



Sheffield &
Rotherham

Wild at Heart

Be wild, whatever your age

Hello,

How are you doing?

It has been about 8 weeks since we were all together. We are certainly missing the regular Wild at Heart groups. Seeing everyone and sharing time and wonderful seasonal activities. Here is a selection of nature inspired activities to enjoy.

Do let us know how you get on.

There's a wide range of colour outside at the moment, they seem all the brighter in the early summer sunshine. What colours can you collect on your sticky palette?

What wildlife have you spotted from your home? Each afternoon I have been watching out for a fox which crosses the back of the garden. She's often nose to the ground following a scent.

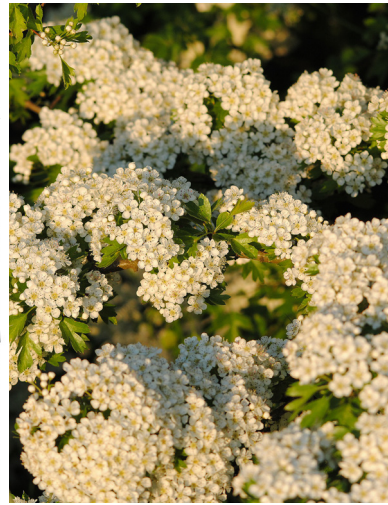
With very best wishes
Jenny, Susan & Jess



Hedgerow wildlife detective



Hedgehog



Hawthorn blossom



Bullfinch



Harvest mouse



Painted lady



Hawthorn shieldbug



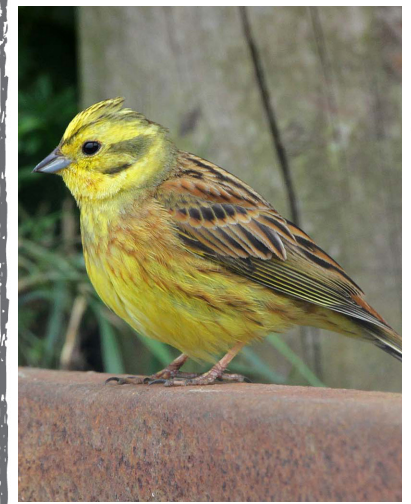
Great tit



Common toad



Red campion



Yellowhammer



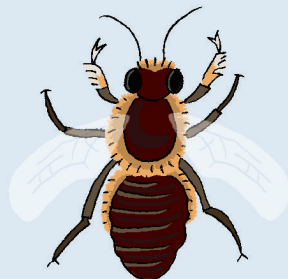
Bee identification

All bumblebees shown are worker bees



14-17mm

Buff-tailed bumblebee



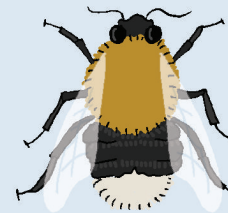
12-18mm

Willoughby's leafcutter bee



11mm

Red mason bee



10-16mm

Tree bumblebee



12-18mm

White-tailed bumblebee



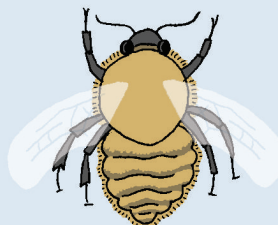
13-14mm

Red-tailed bumblebee



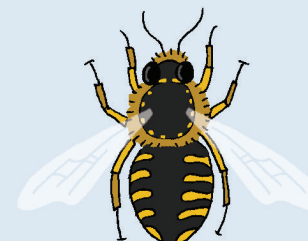
10mm

Tawny mining bee



13mm

Common carder bee



13mm

Wool carder bee



14-15mm

Hairy footed flower bee

Baby bird detective



Robin



House sparrow



Blue tit



Blackbird



Wren



Great tit



Starling



Great spotted
woodpecker



Goldfinch



Woodpigeon



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Wild at Heart Lockdown Bunting



Would you like to have a go at decorating a piece of Wild at Heart bunting? We've used the large piece of calico from last years Beautiful Border and cut it up into lots of triangles ready to be decorated in whatever way we choose.

Please feel free to use whatever medium and design ideas seem natural and meaningful for you. Whether its embroidery, natural dyes, leaf bashing, painting, drawing, writing a poem or anything about this lockdown period that has helped you get through – the garden birds, the trees in the park, flowers, clouds..... or drawings of everyone in the Wild at Heart group!

