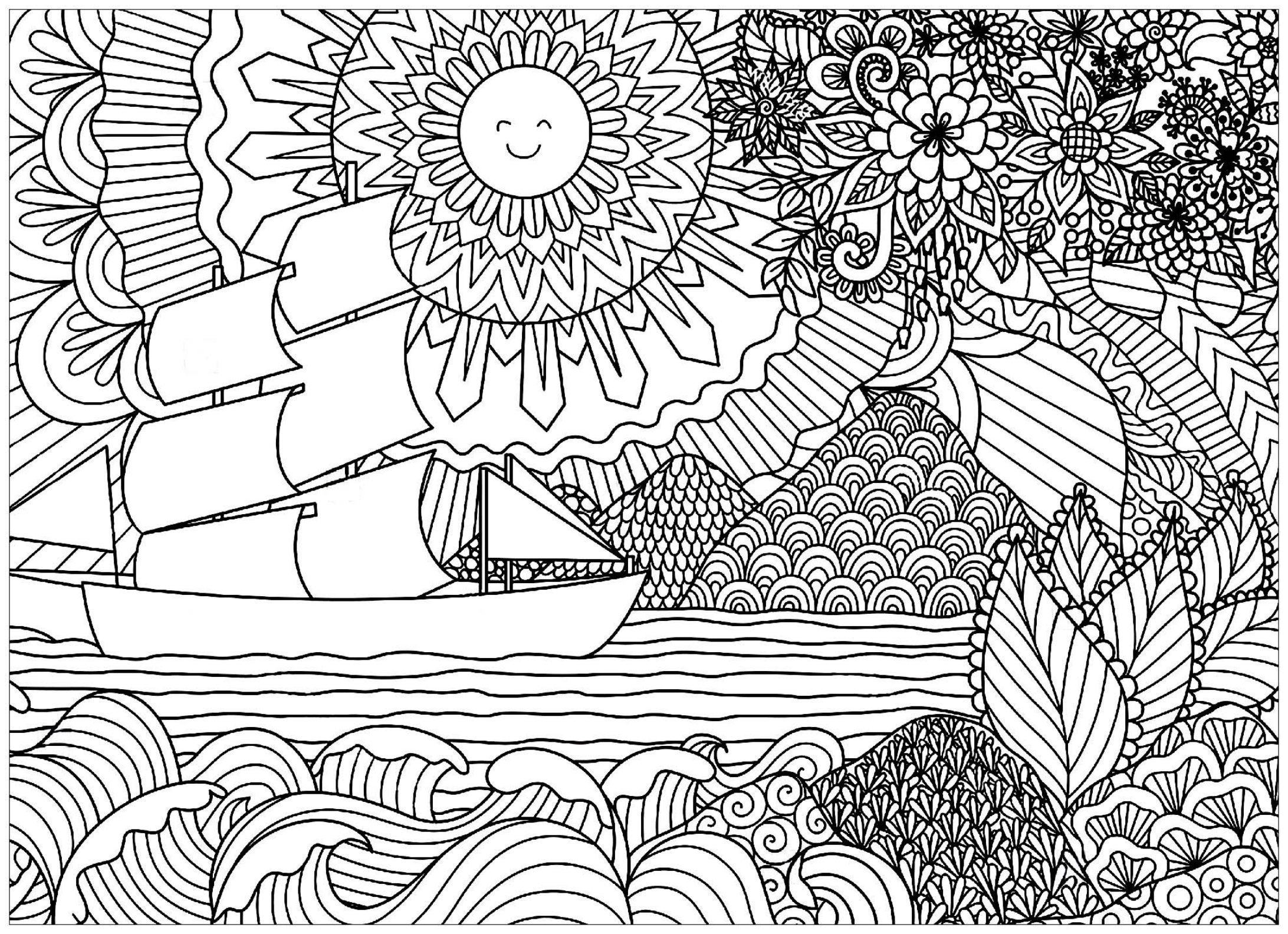


Six-spot Burnet



Don't forget to join us online with **#ButterflyCount**









# The Brook

By Alfred Tennyson



I come from haunts of coot and hern,  
I make a sudden sally  
And sparkle out among the fern,  
To bicker down a valley.

By thirty hills I hurry down,  
Or slip between the ridges,  
By twenty thorpes, a little town,  
And half a hundred bridges.

