

Nature walks

Easy read walks and activities



Greater Manchester
Walking



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Activity: painting pebbles










Walk: minibeasts

Activity: clay creatures

Walk: leaves in summer



Time of year: Summer

		
Oak <input type="checkbox"/>	Hawthorn <input type="checkbox"/>	Ash <input type="checkbox"/>
		
Birch <input type="checkbox"/>	Holly <input type="checkbox"/>	Sycamore <input type="checkbox"/>
		
Horse chestnut <input type="checkbox"/>	Ivy <input type="checkbox"/>	Hazel <input type="checkbox"/>

Activity: hapa zome leaf prints

You will need:

- Hammer
- White cloth
- Leaves



How to make:

1. Collect leaves during a walk
2. Put the leaves onto the cloth
3. Cover the leaves with another cloth
4. Hit with a hammer to make leaf prints



Walk: nuts and berries



Time of year: Early autumn



Beech nut



Elder berries



Sycamore seeds



Acorn



Conker



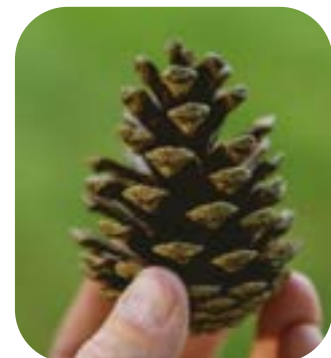
Blackthorn berries



Hawthorn berries



Blackberries



Pinecone

Activity: natural dyes



You will need:

- Berries – blackberries or elder
- White cloth
- Elastic bands
- Hot water
- Bowl

How to make:




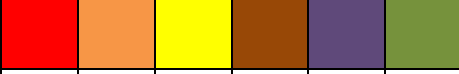
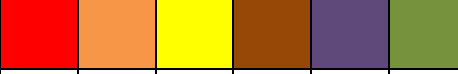
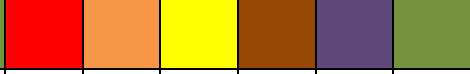












1. Collect blackberries or elder berries during a walk
2. Mash up the berries in a bowl
3. Add hot water to the bowl of berries (careful of burns)
4. Tie elastic bands around piece of cloth
5. Soak in water
6. Remove from water and undo elastic bands



Walk: leaves in autumn



Time of year: September – November

		
<p>Sycamore</p>	<p>Holly</p>	<p>Hazel</p>
		
		
<p>Ash</p>	<p>Oak</p>	<p>Birch</p>
		
		
<p>Ivy</p>	<p>Pine</p>	<p>Hawthorn</p>
		

Activity: autumn leaf art

You will need:

- Leaves
- Paper or the ground



How to make:










1. Collect different coloured leaves during a walk
2. Make a picture or art collage using the leaves



Walk: Halloween



Time of year: October/ November

		
Creepy crawly <input type="checkbox"/>	Spider web <input type="checkbox"/>	Ghost mushroom <input type="checkbox"/>
		
Haunted pond <input type="checkbox"/>	Perch for an owl <input type="checkbox"/>	Broomstick <input type="checkbox"/>
		
Spider <input type="checkbox"/>	Pumpkin coloured leaves <input type="checkbox"/>	Skeleton leaf <input type="checkbox"/>

Activity: ghost leaves and spider webs

You will need:

- White paint
- Paint brushes
- Googly eyes or black pen
- Leaves
- Twigs
- Wool



How to make:

Ghost leaves:

1. Collect ghost shaped leaves during a walk
2. Paint the leaves white
3. Add eyes



Spider webs:










1. Collect 3 twigs during walk
2. Wrap the wool around the sticks to make a spider web shape



Walk: trees in winter



Time of year: winter

		
Dogwood <input type="checkbox"/>	Holly <input type="checkbox"/>	Hazel catkins <input type="checkbox"/>
		
Silver birch <input type="checkbox"/>	Yew <input type="checkbox"/>	Alder cones <input type="checkbox"/>
		
Willow buds <input type="checkbox"/>	Beech <input type="checkbox"/>	Conifer <input type="checkbox"/>

Activity: wreaths



You will need:

