



March Activity Pack

The beginning of spring is here! March is the month where the days begin to get warmer and brighter, spring flowers begin to burst into bloom, and the bird songs bring joy to our ears whilst we lay, as the sun begins to rise earlier.

Have you managed to spot your first Daffodil of the year, or noticed the hibernating animals begin to wake?

We hope the warmer weather inspires you to get out and explore the beauty of life that spring brings. This month's pack includes a fun collection of craft activities, puzzles, poems, colouring sheets, spring spotter sheets, and even a guide to making your very own bird feeder and mini nature reserve to bring even more nature to you.

Enjoy,

www.wildsheffield.com

SPRING STUFF WALLCHART

FEB/MARCH



Pic: Philip Preedy

Toad*



MARCH



Pic: Heidi Morris

Brimstone butterfly



MARCH



Pic: Ross Hoddinott/2020VISION

Daffodil



MARCH



Pic: David Chamberlain

Grass snake*



Pic: Rachel Scopes

MARCH/APRIL

Ladybird



APRIL/MAY



Pic: Amy Lewis

Swallow



MARCH/APRIL



Pic: Brown Hare - Damien Watkins (dunmugscos.uk) / Irish Hare - Usha Wildlife

Brown/Irish Hare



APRIL



Pic: Steve Wrenhouse

Nesting bird



APRIL



Pic: Ian Rose

Chiffchaff



APRIL



Pic: Philip Preedy

Bluebells



APRIL



Pic: Richard Burkhart

Orange-tip butterfly



APRIL



Pic: Philip Preedy

Oak leaves



APRIL



Pic: Stefan Johnsson

Cuckoo



APRIL



Pic: Rachel Scopes

Common blue damselfly



MAY



Pic: ukwildflowers.co.uk

Hawthorn blossom



MAY



Pic: Stefan Johnsson

Swift



How to make an apple bird feeder

wildlife
watch

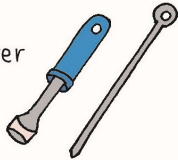


You will need

- An apple



- An apple corer or skewer



- Sunflower seeds



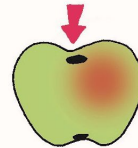
- String



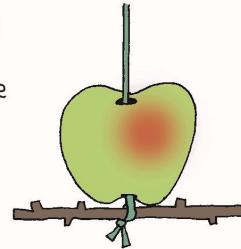
- A thin stick



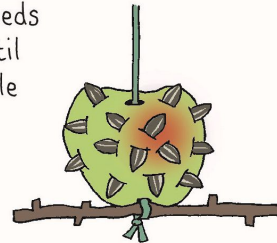
- 1 Ask an adult to make a hole through the middle of the apple.



- 2 Thread some string through the hole in the apple and tie the bottom end to the stick.



- 3 Push sunflower seeds into the apple until it looks like a little hedgehog.



- 4 Tie the string to a tree branch and wait for the birds!



Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2019

Bird of prey detective



wildlife
watch



Red kite



Buzzard



Kestrel



Peregrine falcon



Hobby



Sparrowhawk



Marsh harrier



Osprey



Merlin



Hen harrier



Spring flower spotter



wildlife
watch



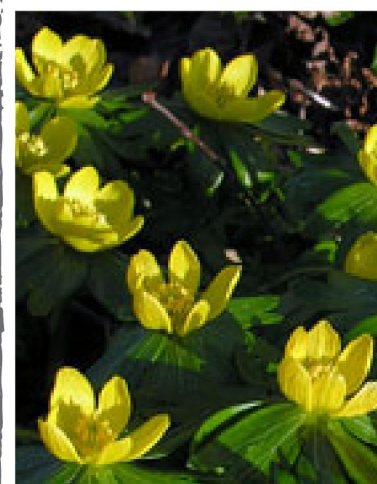
Snowdrop



Daffodil



Wood-sorrel



Winter aconite



Wood anemone



Bluebell



Primrose



Wild garlic (ramsons)