Till last by Philip's farm I flow  
To join the brimming river,  
For men may come and men may go,  
But I go on for ever.

I chatter over stony ways,  
In little sharps and trebles,  
I bubble into eddying bays,  
I babble on the pebbles.

With many a curve my banks I fret  
By many a field and fallow,  
And many a fairy foreland set  
With willow-weed and mallow.

I chatter, chatter, as I flow  
To join the brimming river,  
For men may come and men may go,  
But I go on for ever.

I wind about, and in and out,  
With here a blossom sailing,  
And here and there a lusty trout,  
And here and there a grayling,

And here and there a foamy flake  
Upon me, as I travel  
With many a silvery waterbreak  
Above the golden gravel,

And draw them all along, and flow  
To join the brimming river  
For men may come and men may go,  
But I go on for ever.

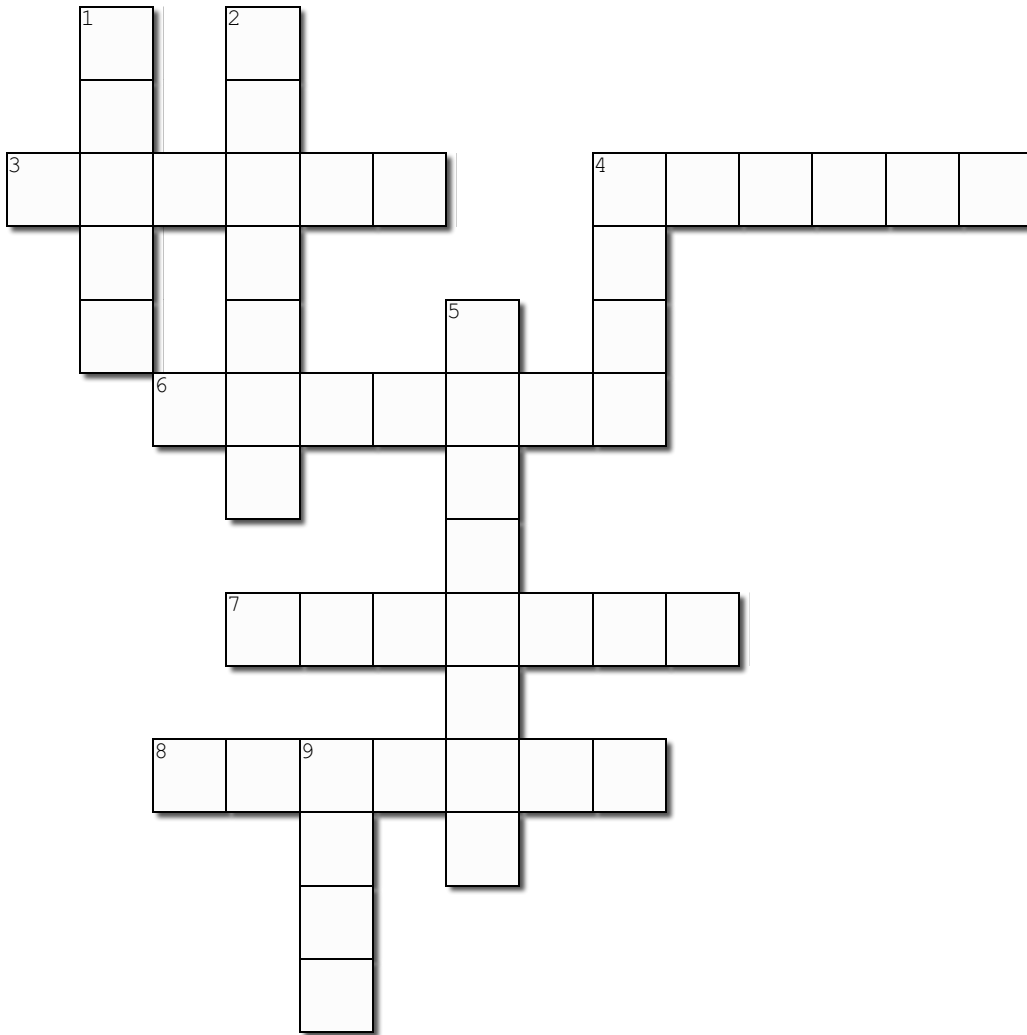
I steal by lawns and grassy plots,  
I slide by hazel covers;  
I move the sweet forget-me-nots  
That grow for happy lovers.