- Willow or dogwood for base
- Secateurs (see safety sheet at back of activity pack)
- Evergreen branches like ivy, holly and pine

How to make:










- Collect evergreen branches during a walk
- Cut 4 stems of dogwood or willow using secateurs
- Gently bend and weave the stems to make a circle base
- Tuck and wrap evergreen branches and leaves in and around the circle to create a wreath



Walk: early signs of spring

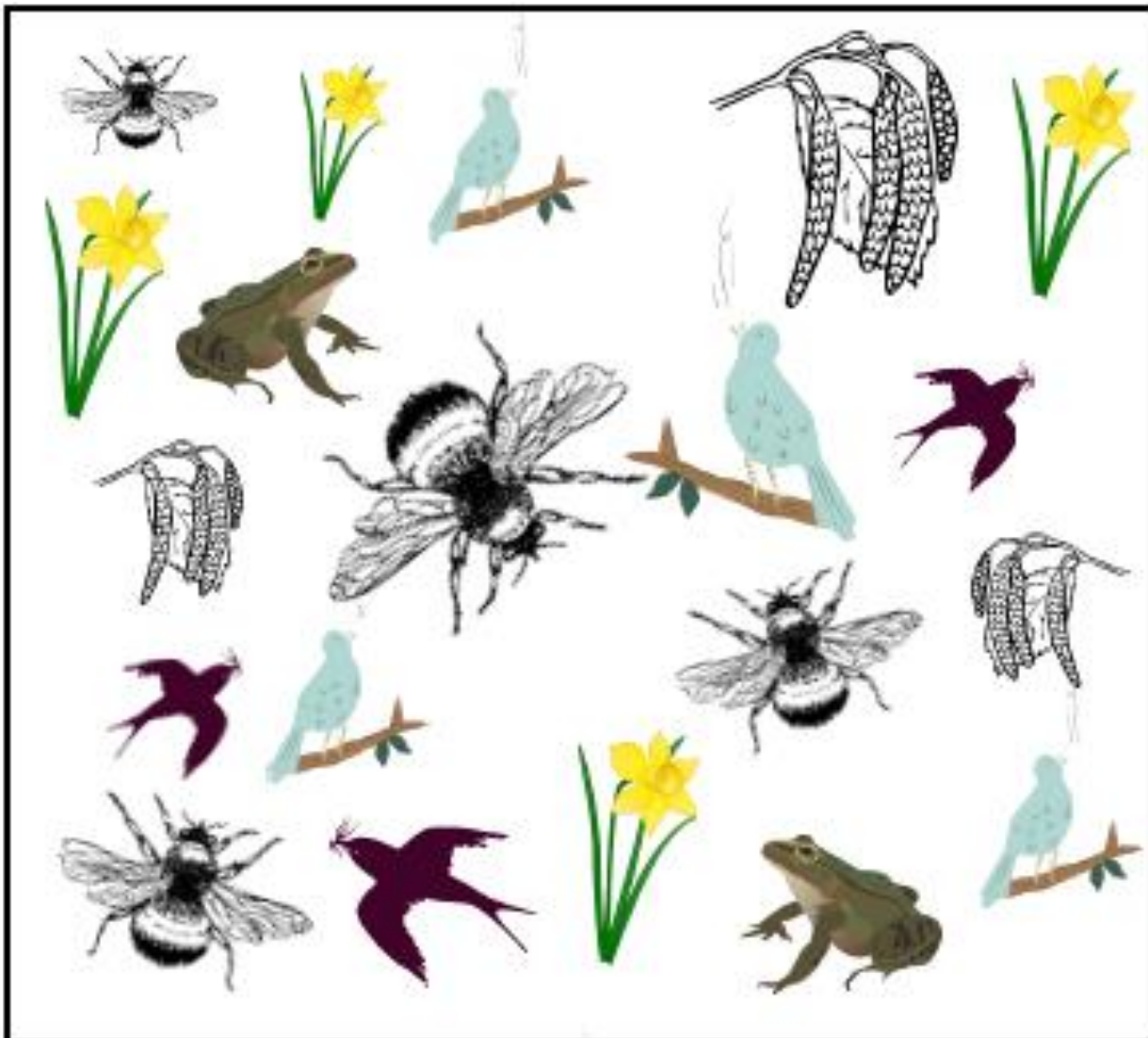


Time of year: February - March

		
Snowdrops <input type="checkbox"/>	Loud bird song <input type="checkbox"/>	Primrose <input type="checkbox"/>
		