When we all get back together again, we can have a session putting it together and use it to help showcase the project.

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Leaf Bashing

This is a really simple and effective way to use natural plant materials to get colour onto cloth. Pick some leaves and flowers. Get something like a chopping board to work on and a hammer or large stone and bash the plant into the bunting triangle. It will be good therapy! Take care not to get too carried away. There is no right or wrong way to do this and only trying and practising will help you find out what works best. I used a blunt knife to scrap away any leaf or flower bits afterwards. It's not always neat but we really won't mind!



Painting with Natural Dyes and Inks

If you have a go with making some onion skin or other natural dye you can always boil down the remaining liquid to concentrate it into an ink. It might take a while but watch it carefully towards the end as the water boils away. The ink gets thicker and stops bubbling – that's when it's done and can be used on the bunting. Painting onto fabric can be very relaxing. Enjoy the process and just play with it unless of course you would like to create some fabulous bunting art!

These are just ideas, feel free to decorate the bunting in whatever way you can. I'm sure we'll have a bunting making session or two just as soon as we can.

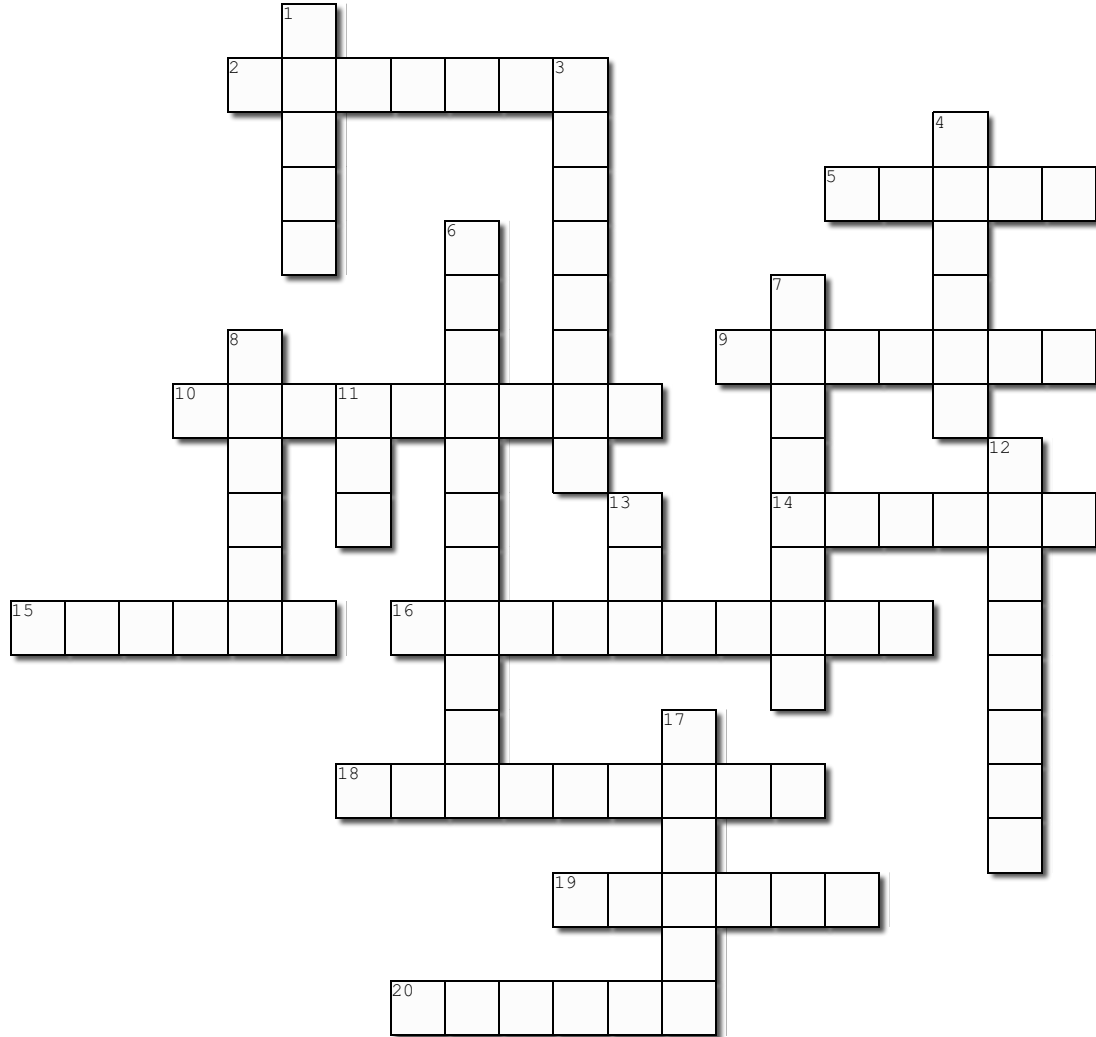
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Wild at Heart Nature Crossword



