

# Step into Spring



## Cornwall 2021





## Get active

7

Do 10 Star Jumps, 10 sit ups and 10 press ups. Hold a plank for 15 secs

14

Dance to your favourite tunes. Who's got the best moves?

21

Go for a twilight family walk. Take a torch for night time exploring

28

Let's get our wellies on and go paddle splashing or find a stream

1

A game of hot potato, using a soft ball

8

Get outside into the garden Bug spotting

15

Go outside – play follow the leader.

22

Star gazing in the garden. \* Take a flask of hot chocolate

29

Go rock pooling, collect shells. Or nature spotting in the woods

2

Keepie uppies – using a balloon. How many can you do?

9

Family games night play cards, bingo or Twister

16

Go for a family job/ cycle/skate

23

Family circuits in the garden or drive. (Use bean cans for weights)

30

Bike or running races around your town/ village

3

On a windy day - Go fly a kite at the beach or park

10

Do some family Yoga, meditation or mindfulness

17

Forage around for wild flowers, leaves & sticks and create wild art

24

Nature Scavenger Hunt

4

Make a den, light a campfire and cook marshmallows

11

Go climb a tree (get help from a parent/ carer)

18

Good old-fashioned game of outdoor tag

25

Build an indoor obstacle course

5

Exercise using gaming devices. Turn it into a fun competition

12

Go hiking together at the weekends. Take snacks

19

Get out and play in your local park

26

Get fit with your favourite celebrity i.e Joe Wicks

6

Let's get Wet & Sandy. Go to the beach, do some wave jumping

13

Football, Frizbee, Rounders in the park

20

Hopscotch (use chalk to make your own)

27

Bunny hop races. Hop to one end of your road and back

Since we are already into April, we thought this calendar can start half way through the month and go on to be used to start May off.

## Introduction

For most of us, living in Cornwall means we have an affinity with the sea, the moorlands, or to one of our many beautiful woodland areas. Living in such a diverse county provides lots of opportunities for us to engage with our environment, taking in the sounds, sights, smells and textures of the world around us. Spring is an exciting time, a time of regeneration and renewal, where we can watch the landscape change before our very eyes. As this booklet will show, we don't have to go far to look for and experience the wonders of nature, we can find it in our own gardens which are great places to connect with the wildlife rich environment that surrounds us. There's so much for you to do on your doorstep and see outside your window, who knows if you look hard enough you may even discover a new species

So, as spring is in full swing, we can start to embrace and enjoy the outside spaces around us and watch as new life blossoms in the hedgerows, forests, moorlands and across our coastline. Days when we welcome the arrival of vibrant wildflowers, the sound of birdsong and the smells of freshly cut grass.

We know that the past year has been a challenge for many. There are days when it can be tough to find the energy needed to keep you and your family emotionally strong and resilient. We all have days when we feel 'less than' and that's ok. What helps us to all feel nurtured is to be connected to those around us who provide love, care and support and to be connected to our environment.

In this booklet are a number of low cost or no cost activities to help you do that as well as to spark your creativity and inner conservationist. We always welcome your feedback and ideas for content for our next booklet, so please do get in touch if you have some ideas – [togetherforfamilies@cornwall.gov.uk](mailto:togetherforfamilies@cornwall.gov.uk)



# Cornwall Wildlife Trust

## Beach Rangers

*Your Shore Beach Rangers | Cornwall Wildlife Trust*  
*Your shore network - Life Skills Training Courses Cornwall (beachrangers.com)*

## The Your Shore Network

We are very lucky in Cornwall to have this incredible network of Local Marine Conservation Groups that are supported by the Your Shore Beach Rangers Project. All of these community groups are made up entirely of volunteers! These brilliant individuals work together to monitor their area of sea and shore and are the first response to changes or concerns in their local marine environment. This Your Shore network all come together to act as a voice for our seas which we celebrate every year with a big annual conference.

