

MAGIC POTION

What you will need:

you can make any potion - the ingredients are up to you. The fairy dust can be sugar/flour/sand /glitter/cake sprinkles - anything to sprinkle. The children use their journey wands .

Example potions:

Add 4 dried sweet chestnut leaves

Sprinkle in a pinch of fairy dust which can be found by the silver birch trees

Carefully add 2 holly leaves

Stir the mixture 5 times in a clockwise direction.

Add a sweet chestnut prickly case

Find 3 dried oak leaves

Add a special ingredient that is no bigger than your fingernail

Cast your spell - remember to think about what you want your magic potion to do.....

► *Add 4 blades of grass*

Sprinkle in a pinch of fairy dust which can be found by the biggest tree

Carefully add 2 petals from a flower

Stir the mixture 5 times in a clockwise direction.

Find 3 tiny stones

Add a special ingredient that is no bigger than your fingernail

Cast your spell - remember to think about what you want your magic potion to do.....

This potion can be edited:

Add

Sprinkle in a pinch of fairy dust which can be found by the

Carefully add

Stir the mixture 5 times in a clockwise direction.

Find

Add a special ingredient that is no bigger than your fingernail

Cast your spell - remember to think about what you want your magic potion to do.....

Bug Hotels

Bug hotels

Bug hotels are a great way of housing a wide range of insects—from leaf-cutter and mason bees to centipedes, ladybugs, earwigs, beetle larvae, and many others. They are a useful wildlife feature if you are short of space, or like to keep a tidy garden, and if made from natural materials, they can look attractive enough to become a lovely garden feature.



MAKING A BUG HOTEL

Site your bug hotel in a sheltered spot in the garden and flatten the ground if necessary so that it will have a solid base. You can adjust the quantities of bricks and/or wood to suit the space you have available.

YOU WILL NEED

Approximately 24 bricks (collect old ones from local skips, dumpsters, or wastegrounds, but always ask permission before taking anything)

3 equal lengths of wooden planking

Some curved or flat roof tiles

A selection of small logs, pinecones, twigs, dead flower stalks, small pieces of bamboo, leaves, etc.

1 Make two rows of bricks (each row two bricks high), with the space between them matching the length of the wooden planking.

2 Place a roof tile on the ground between the bricks and lay a plank of wood over the top, resting the ends on the bricks.

3 Continue to build up layers of bricks and wooden planks until the basic structure is complete. Don't be tempted to build it too tall as it could become unstable and topple over.

4 Add roof tiles to the top to form a roof to prevent the stack becoming too wet. If you are using flat roof tiles, prop up one end of them to help rainwater run off.

5 Drill holes in the logs to attract bees and put them in between the layers. Push all the bits and bobs that you have collected into the gaps of the stack, cramping them in as necessary. Cardboard, straw, and bits of tree bark are useful, too, because they will rot down and create damp, dark corners.



Bug Hotels 2



elters were made in school during Forest School. It was made with lots of



JOURNEY STICKS / WANDS



History of journey sticks



Aboriginal people in Australia used journey sticks to more easily recount their journeys to other people upon their large walking stick, collected materials found along the way, and tied them to the stick in chronological order. Native Americans also decorated sticks to recount their journeys and tell about their travels. These sticks can be used as storytelling and navigational tools. The collected materials and markings have various purposes. Some things can be used as markers for natural features in the land, such as tree bark to indicate passing through the woods. While particular symbols carved into or painted onto the stick could show weather patterns, natural features, or events that took place.

What you need:

An interesting stick, wool, objects found in the garden.

Activity description

Children to pick up natural objects that they can find (leaves, feathers, bark, seeds etc) and wrap them onto the stick with the wool. The stick describes their journey/experience they have been on and can be used to swap experiences and stories with one another.

The sticks / wands can now be used in the magic potion activity.