I slip, I slide, I gloom, I glance,  
Among my skimming swallows;  
I make the netted sunbeam dance  
Against my sandy shallows.

I murmur under moon and stars  
In brambly wildernesses;  
I linger by my shingly bars;  
I loiter round my cresses;

And out again I curve and flow  
To join the brimming river,  
For men may come and men may go,  
But I go on for ever.

# Wild at Heart Crossword



Created using the Crossword Maker on [TheTeachersCorner.net](http://TheTeachersCorner.net)

## **Across**

3. The material which covers the antlers of a deer (6)
4. What we all enjoy being at one with, at Wild at Heart (6)
6. The dam makers of the animal world, recently re-released in England (7)
7. The largest penguin, lives in Antarctica (7)
8. A bird you might find at a hoedown! (7)

## **Down**

1. A type of fish that can be found in the sea, rhymes with something you do while you sleep (5)
2. The name for a young hare (7)
4. What squirrels stash away for winter (4)
5. A spiky friend, for example Mrs. Tiggy-Winkle in the Beatrice Potter books (8)
9. Type of weather, it falls in droplets (4)

# Cat Family Word Search

Can you find all these cat members in the Word Search?  
And can you spot which one is made-up?!

Q	C	O	L	O	H	A	F	P	U	M	A	J	B	A	Y	C	A	T	X
X	F	L	Y	U	G	E	D	W	D	N	K	X	Z	A	S	R	N	M	G
C	L	A	N	A	S	I	A	N	G	O	L	D	E	N	C	A	T	E	D
X	J	O	X	N	R	W	J	A	G	U	A	R	B	S	O	M	J	M	T
G	U	X	M	S	K	O	D	K	O	D	S	T	O	P	T	J	P	A	S
R	N	S	N	O	W	L	E	O	P	A	R	D	B	A	T	I	C	R	L
D	O	M	E	S	T	I	C	C	A	T	Q	R	C	X	I	S	H	B	O
P	U	L	U	B	Y	S	H	O	X	I	I	G	A	M	S	W	E	L	R
T	A	C	U	R	A	S	J	E	V	C	N	A	T	A	H	D	S	E	L
S	Y	H	X	Q	T	H	S	V	A	I	S	Y	L	Q	W	D	H	D	Q
P	J	E	A	K	X	G	F	L	H	B	I	L	L	T	I	R	I	C	N
S	U	E	C	G	W	L	L	S	I	O	A	A	A	Q	L	U	R	A	S
W	N	T	D	N	O	I	I	R	O	P	C	C	W	A	D	R	E	T	V
D	G	A	M	N	C	F	C	F	R	A	S	R	V	E	C	V	C	U	L
I	L	H	Q	N	E	S	E	J	R	A	N	R	I	F	A	Z	A	W	B
E	E	S	O	L	L	E	G	A	P	K	E	J	R	P	T	R	T	O	D
L	C	I	L	E	O	L	C	M	G	S	E	J	J	F	E	W	B	P	V
V	A	F	I	V	T	S	A	N	D	C	A	T	S	G	A	G	Q	Y	L
R	T	F	O	D	L	P	C	I	E	W	A	W	I	D	N	N	Q	U	K
D	W	D	N	X	E	W	U	P	C	H	C	T	F	F	B	V	V	G	D

Lion

Tiger

Bobcat

Caracal

Marbled Cat

Cheshire Cat

Asian Golden Cat

Domestic Cat

Scottish Wildcat

Snow Leopard

Lynx

Jungle Cat

Kodkod

Serval

Pampas Cat

Oncilla

Cheetah

Jaguar

Puma

Sand Cat

Ocelot

Fishing Cat

Pallas's Cat

Bay Cat

# Dog Family Word Search

Can you find all these dog members in the Word Search?  
And can you spot which one is made-up?!