There are so many opportunities for new people to get involved, so find your closest group and give them a shout!

## WE WANT YOUR WILDLIFE SIGHTINGS

*Submit a wildlife sighting | Cornwall Wildlife Trust*

If you see any wildlife that you find interesting, you can record your wildlife sighting with Cornwall Wildlife Trust

Whatever your experience and no matter how common or widespread the species your records will help improve our understanding of the natural history of Cornwall and the Isles of Scilly, and help with decision making, and to inform research and education.

If you fancy doing things a little different then why not visit the Cornwall Museums partnership Resource Hub which has a range to 'How to' guides including one on how to make a podcast

*How To Make A Podcast - Cornwall Museums Partnership*

Podcasting is a great way to record your adventures with your family and then send on to share with wider friends and family.

## Want to know what's in bloom near you?

Download one of Plantlife UK's free Spotter Sheets and see what you can find:

*Plantlife :: Spotter Sheets*



**The Your Shore Network**

Want to learn more about wildlife and conservation?





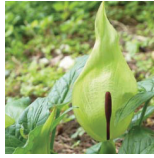



Why not get in contact with your local voluntary conservation group.

For more information on the Your Shore Network, please see [www.cornwallwildlifetrust.org.uk](http://www.cornwallwildlifetrust.org.uk)

Photo credit Lewis M Jefferies

1. Bude Marine Group | [budemarinegroup@gmail.com](mailto:budemarinegroup@gmail.com)
2. Polzeath Marine Conservation Group | [polzeathmc@gmail.com](mailto:polzeathmc@gmail.com)
3. Fathoms Free | [fathomsfree@gmail.com](mailto:fathomsfree@gmail.com)
4. Newquay Marine Group | [newquaymarinegroup@gmail.com](mailto:newquaymarinegroup@gmail.com)
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13. Wild Roseland | [coordinator@wildroseland.org](mailto:coordinator@wildroseland.org)
14. Three bays Wildlife Group | [info@threebayswildlife.co.uk](mailto:info@threebayswildlife.co.uk)
15. Friends of Par Beach | [contact@parbeach.com](mailto:contact@parbeach.com)
16. Friends of the Fowey Estuary | [friendsofthefowey@gmail.com](mailto:friendsofthefowey@gmail.com)
17. Looe Marine Conservation Group | [looevmca@gmail.com](mailto:looevmca@gmail.com)
18. Rame Peninsula Beach Care | [info@ramepbc.org](mailto:info@ramepbc.org)

### April Wildflower Spotter Sheet

 <p><b>Bluebell</b> <i>Hyacinthoides non-scripta</i> Dedicated to St George, around half the world's bluebells grow in the UK making it a particularly apt national treasure. <b>Where to find it:</b> Woodland</p>	 <p><b>Bugle</b> <i>Ajuga reptans</i> Since its flowers aren't trumpet-like, Bugle is likely a corruption of its scientific name, Ajuga. Bumblebees love it. <b>Where to find it:</b> Damp, shaded places</p>	 <p><b>Cowslip</b> <i>Primula veris</i> Often grows near cowpats, or where the cow's "slipped". Food plant for the rare Duke of Burgundy butterfly caterpillar. <b>Where to find it:</b> Grassy places</p>	 <p><b>Cuckooflower</b> <i>Cardamine pratensis</i> Also known as Lady's Smock. It tends to bloom at the same time the cuckoo starts to call, hence its common name. <b>Where to find it:</b> Wet meadows</p>	 <p><b>Early Purple Orchid</b> <i>Orchis mascula</i> One of the earliest of our native orchids. It has a scent not unlike Lily-of-the-Valley that gets stronger at night. <b>Where to find it:</b> Meadows &amp; coppices</p>
 <p><b>Greater Stitchwort</b> <i>Stellaria holostea</i> A sign of an ancient hedgerow. One of its local names is "pop-guns" as its seeds fire off noisily when ripe. <b>Where to find it:</b> Hedgerows</p>	 <p><b>Lords &amp; Ladies</b> <i>Arum maculatum</i> Pollinated by the cowpat-dwelling Owl Midge, it emits dung-like smell &amp; heat to attract it. <b>Where to find it:</b> Woods, banks &amp; gardens</p>	 <p><b>Germander Speedwell</b> <i>Veronica chamaedrys</i> Our most common native speedwell. Look for the two white stamen sprouting from the pale "eye" in the centre. <b>Where to find it:</b> Wasteland &amp; gardens</p>	 <p><b>Wild Garlic</b> <i>Allium ursinum</i> Also known as Ramsons. If you encounter an oniony aroma in the woods, chances are this wildflower's nearby. <b>Where to find it:</b> Woodland</p>	 <p><b>Wood Sorrel</b> <i>Oxalis acetosella</i> Once used in cooking for its lemony taste - but don't eat too much raw as it can upset the stomach! <b>Where to find it:</b> Woodland</p>

