



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**

Looking after yourself and others during the coronavirus crisis.

Whether you're lucky enough to have a garden, live by open fields or woodland, or live in a flat in a city, taking time to notice what is around you can have huge benefits for your wellbeing. If, like most of us, after 2 weeks of lockdown the walls of your home are driving you mad, why not try this challenge.

Take advantage of the better weather and go for a walk if you can, obviously observing social distancing rules, or sit in/ walk round your garden. Really take time to notice the different plants, trees, birds and any other animals you can see or hear. How many different ones can you spot?

If you have small children (or are a big kid yourself) go on a bug hunt; lift stones in your garden, or if you can get into a wood lift the dead leaves or fallen branches. You'll be amazed at how many bugs you can find. Alternatively, get the children to lie on the grass on their tummies and really look for different types of plant, other than grass. Even better if you join in with them!

Don't worry if you can't name the different things you see, but for an additional challenge here are some websites that will help you to identify trees, wildflowers, birds and bugs. You can always take photos whilst you are out to look up names later.

<http://www.shurdington.org/TreeChart.html>

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/native-trees/>

<https://www.wildlifetrusts.org/wildlife-explorer/wildflowers>

<https://www.lovethegarden.com/uk-en/article/19-common-british-birds-you-can-find-your-garden>

<https://www.woodlandtrust.org.uk/blog/2017/11/common-uk-insect-identification/>

There's also an App, which is free, but suggests a subscription. You can click the cross at the top to avoid signing up to subscribe, Plant Identifier by Glority Global Group Ltd.

<https://apps.apple.com/gb/app/picturethis-plant-identifier/id1252497129>



As with our last challenge this 'Taking Notice Challenge' helps you to combine all of Five Ways to Wellbeing:



Whether you do this as a family unit or on your own, posting your results will connect you to others.



Doing this will mean you giving time to those you live with and those you're connecting with in the virtual world.



Doing this challenge will mean you learn more about your surroundings. If you take on the advanced challenge, you'll also learn more about the plants and animals you find.



Walking is a gently form of exercise that can be really beneficial for you. Getting out in the fresh air will also help lift your mood.

Don't forget to share what you find. Post pictures if you like, or just the numbers of things you find. Good luck!