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. The seeds of the horse chestnut tree, popularly collected in Autumn for the children's game of the same name (7)
5. A yellow and white flower you make chains with (5)
9. A beautiful white and brown bird which silently hunts for rodents at dawn and dusk (4,3)
10. An insect with yellow and black stripes which pollinates flowers (9)
14. A black-and-white striped mammal, related to the weasel, but the size of a fox, which comes out at night (6)
15. The season of bluebells and cherry blossoms and new leaves on trees, lambs in fields, and birds courting and nesting (6)
16. Juicy berry which grows in prickly hedges and is popularly picked in August and September (10)
18. This falcon is the fastest animal on the planet when it dives through the sky (9)
19. The stinging plant found in parks and woodlands, which can be made into a rich green soup (6)
20. The season of hottest days, and swallows and dragonflies and butterflies flying in the sun (6)

Down

1. Britain's favourite bird, also known as the red breast (5)
3. A small mammal with a bushy tail that climbs trees, and hides nuts and seeds for the long winter months (8)
4. A common tree, its flexible bendy stems were used traditionally to weave baskets and festive wreaths (6)
6. The first stage in a butterfly's life cycle which eats leaves (11)
7. A common black-spotted red beetle which eats aphids (8)
8. The season of red and orange falling leaves, and small animals preparing for hibernation (6)
11. A mammal that flies at night and sleeps upside down (3)
12. A prickly mammal which eats slugs and pests in gardens, and likes to travel along hedges (8)
13. A large, iconic and strong tree which produces acorns (3)
17. The season of the longest nights and chilly days, and mushrooms popping up from the ground (6)

Spring nature treasure hunt



wildlife
watch

Go on a nature treasure hunt! How many of these things can you find on the ground?



Leaf



Pebbles



Grass



Feather



Hazel catkin



Moss



Twig



Blossom



Bark



Empty shell





From Creative Haven Magnificent Mehndi Designs Coloring Book, Marty Noble,
<http://store.doverpublications.com/0486797910.html>

The Garden Of Five Senses - Poem by Anita Atina

The garden of five senses

Welcomes with flowers, of all hues

An island of green amidst historic ruins

That pushes the urban sprawl away

And lends unhurried space



Wind chimes sway in the breeze

With fragrant plants and flowering trees

Terracotta elephants keep company

To shimmering fountains

And royal courts of rare plants

Amidst this garden stands the

The tree of life

In quiet glory

At home with the garden

Yet apart, reaching out to the sun

Fluid waterways hold shy lilies

And a green grass skirt hides the moist earth well

Birds, butterflies and bees

Fly back, to waiting trees, at sunset

As nature keeps quiet harmony

Make a poem using your senses!

1. Roll a dice and pick a random sensory word for that number below. You can add your own words if you like!

For example, roll 3 > **Furry**

1	2	3	4	5	6
SMELL	TASTE	TOUCH	SOUND	SIGHT	FEELING
Fruity	Sweet	Slimy	Singing	Flowing	Happy
Perfume	Tasty	Muddy	Chirping	Dancing	Fun
Flowers	Mild	Wet	Silently	Quickly	Surprised
Woody	Munching	Woolly	Trickling	Slowly	Excited
Grass	Sour	Furry	Rustling	Bright	Curious
Earthy	Rich	Soft	Buzzing	Colourful	Calm
Musky	Spicy	Prickly	Noisily	Shadowy	Busy

2. Keep rolling until you have enough words to get some ideas.
3. You don't have to use the words here though, use them as inspiration for similar or related words!
For example: **Sweet** > **Sweeter** > **Sweetly** > **Honey** > **Honey bee**
Colourful > **Colours** > **Rainbow** > **Blue** > **Green**
4. It might help to sit with the window open or sit in the garden or your local park, that way you can use your senses there to inspire you!
For example: **Rustling** makes me think of the wind through the leaves in the park. **Singing** makes me think of the birds singing outside my window!
5. Use the words to piece together a few short sentences – remember, poems can but do not need to rhyme! Here's one:

Bees **buzz noisily** as they **dance** over the **flowers**

Caterpillars **munch** through the leaves.