For more Spotter Sheets visit: [www.plantlife.org.uk/spottersheets](http://www.plantlife.org.uk/spottersheets)





## National Trust

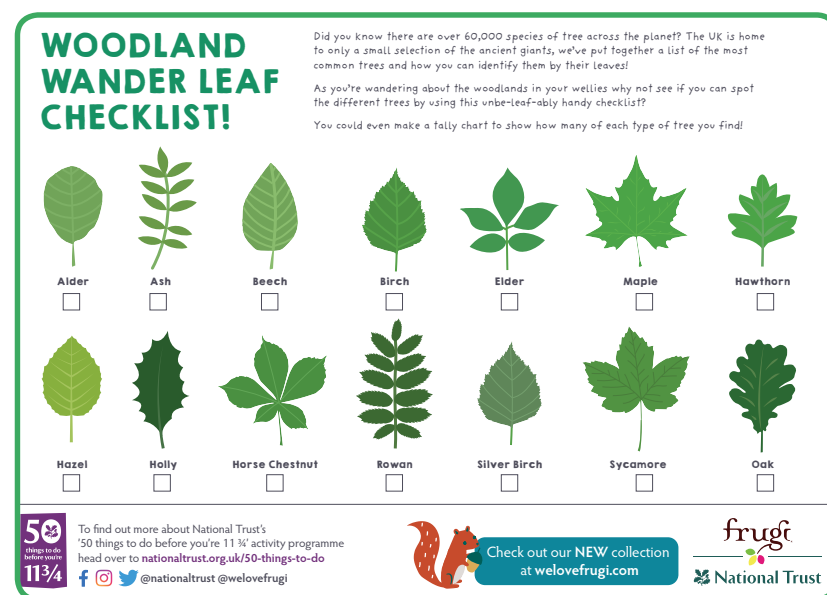
### *Family activities for outdoor adventures | National Trust*

There are lots of different ways to take in the sights and sounds of nature. You can collect natural materials, use a spotter's guide to identify wildlife or immerse yourself in the colours, noises and textures of the world around you.

Here are some fun family activities that will make your visits to the places in our care even more special

#### **Woodland wander leaf spotter sheet**

Connect to nature on your woodland wander when you identify different types of trees using this leaf spotter sheet. This guide was created by our brand licensee, children's clothing brand, Frugi in celebration of our new Woodland Wanders collection.



#### **Spot coastal creatures**

Have you ever wondered what lives in the sea? If you visit the coast then you might spot a mighty crab, slimy seaweed or a shy starfish. Dive into this spotter's guide and discover the wonders of coastal wildlife.

## Woodland Trust

Want something a little more active, Natures Calendar by the Woodlands trust asks individuals to monitor the changes in wildlife near you contributing to a long biological record that dates back as far as 1736.