Cowslip



Lesser celandine



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



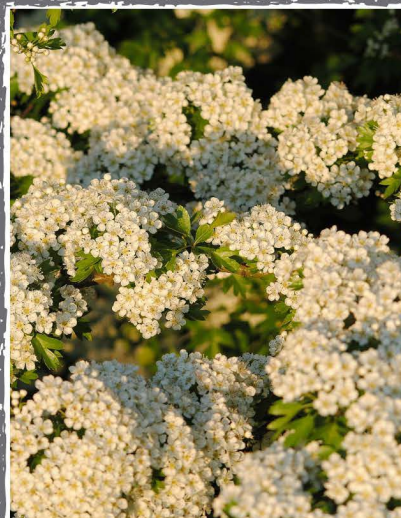
Hazel catkin



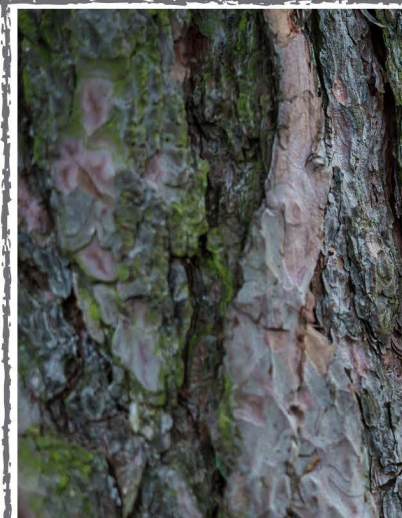
Moss



Twig



Blossom



Bark



Empty shell



Wild at Heart

Be wild, whatever your age

Wild at Heart

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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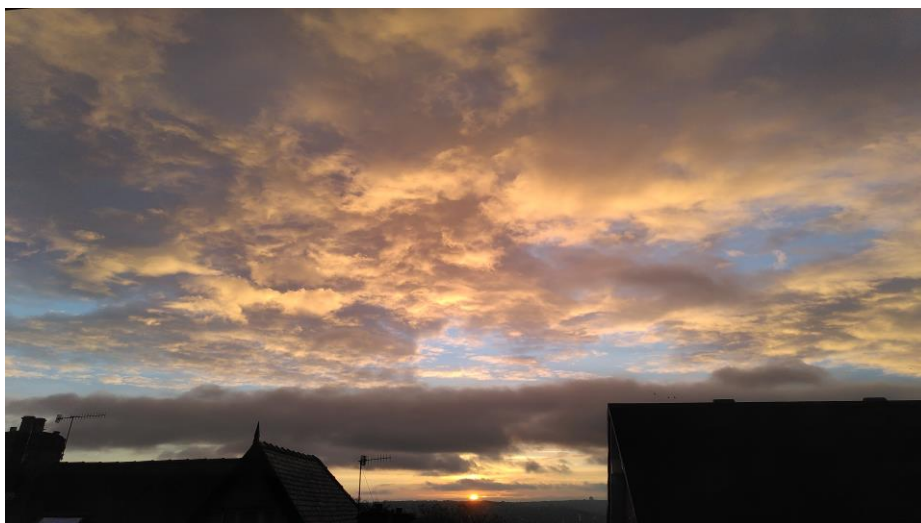
Dawn Chorus

Marvel at the Music of Spring on your doorstep

Spring is the time when male birds take to the stage and sing to either attract a mate or defend their territory. This creates a beautiful soundscape of every type of bird filling the early morning air.

The 'Dawn Chorus' is a magical thing to witness, and occurs right outside our doorsteps every year! All you need to do to enjoy this spectacle is to wrap up warm, and head out first thing in the morning (as early as you can manage!) and step into your garden or nearest park or wood, and simply listen.

The best times are from April to June, and in cool, still weather - and you will find yourself surrounded by uplifting birdsong of every kind as the dawn light slowly rises across the land.



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Wild at Heart

Be wild, whatever your age

Before the sounds of the city waking up, with people and cars rushing about, the early birds get up and take advantage of the still air in the early morning which allows their voices to carry as far as possible. This makes it perfect for us to really appreciate the beauty of birdsong in the absence of background noise.

