

Winter Season Spotter

Activity 1: Let's go on a Wintery scavenger hunt – how many of these things can you find?
Tick the box if you can find it!

YOUR BREATH 	ICY SPIDER WEB 	ROUGH BARK 
EVERGREEN TREE 	BERRIES 	A STICK LONGER THAN YOUR ARM 
CATKIN 	BIRDS NEST 	MOSS 
LICHEN COVERED TWIG 	A SMOOTH PEBBLE 	A LEAF BIGGER THAN YOUR HAND 

Activity 2: Can you see any signs of Spring on your walk? Look for buds on trees, or flowers emerging from the ground. Add anything to the boxes below – draw a picture too!

Activity 3: Have a mindfulness minute. Find somewhere to sit and be absolutely still and silent, noticing the sounds around you and where the sound is coming from.

In the box below there is an X in the centre. The X is you! Anytime you hear a sound, make a symbol (this could be a picture or any other symbol you decide) on the paper in the place you hear it, to represent the sound.



X

Make sure you wrap up warm before you go outside, and if it is too cold to sit still and listen try walking softly around as you create your map.