Birds making nests <input type="checkbox"/>	Hazel catkins <input type="checkbox"/>	Wild garlic <input type="checkbox"/>
		
Hawthorn bud burst <input type="checkbox"/>	Crocuses <input type="checkbox"/>	Bumblebees <input type="checkbox"/>

Activity: spring puzzle

How many signs of spring can you find:



Walk: mindfulness



Time of year: any



I can hear...



Dog barking



Traffic



Bird song



I can feel...



Cold



Rain



Sunshine

Take a deep breath in and a deep breath out



I can smell...



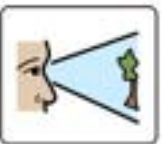
Flowers
e.g. daffodils



Grass



Herbs
e.g. lavender



I can see...



Leaves
e.g. ivy



Insect
e.g. bumblebee

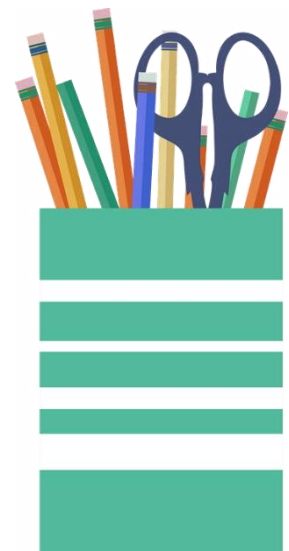


Clouds

Activity: mindfulness postcards

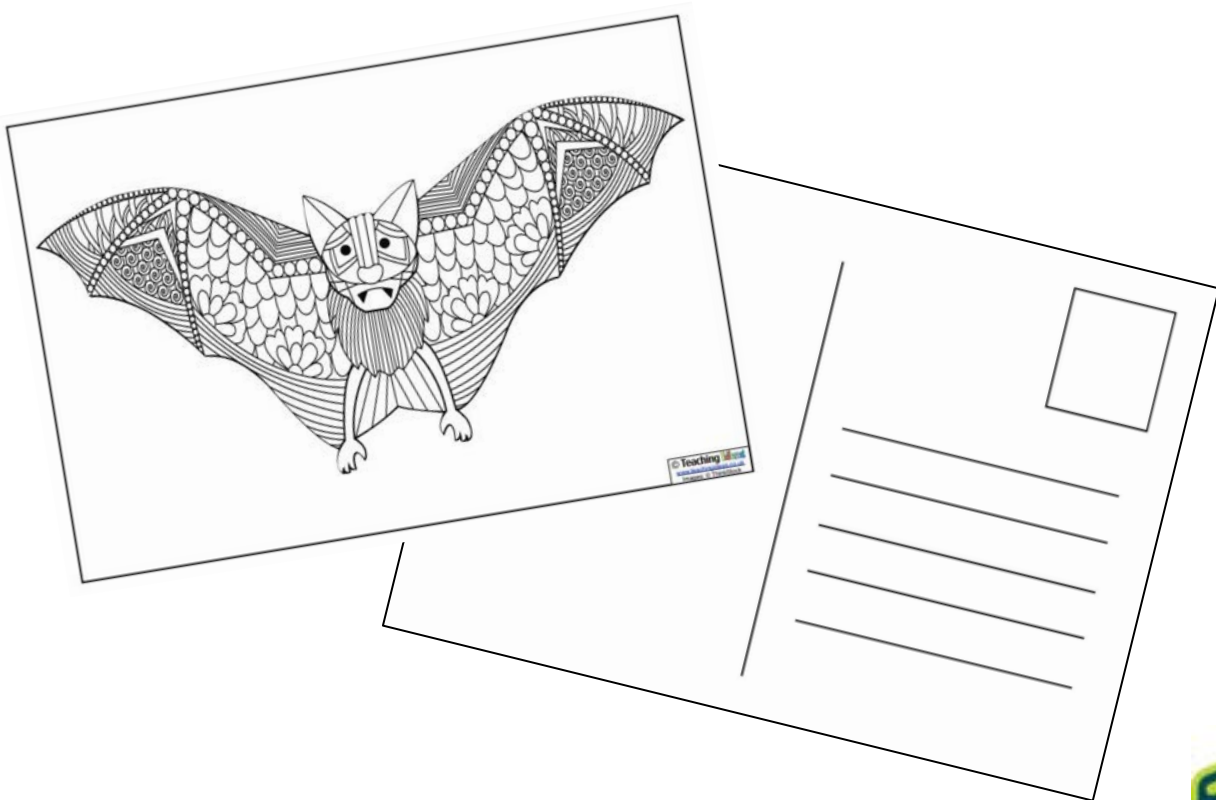
You will need:

