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Accessible
Activities
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THE
RS MACDONALD
CHARITABLE TRUST



Welcome

This booklet of activities has been created by The Conservation Volunteers and is kindly funded by The RS Macdonald Charitable Trust. It has been designed to be accessible and enjoyable, to help people connect with the outdoors and natural environment.

There are four sections in this booklet which reflect the four different seasons

In each section there are three activities to help nature, get creative and keep a note of your experiences in each season





Help
nature

Sow & grow

Spring



You will need:

- Seeds
- Some compost
- Pots (ie recycled yoghurt pots)

Pollinators such as bees, hoverflies and other insects help pollinate the plants which provide us with food. In spring we can help pollinators to recover after winter by growing plants and flowers which gives them their own source of food

1. Pick a flower or plant to grow which is good for pollinators.
2. Follow the instructions on the packet and watch them grow over the following weeks.
3. You may want to try a variety of seeds and see which plants attract different pollinators!



Comfrey, sweet peas, thyme and primroses are examples of plants that pollinators love in spring!



Get
creative

Bug-tastic colours

Spring



You will need:

- Just yourselves!

There are different colourful insects and bugs in nature but they can be difficult to spot.
How many can you find?

Go for a walk and look for insects by turning over rocks and logs, or looking inside an old tree stump or amongst leaves. Turn things over carefully and replace them afterwards.

Can you find insects that have any of these colours? How many different colours can you find on the insects?





Keep a
note

postcard

Spring



You will need:

- This sheet
- A pen or pencil

Complete this
postcard with
your
reflections on
spring

I can tell it is spring because....

Something I have enjoyed
about spring is.....

Three ways to describe spring:

- 1.
- 2.
- 3.

You could write
or draw your
answers, or
even stick on
things you
have collected!



Help
nature

Make a splash!

Summer



You will need:

- A shallow dish (an old plate or tray)
- Natural materials
- A stick or flat stone

In summer birds and insects need clean fresh water to drink and keep cool.

Can you create some refreshing pools in your garden or greenspace for wildlife to have a drink?



1. Find a safe place to put a shallow dish of water.
2. Build up the edges with sticks and stones so that small insects can climb up to the water.
3. Place a stick or a flat stone in the middle of the dish so that birds have something to land on.
4. Check your dish regularly and top it up with fresh water when needed.



Get
creative

Summer collage

Summer



You will need:

- Something to collect natural items in (a small bag or container)
- A piece of paper or cardboard
- Glue/sticky tape

1. Go for a walk and collect natural items that interest you along the way. For examples leaves, a blade of grass, a colourful petal or the soft seeds of a dandelion head!
2. Use these items to create a collage on a piece of paper or cardboard. You could recreate a pretty view, make a map of the walk you took or design an abstract picture showing the different colours you collected!





Keep a
note

postcard

Summer



You will need:

- This sheet
- A pen or pencil

Complete this
postcard with
your
reflections on
summer

I can tell it is summer
because....

Something I have enjoyed
about summer is.....

Three ways to describe
summer:

- 1.
- 2.
- 3.

You could write
or draw your
answers, or
even stick on
things you
have collected!



Help
nature

Habitat pile

Autumn



You will need:

- Different natural materials
- Something to collect them in!

Different animals and insects need a safe place for shelter as the temperature begins to get colder. Help create a home for insects, toads and even hedgehogs!



1. Collect different natural and garden materials, for example bricks, broken flower pots, small logs, twigs, dead leaves, moss, pine cones.
2. Choose a spot that won't get disturbed by people like the corner of a garden.
3. Build the habitat pile by layering these materials on top of each other. Start with some larger items on the bottom and then fill in gaps with smaller materials as you go.

It can be any shape, and as big or as small as you like. Make sure it is safe and won't fall over. Over the next weeks and months, spend time watching your habitat pile closely – has anything moved in?