At first, you will find yourself taking in all the sounds as one musical composition – like an orchestra playing in a concert. Then, see if you can pick out patterns in the soundscape: can you hear high or low notes, rich or thin voices, repeated trills or flowing melodies?

Now that you are training your mind to recognise pieces in the orchestra, see if you can pick out any of the individual players:

House Sparrow

The simplest of bird songs, made up of simple 'cheeps'



Margaret Holland

Wren

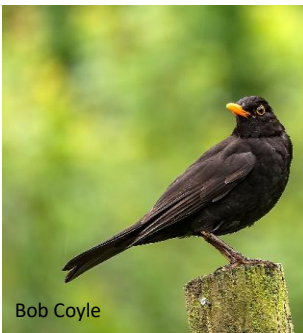
Extremely fast trilling song, very loud for its tiny size, sounds like a little machine gun!



Andy Rouse

Blackbird

Rich and melodious, sounds a bit like a flute playing a nice tune



Bob Coyle

Woodpigeon

Low coo-ing song, sounds a bit like someone grumbling 'My toe's sore, Betty, my TOE'S sore Betty!'



Ian Rose

If you want to learn more or listen to any of these bird songs, you can go to a very handy webpage by the RSPB:

www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/

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A Sensory Trust guide

Mud painting can provide a rich, sensory experience – the smell of the mud, the texture, the sounds of mixing it and the different subtle shades. The healing properties of playing with natural properties are amazing!

You will need

- Bowls
- A handful of earth or mud in each bowl collected from your garden or an open space, be sure to collect clean soil, if you are unsure we would recommend using fresh John Innes compost
- Heavy duty or cartridge paper – if this is unavailable use an area of ground where you don't mind it getting muddy or where it can be washed away
- Paintbrushes or make your own with nature, see <https://www.sensorytrust.org.uk/information/creative-activities/painting-by-nature.html>
- Water
- Washing up liquid (not necessary but does make the 'paint' flow)
- Food colouring or paint if you want to add some colour

What to do

- Place a handful of earth in a bowl and mix with a little water to make a muddy consistency.
- Add a squirt of washing up liquid for a better flow of paint.
- Experiment with different consistencies (add more or less water) to see the effect it has on your painting
- If using colours, less mud, more water will bring out the best colour. Powder paint will give the best effect.
- Paint away!





Did you know?

The first pigments for artists paint came from the earth and there are still artists who make a living using actual mud for their art.



Try earth or mud from different areas of your garden, or open spaces to see if you can find different shades of brown. In some areas you may be able to find clay, this will create a grey colour to your art. Remember to collect mud from a place you feel confident it will be clean mud.

Extending the activity

Collect some earth, sieve it through a sieve so you have a finer mix, add an equal amount of PVA glue and water until you have a consistency of yoghurt. Use this to paint onto a canvas or cartridge paper. To use different colours repeat the same technique by using different shades of earth or simply add food colouring. Leave to dry and you have a wonderful original piece of artwork.



Sensory Trust promotes and supports the creation and management of outdoor spaces that can be used and enjoyed by everyone, regardless of age or ability.

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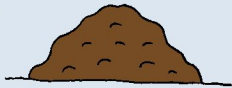
How to make seed bombs

You will need:

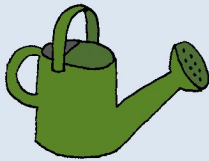
- Meadow flower seeds or seeds collected from the garden



- Peat-free compost



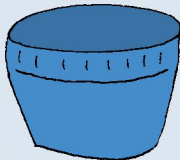
- Water



- Powdered clay (from craft shops - use clay soil if you can't find any)