<https://naturescalendar.woodlandtrust.org.uk>

Or try one of their seasonal

#### **Nature Scavenger Hunts for Kids - Woodland Trust**

Or spend an afternoon exploring and engaging in the

#### ***Tiny treasure hunt***

You'll need to keep your eyes peeled for this activity. Hunt for really small things you can fit into a matchbox. Collect little leaves, blades of grass, small snail shells, tiny twigs, feathers and pebbles. Turn it into a competition with your family – who can fit the most items inside their box?

You can take a magnifying glass on your scavenger hunt to help children to investigate their finds. Can they see intricate patterns, subtle colour changes and interesting textures?

*What teeny tiny treasures will you find?*

*Or try a garden scavenger hunt*



6 Small Rocks 	4 Leaves 
2 Sticks 	2 Crawling Bugs 
3 Flying Bugs 	1 Pine Needle 
2 Kinds of Grass 	3 Flowers 



# Wildlife Trust

Or how about visiting the Wildlife Trust website for some great idea's on what you can do to make your garden a 'Wild Place' and encourage local wildlife to come in to you garden and enjoy the habitat you have created

## Wildlife Gardening | The Wildlife Trusts

You can also download a number of guides in the 'How to' series with ideas on projects you can action at home such as building a hedgehog home or making a bee hotel

Working together, people can change the natural world for the better. We can achieve a

## Wilder Future!

Or why not take part in a citizen survey and join in with the Big Butterfly count, Garden Birdwatch or Map your hedgehog sightings. Many can be done without leaving the garden.

<https://www.cornwallwildlifetrust.org.uk/actions/how-take-part-citizen-survey>

We know that people who spend time in nature are happier and healthier, but it can be difficult to know how to do this safely in the current climate. Below are some activities you can do that promote looking after yourself and nature

## Looking after yourself, and nature | The Wildlife Trusts



Try building a Hedgehog home

Or try any number of activities in the wildlife watch section

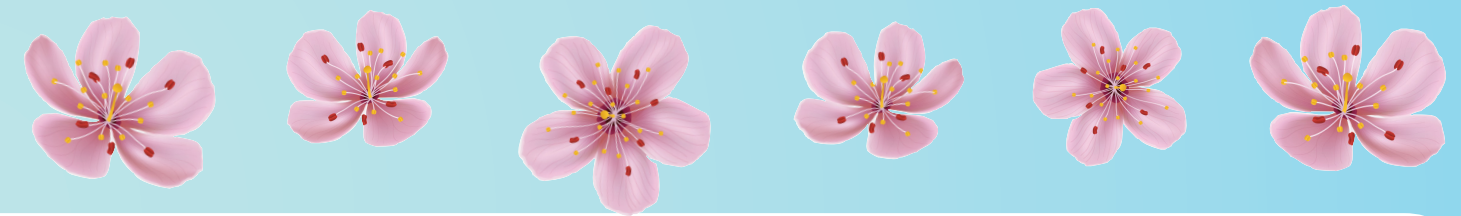
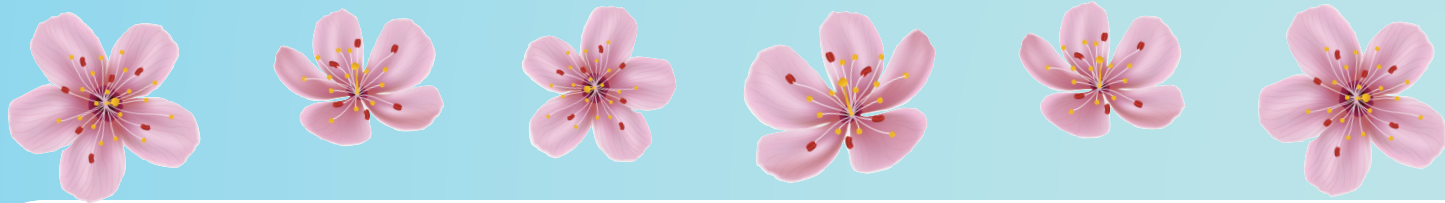
## Activities | Wildlife Watch

Like how to go rockpooling

Make some pine cone creatures

Or help your local community and the environment by going on a litter pick





## Eden project

Why not check out Eden Projects Make the Change – the Pledges and start to make changes following the 11 tips for fighting climate change and biodiversity loss.