Get
creative

Sound map

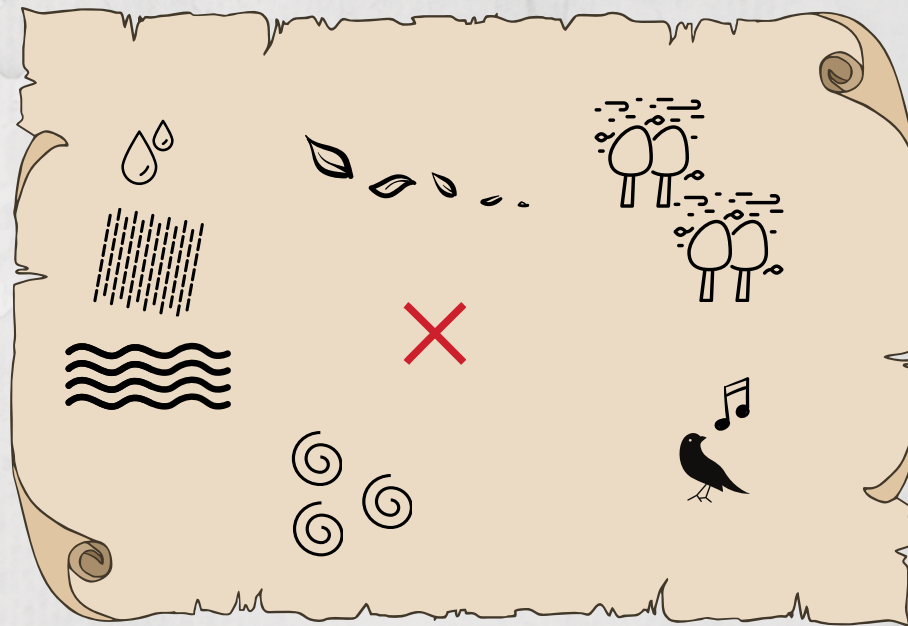
Autumn



You will need:

- A piece of paper
- A pen or pencil

Create a sound map showing everything you can hear around you.



1. Find a place to sit outside (or inside your home with a window open).
2. On a piece of paper, put a X in the middle to show where you are.
3. Close your eyes and listen carefully to the sounds you can hear.
4. Mark down the different sounds all around you. Use different symbols to show different sounds – be creative! How would you show that a sound was loud or really quiet? Which direction is the sound coming from? Is it close or far away?



Keep a
note

postcard

Autumn



You will need:

- This sheet
- A pen or pencil

Complete this
postcard with
your
reflections on
autumn

I can tell it is autumn because....

Something I have enjoyed
about autumn is.....

Three ways to describe autumn:

- 1.
- 2.
- 3.

You could write
or draw your
answers, or
even stick on
things you
have collected!



Help
nature

Feed the birds

Winter



You will need:

- An apple
- An apple corer
- String or twine
- A small stick
- Sunflower seeds

In winter when the ground is frozen and fruit has disappeared from the trees and bushes, birds work really hard to find their food. We can give them a helping hand by creating a bird feeder.

1. Using an apple corer, remove the core from an apple.
2. Thread a piece of string through the hole and tie it loosely, so you have enough string to hang it from a branch.
3. Push sunflower seeds into the apple – you could create a fun pattern or write your name with them.
4. Push a small stick across the bottom half of the apple, so that birds have something to land on.
5. Hang it outside and see what birds come and enjoy a snack thanks to you!





Get
creative

Ice decorations

Winter



You will need:

- A mould (ie a muffin tray or pots from your recycling)
- String (roughly 20cm)
- Natural bits and pieces

Take advantage of the cold weather and make some pretty ice decorations.



1. Go for a walk and collect natural bits and pieces to put in your decorations – perhaps some pine needles or small fir branches, some red winter berries, interesting twigs, holly leaves etc.
2. Fill your mould with water and place the items you have arranged into the water.
3. Place a piece of string with its end in the water.
4. Put the moulds into the freezer – or if it is really cold you could leave it outside.
5. Once the water has frozen, remove your decoration from the mould and hang it up outside using the string. Watch the winter sun sparkle through the ice!



Keep a
note

postcard

Winter



You will need:

- This sheet
- A pen or pencil

Complete this
postcard with
your
reflections on
winter

I can tell it is winter because....

Something I have enjoyed
about winter is.....

Three ways to describe winter:

- 1.
- 2.
- 3.

You could write
or draw your
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even stick on
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