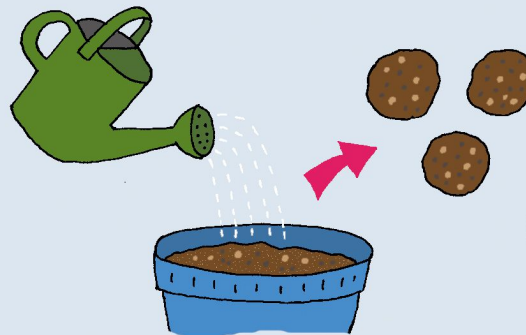
- Mixing bowl

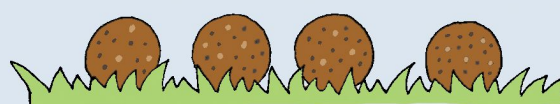


- 1 In a bowl, mix together 1 cup of seeds with 5 cups of compost and 2-3 cups of clay powder.



- 2 Slowly mix in water with your hands until everything sticks together, then roll mixture into firm balls.



- 3
- 

- 4 Now for the fun bit - plant by throwing your seed bombs at bare parts of the aarden!



How to Make a Mini nature reserve

wildlife
watch



1 Choose your site

Choose a safe place to put your window box – somewhere like an old bench or wall at an easy height for inspection.

2 Gather your materials

- window box
- a small log
- yoghurt pot
- some compost
- a rock

3 Fill the box with compost

Always use peat-free compost and save our precious peat bogs.

4 Add a few features

Dig in the yoghurt pot and add the small log and rock.

5 Leave!

6 Keep a diary

Record the changes you see. Make notes using guidebooks and take a photo every week.

7 Management

Remove out of control plants or cut them back with scissors.



Leave your garden wild

Take a day off today and do nothing! Leave a wild spot in your garden by not mowing the lawn, or not weeding the paving – nature will love it!









THE DANDELION

by Janet L. Niehaus

*I picked a faded dandelion
And blew it in the air
It's tiny little parachutes
Went floating everywhere. They caught the wind
And danced awhile
Bending to and fro
In splendid ballerina style. Finally as the wind grew still
They floated back to earth
And bedded in the dark warm soil
To start their new rebirth. When next summer comes
And dandelions are everywhere
I'll pick another faded flower
And blow it in the air.*



THE DANDELION SEED

by Angela Wybrow

*A gust of wind dislodges it from its bed;
It travels upwards and drifts far overhead.*

*It climbs on higher and then higher still;
It seems to possess its own free will.*

*It travels far across the hills and dales,
The fields and forests, the towns and vales.*

*Over lakes and rivers, it gently does pass –
Lightly reflected in their liquid glass.*

*Dancing daintily, it catches the eye
Of folk outside, as it tumbles on by.*

*A kitten spies it and playfully gives chase;
It paints a smile on a young child's face.*

*Air currents clash, sending it into a roll;
It ducks and dives, and spins out of control.*

*Looking like a creature from beneath the sea,
It blows through the air, so wild and so free.*

*It tumbles onwards across silken sands,
But it is not here that it decides to land.*

*As it flies on, it keeps watch down below
For the perfect place to be able to grow.*

*Looking for a place which it can call home,
Across the miles, it purposefully roams.*

*It finds a place – a place which suits,
And it floats on down to lay its roots.*

*Its long journey over, it comes to a rest
Upon the spot which it thinks is best.*

*Once its roots are anchoring it down,
It will become a king with a golden crown.*

Plants of Ancient Woodlands

Ancient Woodlands are incredible places where a wood has existed on the same spot for over 400 years in the UK. The soil is rich and unique, and supports unusual and wonderful wildlife.

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

Bluebell

Lily Of The Valley

Early Dog Violet

Greater Butterfly Orchid

Yellow Archangel

Wood Anemone

Wild Garlic

Barnacle Lichen

Early Purple Orchid

Goldilock's Buttercup

Primrose

Dog's Mercury

Lungwort Lichens

Cowslip

Redcurrant

A WHOLE of a wordsearch

See if you can find all these creatures in the wordsearch - up, down, backwards, forwards or diagonally, they're all in there. Also see how many times you can find the word WATER. Two other words are hiding in there too, something that does a lot of damage to the coast and the sea. Here's a clue: P _____ R _____.

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

www.claudiamyatt.co.uk