You can agree your own pledges and ask your family to join you

What you can do to fight climate change and biodiversity loss

*edenproject.com*

## Beach art

You can't take it with you, but it can be lots of fun. Use stones, driftwood, shells and seaweed to create your own beach art. Maybe draw a fish in the sand, or a mermaid, and use whatever comes to hand to fill in the gaps and make your own unique piece of art - just remember to take a photo before the evidence of your labours get washed away with the tide.

Engaging in outdoor play feeds the mind and body, and could help you begin to build your confidence in being outdoors again

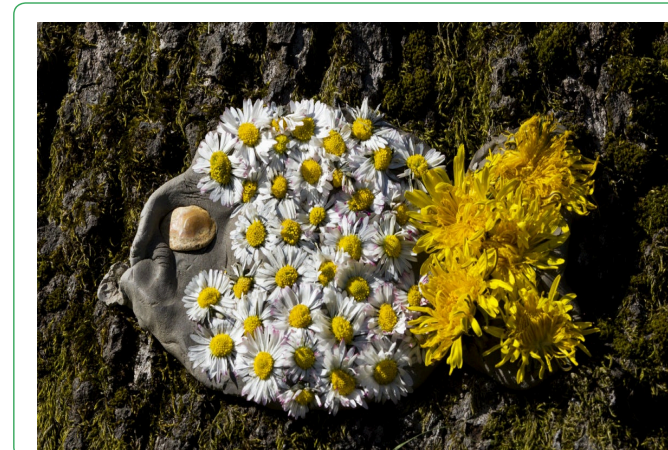
Other ideas:

Make an obstacle course on a pavement or some slabs using chalk. Get creative!

Using an old egg box container, mark the bottom of each egg holder a different colour. On your walk, taking your egg carton with you, see how many things of each colour you can collect. Perhaps you could make a collage or a rainbow when you get back home.

## Camp outdoors

Your own back garden can become a place for wild adventures, especially when the sun begins to set and when the sights and sounds bring hedgerows and dusky skies to life. So why not pitch up a tent, sit back and wait for the magic to happen. The best thing about camping in your back garden is that you can be surrounded by nature whenever you like. Sleeping under the stars can bring us closer to nature, and is made even more fun with family and friends (when safe to do so). Enjoy star gazing and falling asleep to the night song of bats, owls and the snuffling's of small ground dwellers as they go about their night activities.. Just remember to wrap up warm in colder months.



## Wild ART

'Wild Art' is quite simply creating art or craft from the materials found in a natural environment. Making forest faces is one of the simplest and most enjoyable activities that can be done in a woodland setting.

You can do this using

Leaves, wild flowers

Moss, ferns

small sticks are great wild art tools

stones

acorns

easily accessible trees or rocks





## Plantlife

Every Flower Counts aims to: work out how many flowers are on our lawns, how much nectar they're producing and how many bees they can support. If you want to get involved Plantlife is running the survey 22 – 31 May for people to send in their results

*Every Flower Counts | Plantlife*

## Carbon Neutral Ambassador

If you are interested in getting involved in climate related activities then why not join the Carbon Neutral Cornwall Youth Ambassador Network

<https://letstalk.cornwall.gov.uk/carbon-neutral-cornwall-youth-ambassador-network>.

**REMEMBER**  
**when using play areas, parks  
and skate facilities**

.....

**Hands • Face • Space**

 **Clean  
your  
hands  
often**

 **Follow public  
health advice**

 **Keep your  
distance**

 **Be considerate,  
patient and  
respectful**

**Thank you / Meur ras**  
[www.cornwall.gov.uk/coronavirus](http://www.cornwall.gov.uk/coronavirus)