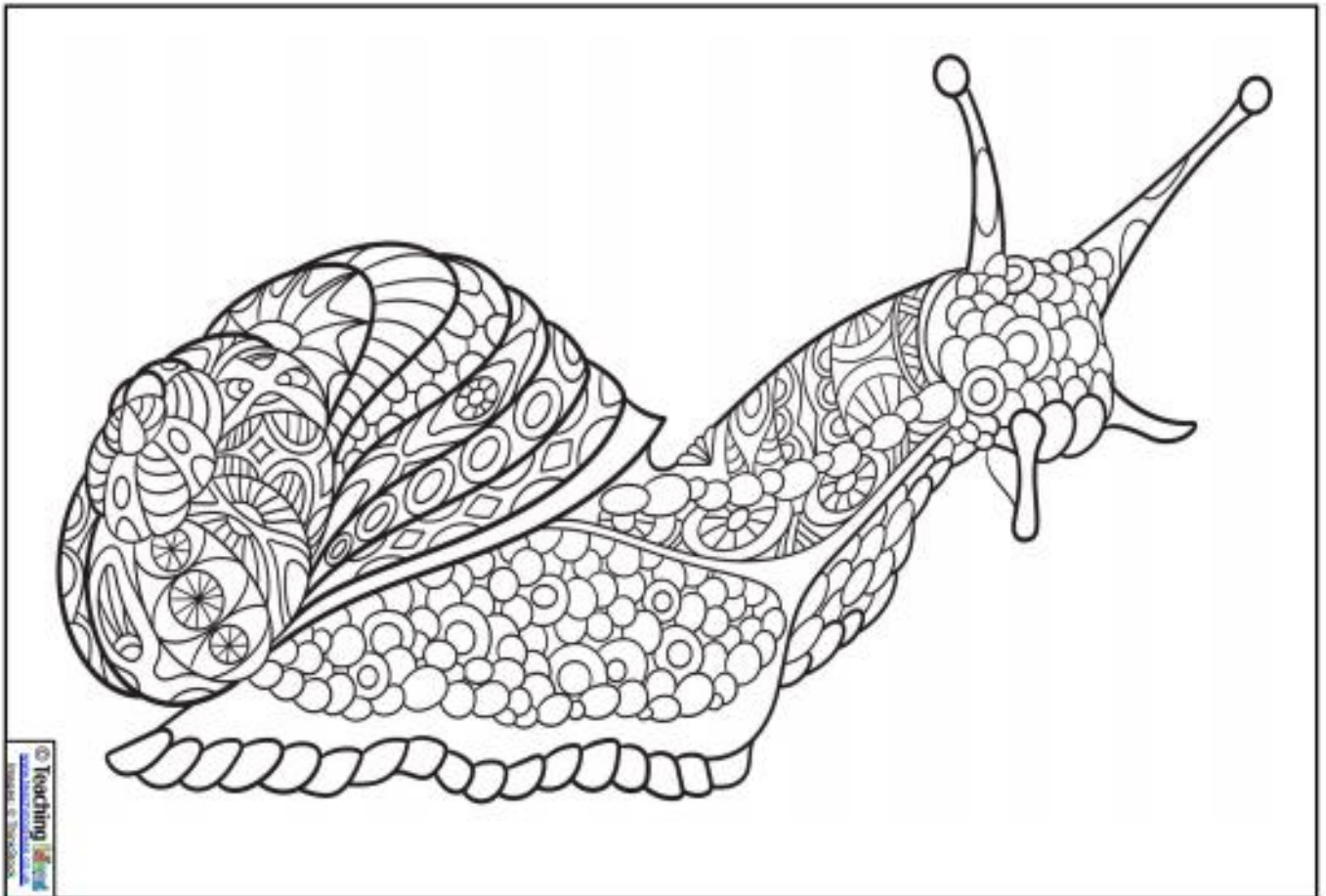
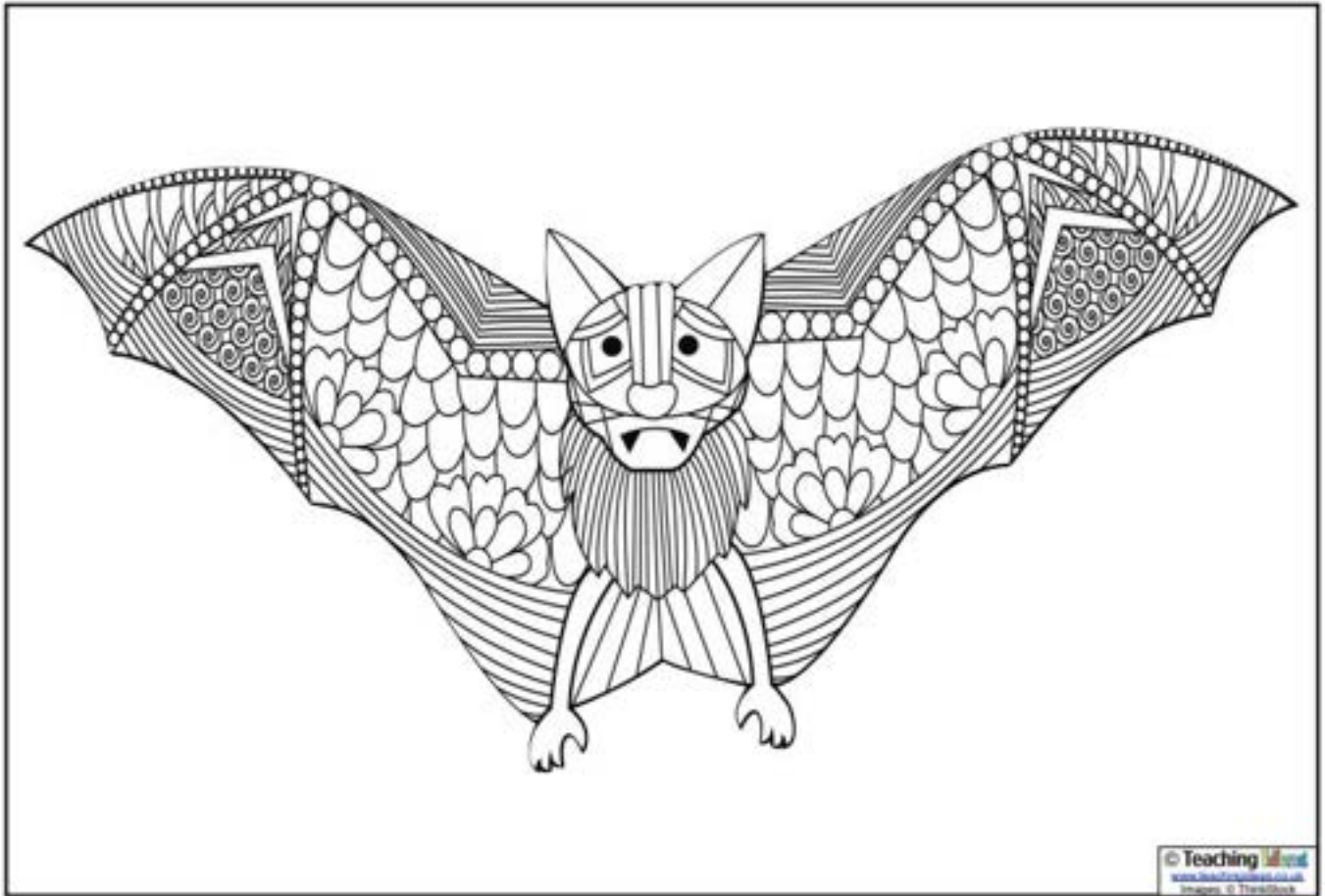
- Postcards from www.teachingideas.co.uk
- Colouring pencils
- Stamp



