

## Sunday Explorers

WEEK FOUR: The Colours of Nature

### Nature's Rainbow Challenge

Nature is full of amazing colours.

How many can you find?

Head outside and see if you can collect (or photograph) something from each colour of the rainbow.

☒ Yellow

☒ Orange

☒ Red

☒ Green

☒ Purple

☒ Brown

☒ Blue

Remember: try to only pick flowers or leaves if there are many and never pull or dig up a plant.



## Create Your Nature Collection

Arrange your discoveries  
into a colourful display.

You could:

- Make a rainbow
- Create a picture
- Take a photograph
- Use a photo to inspire a painting or colouring

Which colours were easiest to find?  
Which were hardest?

## Become a Colour Explorer

Look closely at nature around you.

How many different shades of green  
can you find?

You might be surprised!





## Take a Mindful Moment

Choose your favourite natural object.

Look at it closely for one minute.

What colours can you see?

What makes it special?

## Become a Nature Detective!

You've been discovering the incredible colours found in nature, now why not help scientists record them too?

Many citizen science projects ask people to identify flowers, plants, butterflies and other wildlife. Your observations can help researchers monitor and protect nature across the UK.

Contribute to real science by visiting our Citizens' Science webpage to tell us about the nature you have seen, or the things you have done to care for nature.

**Click here to take part!**



A GREAT PLACE  
TO *Grow up*

Letchworth  
Garden City  
Heritage Foundation