

Look a little closer at the world outside your window...

...What do YOU see??



The Learning about Forests programme invites everyone to practice a simple act of silent observation: look out your window for 20-30 minutes and make a list of all the biodiversity that you can see. What has always been there but you have never taken time to notice it? Trees, plants, animals, birds and insects...the natural world is full of wonders and all you need to experience them is a window\*!

The activity is simple and affords both children and their parents/guardians a fun activity that stimulates the former mentally and artistically without placing too many demands on the latter:

- Observe:** Make a spot by a window comfortable: the more cosy it is, the longer a child is likely to want to stay there. Set a clock nearby and task the child with looking out the window and making a note of what they see for as long as is realistic for their age. They should make a note of all the biodiversity they can see, from trees and bushes to plants, insects, birds and animals.
- Draw:** Using the window frame as a border, the child can draw a picture of the scene they see from the window. If the resources are available, consider drawing the framed picture from the window on a large sheet of paper (perhaps 4 A4 sheets taped together). Draw items from the list and then place or stick these small animals, birds, insects and plants on the larger sheet.
- Contact:** Arrange a call with elderly or lone family members or friends who can share some interesting facts, anecdotes or myths about the species. It is more important than ever to engage with those who are isolated or alone and let them know you are thinking about them. To make things easier, send a message ahead to make sure they are available and letting them know what will be talked about so they can prepare or research a few stories if necessary.

So **let** staying at home be a "*pane*"! Get to know the nature on your doorstep better and you'll never look at your world in the same way again!

Learning about Forests - using nature as a classroom.

\*For anyone with impaired eyesight, this activity can be adapted to use the sense of hearing: listening to nature still offers a tranquil way to pass the time and a verbal description of the sounds can still be made.