N	M	K	I	J	F	Z	Z	N	R	S	Y	F	J	O	E	M	P	X	M
Q	Z	B	M	F	I	V	G	C	I	U	M	E	X	I	M	N	T	Y	L
X	O	A	A	L	H	J	W	E	O	K	J	O	H	M	Q	B	P	A	F
Q	U	S	N	P	K	G	Y	A	Y	Y	F	L	K	B	W	U	I	F	B
T	N	I	E	W	G	G	S	L	C	G	O	I	X	H	P	S	S	R	D
F	F	L	D	M	W	Q	P	N	N	U	V	T	K	H	A	H	L	I	T
R	M	B	W	A	R	C	T	I	C	F	O	X	E	D	V	D	A	C	V
K	W	R	O	Z	B	A	T	E	A	R	E	D	F	O	X	O	N	A	C
C	T	U	L	X	I	A	I	M	O	F	Y	V	R	H	Z	G	D	N	F
Y	L	S	F	R	E	Z	F	V	U	Q	D	I	N	G	O	N	F	W	G
L	J	H	F	B	L	V	S	M	O	D	H	O	L	E	X	L	O	I	G
Q	Q	A	A	T	A	J	G	Q	Q	M	L	I	L	I	G	W	X	L	T
H	E	R	S	H	O	R	T	E	A	R	E	D	Z	O	R	R	O	D	U
N	C	A	D	B	G	G	F	R	A	C	C	O	O	N	D	O	G	D	B
H	N	E	W	G	U	I	N	E	A	S	I	N	G	I	N	G	D	O	G
P	O	Q	U	P	N	R	T	S	L	X	I	S	Q	A	X	Y	I	G	O
Z	S	I	D	E	S	T	R	I	P	E	D	J	A	C	K	A	L	S	H
I	M	I	Z	W	G	N	R	D	V	G	E	S	W	U	J	L	G	N	L
N	S	A	Y	N	R	D	T	I	B	E	T	A	N	F	O	X	J	Y	S
A	C	G	B	B	M	E	V	I	Q	G	R	E	Y	W	O	L	F	B	E

Coyote

Dingo

African Wild Dog

Basil Brush

Maned Wolf

Bat-Eared Fox

Grey Wolf

Arctic Fox

New Guinea Singing Dog

Tibetan Fox

Bush Dog

Island Fox

Side-Striped Jackal

Raccoon Dog

Short-Eared Zorro

Dhole

Crab-Eating Fox

# Yorkshire Rivers Word Search

Find these rivers of Yorkshire in this Word Search! One river isn't found in Yorkshire, can you work out which one it is and what county it is actually found in?

R	M	B	L	N	E	U	C	Q	Z	S	V	O	J	X	N	E	I	O	K
G	K	X	W	D	B	Z	M	W	H	R	Y	E	G	E	F	V	L	S	L
C	F	F	Z	A	Y	E	C	A	L	D	E	R	R	E	Q	K	E	L	B
C	R	T	V	F	L	W	H	A	O	B	O	Z	B	Y	N	I	A	L	V
H	V	T	R	P	G	U	O	E	E	Z	X	W	V	N	J	C	R	G	T
Q	Z	A	U	B	S	Y	G	Q	R	T	C	E	D	B	C	Y	D	X	K
R	H	W	T	S	K	K	Z	N	R	T	Q	U	Y	I	U	H	K	U	O
W	I	S	K	E	I	K	I	D	W	P	F	N	R	E	N	B	G	C	U
O	P	A	R	V	R	L	O	R	W	X	E	O	N	E	Q	P	R	J	C
K	X	O	I	E	X	E	D	J	F	V	W	R	R	W	W	G	O	V	N
Q	W	E	H	R	W	V	P	X	E	A	A	Q	K	D	K	I	H	X	S
R	S	T	R	N	E	E	Y	S	P	E	R	R	I	A	J	I	R	H	U
O	O	K	E	K	U	N	F	O	D	I	L	E	C	S	D	C	F	P	L
R	S	O	D	B	N	B	O	D	O	Y	B	Q	B	X	S	W	D	R	J
C	C	H	H	U	L	L	U	G	V	Y	N	U	H	G	D	B	G	L	Q
X	L	I	O	B	V	B	L	U	E	L	U	C	R	T	M	Y	D	X	O
Z	C	R	X	U	A	K	N	I	D	D	N	L	C	U	F	F	C	K	P
P	G	L	Q	U	S	D	E	R	W	E	N	T	Z	S	K	U	M	V	A
P	L	N	X	T	W	E	S	F	J	E	S	D	P	Q	L	V	D	Q	R
H	W	L	N	Q	L	V	S	U	L	L	P	B	F	X	S	A	A	K	M