The rain has brought an **earthy** smell through the window

Curiously I watch the birds **singing** in the trees.

See where your senses can take you!

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Sticky Palettes

A Simple Nature Connection Activity



Take your sticky palette out on a walk or in the garden.

When you are ready to stick your finds onto the card, peel off the top layer of the sticky tape.

Add your petals, leaves, plants or flowers to create a picture.

You can do this in many different ways:

Choose a theme such as see if you can find every shade of green or all the yellow flowers you can find. Here I have chosen different leaf shapes.

You can also choose to make a floral creation, bouquet or picture by adding as many flowers as you can fit on. No need to be tasteful. Every one is a unique creation for that moment!

If you want, take a photo and share it with us. Enjoy the palette for the time it lasts.

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Spring Seasonal Soup



Vegetable soups are a perfect for making the most of what's in season.

At this time of year you can make fresh, nutritious soups with peas straight from the pod and spring vegetables.

Peas are packed full of vitamins, fibre, iron and protein, and are low in fat and sugar. But don't worry, frozen peas are just as good as fresh for nutritional value!

Ingredients – serves 6

- 1 bunch spring onions
- 1 garlic clove
- 1 large potato
- 850ml vegetable or chicken stock
- 900g young pea in the pod, or 250g frozen peas
- 4 tbsp chopped fresh mint
- 1 tbsp fresh lemon or lime juice
- 150ml double cream or soured cream (Optional)

Method

1. Wash potatoes. Chop spring onions, garlic, and potato (keep skin on – full of fibre!)
2. Heat the oil in a large soup pot over medium-high heat. Add the spring onions, garlic and potatoes and fry. Stir occasionally, until they begin to soften.



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3. Add the vegetable stock.
4. Bring to a boil, reduce the heat to medium, cover, and simmer for 30 minutes or until potatoes are soft.
5. Shell the peas into a bowl.
6. Add the peas, mint, lemon juice and cream, simmer for another 5-10 mins – no more to keep that fresh pea flavour!
7. Season to taste with salt and pepper.
8. You can blend the soup in a food processor or with a hand blender if you prefer a smooth soup – then serve hot in bowls with bread!

Seasonal Eating – Spring - March to May

Here is a list of fruits and vegetables which are in season in Spring in the UK:

- Artichoke
- Asparagus
- Aubergine
- Beetroot
- Cabbage
- Chillies
- Elderflowers
- Lettuce
- New Potatoes
- Peas
- Peppers
- Radishes
- Rhubarb
- Rocket
- Spinach
- Spring Greens
- Spring Onions
- Watercress

