

Sunday Explorers

WEEK ONE: Finding Beauty in Nature



Make Your Own Nature Frame

What You'll Need

- 4 sticks of a similar length
- String, wool or twine
- Scissors (with adult help if needed)

How To Make Your Nature Frame

1.

Go on a nature walk and collect four sticks from the ground.



2.

Arrange the sticks into a square or rectangle.





3.

Tie the corners together
securely using string or twine.



4.

Your frame is now
ready for exploring!



Become a Nature Explorer

Take your frame outside and use it to look closely
at the world around you.

Hold your frame up and see what you
can discover inside it.

Can you find:

- ☒ Something colourful
- ☒ A beautiful flower
- ☒ A feather
- ☒ An interesting pattern
- ☒ A tiny insect
- ☒ Different shades of green
- ☒ Something that makes you smile
- ☒ Something you've never noticed before



Take a Mindful Moment

Sit quietly for one minute and look through your frame.

What can you see?

What can you hear?

How do you feel?

Sometimes taking a moment to slow down and notice the beauty around us can help us feel calm, happy and connected to nature.

Become a Nature Detective!

You've spent time looking for beauty in nature, now why not help scientists too?

Citizen science projects invite people just like you to record wildlife, plants and insects they see every day. Your discoveries can help researchers understand and protect nature.

Click here to take part!



A GREAT PLACE
TO *Grow up*

Letchworth
Garden City
Heritage Foundation