How to make:

1. Colour in the postcards
2. Create a message to a friend
3. Go on a walk to the post box to send them to a friend!





A rectangular frame containing a vertical line on the left side, a horizontal line on the right side, five horizontal lines below it, and a small empty rectangle in the top right corner.

A rectangular frame containing a vertical line on the left side, a horizontal line on the right side, five horizontal lines below it, and a small empty rectangle in the top right corner.

Walk: birds



Time of year: any

Useful equipment: binoculars



Blue tit



Wood pigeon



Sparrow



Magpie



Blackbird



Great tit



Robin

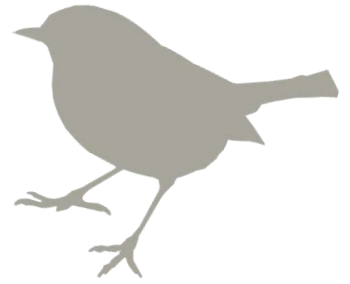


Long tailed tit



Goldfinch

Activity: bird feeders



You will need:

- Apple
- Twigs
- Sunflower seeds
- String
- Scissors



How to make:

1. Collect twigs during a walk
2. Push the sticks the apple
3. Attach the strings to the stick
4. Push sunflower seeds into the apple
5. Hang up in a tree for the birds



Walk: canal wildlife

Time of year: Spring - Summer



Heron



Damselfly



Mallard



Swan



Blue tit



Canada goose



Butterfly



Frog

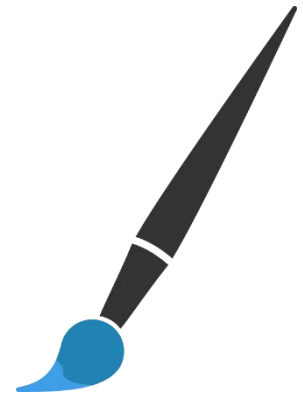


Squirrel

Activity: painting pebbles

You will need:

- Stone or pebble
- Paint
- Paintbrushes



How to make:

1. Collect stone or pebble during a walk
2. Paint canal wildlife onto it
 - a. Bumblebee
 - b. Hedgehog
 - c. Ladybird
3. Hide the pebbles along a walking route for other people to find



Walk: minibeasts



Time of year: spring - summer

Useful equipment: Magnifying glass and pots



Worm



Bumblebee



Ladybird



Snail



Butterfly



Spider



Woodlouse



Slug



Millipede

Activity: clay creatures



You will need:

- Clay
- Natural materials: seeds, leaves, twigs, pine- cones

How to make:

1. Collect seeds and twigs during walk
2. Shape the clay into a minibeast
3. Add twigs, leaves and seeds to make legs and eyes



Safety guide - Secateurs



use for pruning and chopping



lock button

handles



blades

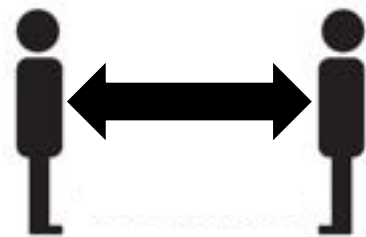
safety:



wear gloves



sharp blades



safe space



lock



carry down by side



store

The Conservation Volunteers

Every day, The Conservation Volunteers (or TCV as we're known) works across the UK to create healthier and happier communities for everyone. We do this by connecting people and green spaces to deliver lasting outcomes for both.

We recognise that each community and the people living there have different needs. Whether improving wellbeing, conserving a well-loved outdoor space or bringing people together to promote social cohesion, combat loneliness or enhance employment prospects, TCV works together with communities to deliver practical solutions to the real-life challenges they face.

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