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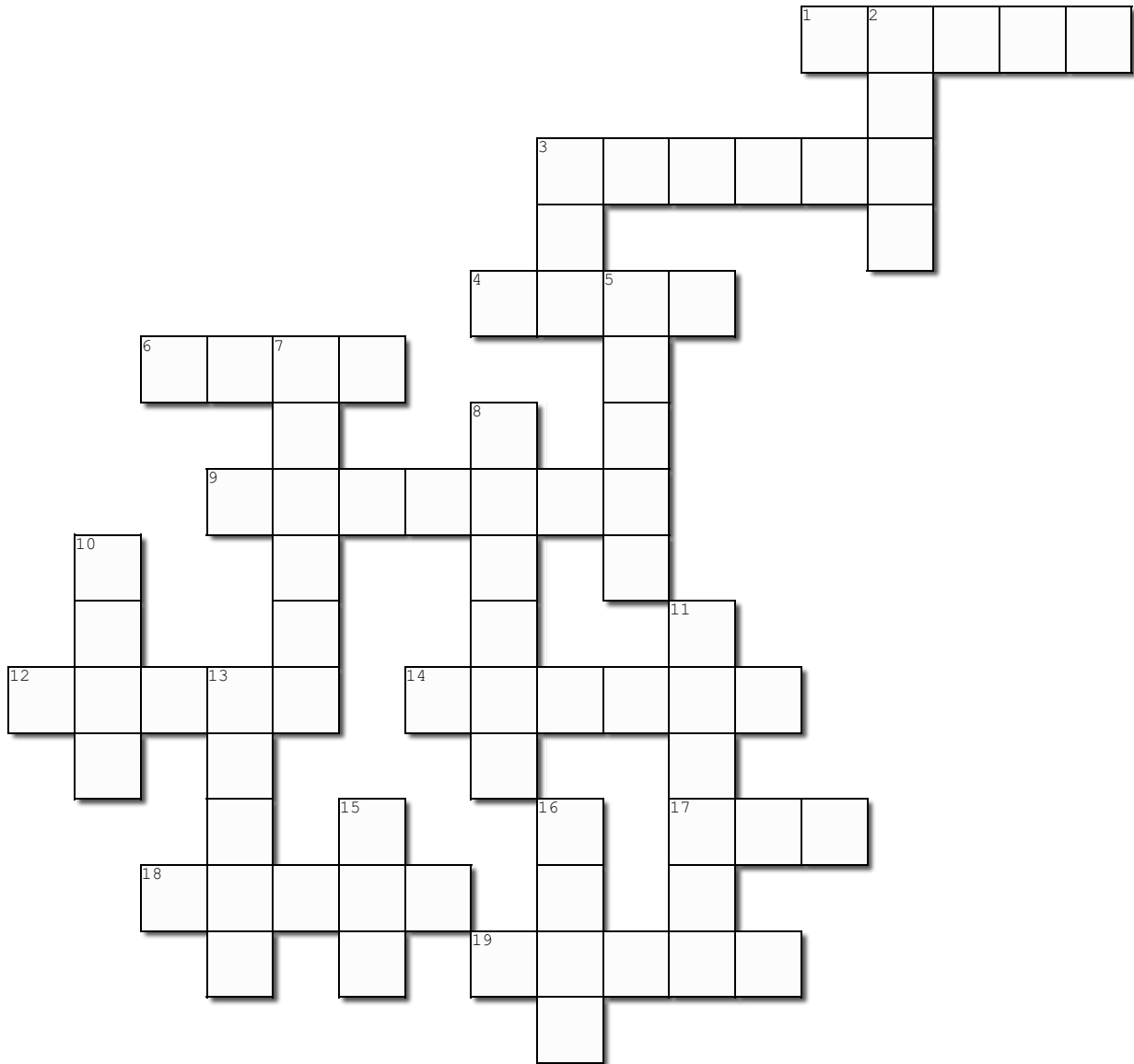
P	U	O	S	E	N	O	T	S	D	R	D	I	I
H	I	W	I	L	D	A	T	H	E	A	R	T	T
T	P	S	R	E	W	B	E	O	R	O	C	K	S
A	Y	S	E	S	I	E	A	I	W	P	B	M	R
E	T	L	U	G	L	E	D	T	O	L	A	O	S
R	I	L	I	A	D	G	A	N	B	M	S	O	E
W	N	E	F	G	L	A	D	O	D	O	R	R	A
E	U	B	Y	N	I	C	B	G	V	O	X	H	S
V	M	E	R	P	F	I	N	S	E	C	T	S	O
I	M	U	T	H	E	R	B	S	E	Y	D	U	N
T	O	L	E	N	A	T	U	R	E	M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

SEASONS
WILDLIFE
STONE SOUP
HEDGEHOG
BADGES
WILD AT HEART
COMMUNITY
FESTIVE WREATH
POLLINATOR
POND
GARDENING
MUSHROOM
BLUEBELLS
HERBS
POETRY
OWLS
NATURE
INSECT
BAT BOX
ROCKS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1104870/>

Animal Sounds Crossword

What sound does each of these animals make? For example a dog will BARK. Write the sound in the crossword below!



Created using the Crossword Maker on TheTeachersCorner.net

Across

1. Chick (5)
3. Cuckoo (6)
4. Goose (4)
6. Snake (4)
9. Bees (7)
12. Duck (5)
14. Deer (especially the male Stag) (6)
17. Sheep (3)
18. Toad (5)
19. Songbird (5)

Down

2. Owl (4)
3. Pigeon (3)
5. Horse (5)
7. Mouse (6)
8. Frog (6)
10. Fish (4)
11. Turkey (6)
13. Cricket or grasshopper (5)
15. Crow (3)
16. Wolf (4)

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Bean Sprouts

Make fresh sprouts from store cupboard beans!



