

# Walk theme: Trees in winter



Time of year: winter



Dogwood



Holly



Hazel catkins



Silver birch



Yew



Alder cones



Willow buds



Beech



Conifer

# Walk theme: Early signs of spring

Time of year: February - March



Snowdrops



Loud bird song



Primrose



Birds making nests



Hazel catkins



Wild garlic



Hawthorn bud burst



Crocuses












Bumblebees

# Walk theme: Birds

Time of year: any

Useful equipment: binoculars

		
<p>Blue tit <input type="checkbox"/></p>	<p>Wood pigeon <input type="checkbox"/></p>	<p>Sparrow <input type="checkbox"/></p>
		
<p>Magpie <input type="checkbox"/></p>	<p>Blackbird <input type="checkbox"/></p>	<p>Great tit <input type="checkbox"/></p>
		
<p>Robin <input type="checkbox"/></p>	<p>Long tailed tit <input type="checkbox"/></p>	<p>Goldfinch <input type="checkbox"/></p>

# Walk theme: Mindfulness

Time of year: any



I can hear...



Dog barking



Traffic



Bird song



I can feel...



Cold



Rain



Sunshine

## Try a mindful breathing exercise



I can smell...



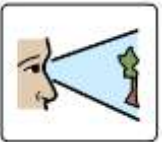
Flowers  
e.g. daffodils



Grass



Herbs  
e.g. lavender



I can see...



Leaves  
e.g. ivy



Insect  
e.g. bumblebee



Clouds