



# Little book of nature activities to do from home



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**Bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed.**

It is possible to get the positive effects of nature while staying indoors at home. You could try the following:

- 🍃 Spend time with the window open to let in fresh air.
- 🍃 Arrange a comfortable space to sit, where you can see trees or the sky, or watch birds & other animals.
- 🍃 Listen to natural sounds, like recordings that play birdsong, ocean waves or rainfall.
- 🍃 Get as much natural light as you can.
- 🍃 Spend time in your garden if you have one, or open your front or back door and sit on the doorstep.

SOURCE: [www.mind.org.uk](http://www.mind.org.uk)



**connect**

**learn**

**give**

**be  
active**

**take  
notice**

**If you have safe access to local green space, or someone could help you get some natural materials, you may like to try the activities in this booklet based on the 5 ways to wellbeing.**

# Connect

Grow some seedlings,  
and share them with other people...

1. Cut  
toilet roll  
tube  
in half

2. Make  
four small  
cuts in  
the tube



4. Fill your  
pot with  
compost and  
plant your  
seeds,  
keep moist  
and in a  
sunny place!

3. Fold the four flaps down  
so they overlap each other

- You can also use newspaper to make a pot - have a look on the next page
- Sunflowers, mustard, cress or dried peas (soaked first) grow well
- Water a little to keep soil damp, but not dry or soggy!
- Keep on a sunny window sill where you or passers by can see, share photos with us or friends, or even leave on a wall with a note as a gift...



# Newspaper plant pots

You will need: Newspaper, a jar or cup, compost and seeds

**1. Fold your sheet of newspaper into a long strip**



**2. Wrap the paper around the jar**



**3. Turn your jar upside down and squash all the spare paper at the bottom**



**4. Lift out the jar, and press the paper flat at the bottom of the pot**



Add compost or soil to the pot. Plant one big seed like a pea or sunflower, or a few small seeds like cress or mustard. Keep on a jar lid or plate. Water a little, and put in a sunny place!



# Give

Make something for nature like a recycled bottle bird feeder...

1. Cut holes on opposite sides of bottle to fit pencil or stick through



2. Cut window for bird to reach seeds

3. Fill bottle with seed and tie string around the top to hang outside your window or from a wall or tree

Good bird foods include sunflower seeds, oatmeal, soaked sultanas or raisins, mild grated cheese, seed mixtures without whole peanuts, or chopped apple.



# Be Active

Head outside and record how many you



**ladybird**



**dandelion**



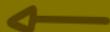
**oak**



**snail**



**woodlouse**

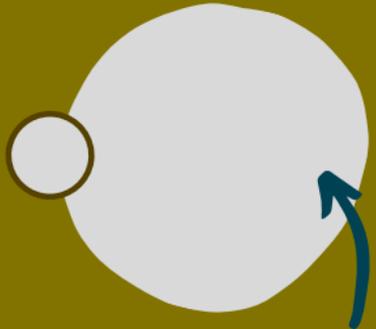


Remember to stay 2 metres apart  
from people not in your household





can see of these plants and animals!



draw your own!

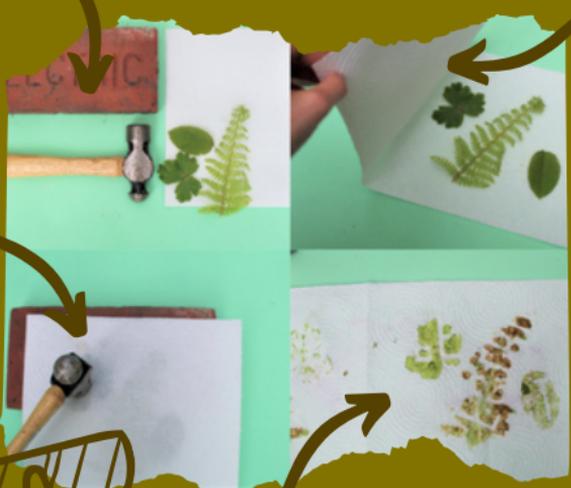
# And on another outing, collect some leaves and fallen petals for an art project...

1. find a firm, flat surface like a brick, paving stone or chopping board

2. fold your leaves and flowers between two sheets of paper, kitchen towel or fabric

3. protect your eyes with sunglasses or goggles, and tap GENTLY with a hammer or stone

4. peel open the paper and admire your art work!



- Only pick fallen petals or leaves that you can see lots of
- Moist leaves or flowers work best
- Why not turn your art work into cards or bunting flags?



# Take Notice

Head outside and take pictures of the 7 colours of the rainbow....



...or

7 different leaves

7 flowers growing in unusual places

7 minibeasts

7 things that make you smile 😊

Please don't pick flowers, but leave them for others to enjoy. Do share your pictures and encourage friends to join in too!

# Learn

## To grow tomatoes ....

**You will need:**

-  **Tomato seeds, a tomato seedling - or seeds from inside a fresh tomato!**
-  **A pot**
-  **Some stones or gravel**
-  **Some compost**

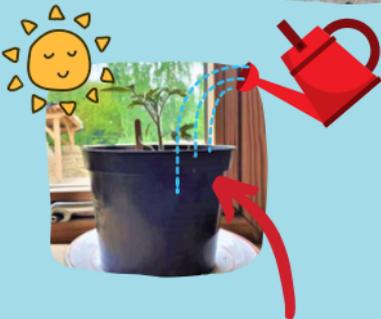
1. Put some stones or gravel in the bottom of your pot



3. Press in your seeds or seedling firmly



2. Fill the rest of the pot with compost



4. Keep your tomato plant on a sunny window sill and water well

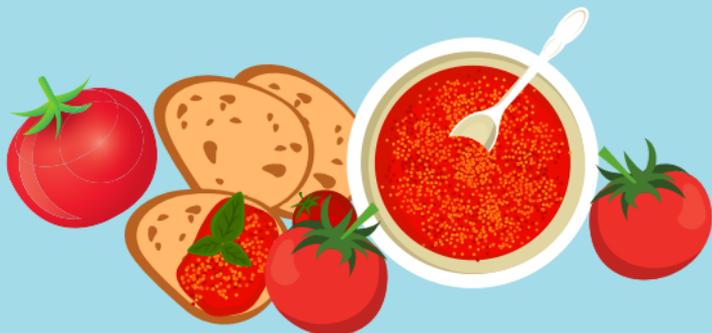
5. Pinch off any little side shoots, as these take away energy from the main plant. You can push these into compost to grow more plants!



# And to make tomato soup ...

## You will need:

- 🍅 1 chopped onion
- 🍅 1 tablespoon of oil, butter or margarine
- 🍅 2 tins tomatoes or chopped fresh tomatoes
- 🍅 1 teaspoon fresh or dried mixed herbs
- 🍅 1 crushed stock cube, salt and pepper



- 🍅 Add onion and oil to your cooking container
  - 🍅 Cook for around 2 minutes, either on the hob or in the microwave
  - 🍅 Add all the other ingredients and cook for another 8 minutes
- 🍅 Whizz in a blender if you have one, or mash as much as you can with a fork or potato masher
  - 🍅 Enjoy with toast!

**www.tcv.org.uk**

**Childline**

Call free on 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

**Young Minds**

Parents' helpline 0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**CALM**

0800 58 58 58 [www.thecalmzone.net](http://www.thecalmzone.net)

**The Samaritans**

Call 116 123 [www.samaritans.org](http://www.samaritans.org)

**MIND**

0300 123 3393 [www.mind.org.uk](http://www.mind.org.uk)

**Age UK**

0800 678 1602 [www.ageuk.org.uk](http://www.ageuk.org.uk)

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