Bean sprouts are a wonderful and simple way to turn a dry, store cupboard ingredient into fresh delicious produce using just water, light, warmth and the humble bean!

Bean sprouts are very nutritious, essentially as they contain all the things the plant needs to begin life – they are a great source of fibre, protein and iron, and are packed full of vitamins and minerals while low on fat and sugar.

Sprouting is when a bean or seed, lying dormant in the ground until conditions are just right, senses the light and water it needs and awakens. It produces a shoot, then a root, and finally grows upwards and forms its first leaf. This amazing process inspired the idea of ‘magic beans’!!

Mung beans, as known as Chinese beansprouts, are the most common and have a delicate nutty flavour, but you can use most beans and seeds by altering the timings slightly – like soy beans, alfalfa, chickpeas, cress seeds, or dried lentils.

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A note on safety:

We don't recommend eating mung bean sprouts raw as there is a risk of bacterial infection. Always wash your hands and equipment used before and after touching bean sprouts, and always cook bean sprouts before eating.



Growing mung bean sprouts:

What you will need:

- 2 tbsp dried mung beans
- A sieve
- A clean jar, about 500ml in size will do
- Cheesecloth or tea towel
- Rubber band or string

Instructions:

1. Thoroughly rinse 2 tbsp of mung beans in the sieve under the tap
2. Place mung beans in your jar.
3. Fill jar with cool water. Cover with the cheesecloth or tea towel and secure with a rubber band or string.
4. Place jar in a warm place for 12 hours to soak (6-8 hours for smaller beans or seeds), jostling the beans from time to time to aerate them.



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5. After soaking, the beans should have swollen in size a bit and tiny shoots will be visible. Drain the water away through the cloth lid, or using the sieve. Fill with fresh water and drain again straight away to rinse.
6. Place jar of beans with your cloth lid secured on top upside down on a plate – this will allow any remaining water to drain away. Place upside-down jar in a cool, fairly dark place not in direct sunlight for half a day.
7. After half a day, fill jar with water and immediately drain, then return jar upside-down to a cool dark place again. Do this twice a day (rinse and drain), for 3 – 5 days, each time returning the jar to a cool dark place for half a day.
8. Your bean sprouts are ready when they have thin white tails about an inch long. Pick out and remove any small, unsprouted hard beans.
9. Rinse your sprouts one last time and dry with a towel – these can be stored for up to 2 weeks in a bowl in the fridge, or cook straight away in a little oil in a frying pan to be added to salads, stir-fries or sandwiches!



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Making Natural Dyes

For thousands of years before the invention of synthetic colours in the 19th Century people made colours out of naturally found materials such as plants, rocks and insects. The dyes and pigments were used for dyeing clothes and painting on cave walls and later for making pigments and paints.

For some of our Wild at Heart sessions this spring and summer we were intending to be trying out some natural plant-based dyes using roots, berries, bark and leaves. However, due to the Covid emergency, we suggest, if you want to try making natural dyes at home to decorate the Wild at Heart bunting, you stick with simple store cupboard items such as onion skins, beetroot and used coffee grounds or teabags. If you want to take this hobby up further there is a lot of information online but be warned – it can get to be all consuming!!

Onion Skin Dye



This is a very simple dye that makes an orange yellow colour and usually gives good results so is a good place to start.

Collect up the outer layers of onions as you use them and put aside. They are dry and papery so won't go mouldy. You can do this over a couple of weeks. The more onion skins you use the darker the end result will be but for a small piece of bunting you should get some good colour from about 5 or 6 onions.

When you are ready to make the dye put them in a large pan and cover generously with cold water. Bring to the boil and simmer gently for 1 hour.

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Remove all the onion skins by draining through a colander or sieve but BE CAREFUL! You want to collect the precious dye liquid into a bowl. Return the dye liquid to the pan. You want to end up with enough water to cover the bunting with room for it to move around. Top up with cold water if you need to.

Place the bunting in the dye liquid and leave for as long as you can, but at least overnight is good. Stir it occasionally with a wooden spoon – but not your best one as it will turn yellowy! When you remove the bunting rinse it under a cold tap to remove any excess colour and hang out to dry.

You can repeat this process with different food items and explore their dye giving properties!



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Yellow springtime flowers



wildlife
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Dandelion



Primrose



Lesser celandine



Gorse



Marsh marigold



Winter aconite



Daffodil



Spring cinquefoil



Colt's-foot



Cowslip

