

Sunday Explorers

WEEK FIVE: Bring Nature Indoors

Create a Nature Nook

Can you create a cosy nature-inspired space inside your home?

Using things you've collected outdoors and items you already have at home, create a place to relax, read, think or draw. You could include:

- Blankets
- Cushions
- Leaves
- Feathers
- Pinecones
- Stones
- Nature drawings
- Books about wildlife



Remember: try to use natural items that have already fallen to the ground.

Nature Reflection

**Spend some time in your nature nook.
Then choose one of these activities:**

Nature Story

Create a story inspired
by something you
discovered outdoors.



Interview a Grown-Up

Ask them:

- What's your favourite place in nature?
- What did you enjoy doing outdoors as a child?
- What animal do you most like seeing?
- Why do you think nature is important?

Write down their answers.





Take a Mindful Moment

Sit quietly in your nature nook.

Close your eyes.

Think about your favourite outdoor memory.

How does it make you feel?

Become a Nature Detective!

You've brought nature indoors and spent time thinking about why it's important.

Citizen science is another great way to connect with nature. By recording wildlife you see and sharing your observations, you can help scientists understand and protect the natural world.

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