Den Building

- ▶ Den building is a fantastic activity for all ages. You can do it at any time of year, but autumn is an ideal time to try it as there are lots of fallen leaves and branches to use.
- ▶ Den-building materials
- ▶ Get everyone to set about collecting natural materials. Make sure children aren't breaking off living branches or damaging trees.
- ▶ You will need: long, straight branches and sticks, lots of thin, bendy sticks; materials to cover your den, such as dried leaves, twigs and grass.
- ▶ If you do not have these materials just improvise - chairs and old duvets and blankets also make a brilliant outside den!
- ▶ How to build your den
- ▶ Coming up with your own den design is part of the fun, but here are a couple of simple ideas to get you started.
- ▶ Teepee-style den
- ▶ Find a tree with a fork in the branches that's quite low down.
- ▶ Make a frame by propping some long, straight sticks in the fork and fanning them out. Also make sure that any branches are really secure - you don't want them slipping.
- ▶ Weave bendy sticks in and out of the upright sticks to make the walls. Leave a gap at head height for a window.
- ▶ Cover your den with natural materials so it's camouflaged and weatherproof. You could use mud to stick them on.
- ▶ Scatter a carpet of dried leaves on the floor to make your den extra cosy.
- ▶ Tent-shaped den
- ▶ Find two forked trees that are close together and place a long stick between them.
- ▶ Prop a row of sticks against it on each side so you end up with a tent shape.
- ▶ Weave your bendy sticks in and out of the upright and add your plant materials.
- ▶ Make a mini den - for the bugs or your teddies
- ▶ This activity is a lovely way for very small children to have a go at den building. Simply collect a handful of small sticks and prop them up against a tree trunk or fallen branch to make a mini den. Make the inside of your shelter nice and cosy with some fallen leaves. Now it's ready for child's favourite teddies or dolls.

Den Building 2



Birds Nest



- ▶ Make your own nest
- ▶ You will need - an egg (probably boiled for younger children) , a collection of thin sticks, leaves, grasses. Wool or some other material to help tie and weave. Moss / cotton wool.
- ▶ Give your child their egg. Talk to them about the importance of protecting their young. They need to create a nest that will be their home. Show them the real nest example above. Try to help them understand what is important in building a nest - protection, security, comfort, creativity.

The children now use their material to create a nest. They flog it or in low tree or bush branches.

These were made by Year 5 children at school in Forest Sch



together. They can make this on the

Clouds

A wonderfully mindful activity. On a day with sunshine and clouds.

What you will need: a blanket and your imagination

Lying down on a blanket, make yourself comfortable. Take five deep breaths. Look up to the sky and look at the clouds - try to think of what for shapes, objects and animals they look like.

Can you guess what these are?



Bird spotting

Garden bird detective



Chaffinch



Greenfinch



House sparrow



Blackbird



Blue tit



Goldfinch



Great tit



Collared dove



Starling



Wood pigeon

www.wildlifewatch.org.uk

Pictures: Chaffinch, blue tit, Goldfinch and Great tit (c) Amy Lewis / Greenfinch (c) Gillian Day / House sparrow (c) Stewart McDonald / Blackbird (c) Neil Aldridge / Collared dove (c) Ian Rose / Starling (c) Margaret Holland / Wood pigeon (c) Steve Waterhouse

Bug Spotting

What bugs can you find?
Tick the white box next to each bug that you find.

 caterpillar <input type="checkbox"/>	 ladybird <input type="checkbox"/>	 butterfly <input type="checkbox"/>	 dragonfly <input type="checkbox"/>
 woodlouse <input type="checkbox"/>	 ant <input type="checkbox"/>	 centipede <input type="checkbox"/>	 grasshopper <input type="checkbox"/>
 slug <input type="checkbox"/>	 fly <input type="checkbox"/>	 bee <input type="checkbox"/>	 wasp <input type="checkbox"/>
 snail <input type="checkbox"/>	 spider <input type="checkbox"/>	 worm <input type="checkbox"/>	 beetle <input type="checkbox"/>

Bark Rubbing

- ▶ Explore the beauty of trees with this bark rubbing activity.
- ▶ What you will need: paper, crayons and a tree
- ▶ Place the paper on the bark of the tree. Using the side of the paper, rub the paper. Watch as the patterns on the bark appear on your paper.