FOULNESS

ROTHER

WHARF

DERWENT

SEVEN

HULL

RICCALL

CALDER

SEVERN

DOVE

LEVEN

OUSE

RYE

NIDD

SKIRFARE

URE

HERTFORD

AIRE

WISKE

ESK

DEARNE

# Wild at Heart

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## Marmite Bread

Bread making can be a really gentle activity that gives great pleasure and enjoyment. This is a very easy, simple recipe using marmite to make a successful loaf at home. Once you've got the bread making bug there are lots of other recipes and techniques you can learn that helps connect you deeply to the food you eat. Combining fresh bread with a bit of foraged salad can be very satisfying!

### Ingredients

320ml lukewarm water  
1 tablespoon Marmite  
500g strong white bread flour  
8g salt  
2g easy action dried yeast

### Method

1 Pour the water into a large bowl. Stir in the Marmite – a quick whisk can help to mix it up evenly – then add the white bread flour, salt and dried yeast. Mix together thoroughly, but don't bother with any kneading – the dough will look 'shaggy' but don't worry.

2 Cover it with a plastic bag or cloth and leave overnight at room temperature. In the morning scoop it out onto a lightly floured board and shape it into a ball. (This is done by flouring your hands and gently pulling the top of the loaf round the sides to the underside as you slowly turn the ball around, repeating the process a few times, just as if you were shaping a piece of clay or playdough! There's no right or wrong way to do this and it doesn't matter too much what it looks like it will still taste great).

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Place onto a sheet of lightly greased and floured baking paper, cover with a cloth and leave for an hour. Heat your oven to its maximum temperature and place a casserole dish in it with the lid on to heat up.

3 After an hour of letting your bread prove, take out the casserole dish, lower the baking paper with the dough into it, make a slash in the top of the dough with a sharp knife and pop the lid back on. Put back in the oven for 30 minutes at the maximum temperature. After 30 mins remove the lid and give it another 15 mins.

4 Carefully lift the paper out and slide the loaf on to a cooling rack for half an hour. Congratulate yourself for holding back, then wolf the whole thing down. Amazing with soup and cheese!



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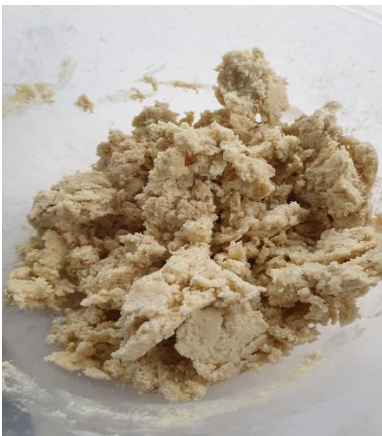
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## Petal Shortbread

Flecked with petals or dusted with marigold sugar, this is a floral twist on shortbread to fall in love with.

Make it one of your 5 Ways to Wild Wellbeing Nature Connection Activities.

Try using foraged flowers and herbs to create delicious flavours and pretty, individualised biscuits.

### Basic Shortbread Recipe

#### Ingredients

- 125g/4oz butter
- 55g/2oz caster sugar, plus extra to finish
- 180g/6oz plain flour

#### Method

1. Preheat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/1/2in thick.
4. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
5. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

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## Variations

**Pressed Flowers** – try pressing edible flowers and petals such as Calendula (Marigold), Borage, Lavender, Nasturtium & Rose. Remember only the English Pot Marigold is edible NOT the French or African Marigolds. Use beaten egg white as ‘glue’ to fix the dried petals & flowers to the biscuits.

**Fresh Petals** – gently add fresh petals to the biscuit mix at stage 3 when you stir in the flour.

**Herbs** – add fresh herbs to the mix at stage 3 such as Thyme, Rosemary or Lavender to give the biscuits a punchier flavour.

**Marigold Sugar** – use a blender to mix a handful of Calendula petals with 50g of caster sugar. Add a few extra petals.

Share your beautiful biscuits if you can!

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# Finch detective



Wildlife  
Watch



Chaffinch



Greenfinch



Goldfinch



Bullfinch



Brambling



Siskin



Lesser redpoll



Linnet



Hawfinch



Twite