

## Nature Observations

**We invite you to closely observe what's around you.**

How many birds and insects come into your garden whilst you sit and watch?

How many different types of birdsong can you hear?

How many plants are in bud or flowering?

Is there any grass growing between those paving stones outside or weeds where they shouldn't be?

Does the air feel damp or dry?

How do the plants smell or feel to the touch?

Record your observations in a sketchbook, make notes, draw sketches and create a page of Nature Observations. Add the date and time of observation. If you are indoors you might like to record what you see and hear through your windows.



**Did you know that UK woods and forests are home to almost half the bluebells in the world? Here is a topical picture of the bluebells this year at west woods in Marlborough.**

**Just looking at this picture makes us feel happy and calm.**

**Where are your outdoor 'feel good' places?**