

GLOBAL GENERATION

THE STAY AT HOME GARDEN



eatures of the air

GLOBAL GENERATION

Lots of these activities are things our team are doing with their time at home! Look for the orange circles to find out who...



ear creative nature explorers,

We're moving from spring into summer and as the landscape of the earth and sky changes, many different creatures appear.

Our cleaner air is filled with birds and glorious birdsong, and moths, butterflies, bees, damselflies and many other insects emerge into the sun to feed and reproduce. Colourful wings flutter by, long tongues unfurl and plump chicks fluff out their feathers waiting to be fed.

Now is the time to take a closer look and try some new activities inspired by the creatures of the air. From making a mobile to identifying moths, cooking up a storm or listening to birdsong there is something for everyone.

Let's be grateful for everything we have, and spend time noticing the small details around us that enrich our world.

Please share with your friends and on **#stayathomegarden**

We would love to see what you come up with so please send through pictures and writing to martina@globalgeneration.org.uk

Enjoy !

The Global Generation Team

Early June 2020



This beautiful photo of a dragonfly was taken by Sahar Gilani (@uokpetal). There are about 30 different species of dragonfly in the UK and they can be seen all throughout spring, summer and even into autumn.



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Did you **KNOW?**



Insects with wings to look out for:

Who can you see around in the UK now?

This drawing on the I for Insects is of an Ivy Bee

Common Blue Damselfly

They can be seen from April - October and often near water, ponds, streams, rivers and lakes but also hedgerows and they have been spotted in the city too.



Large Red Damselfly

The large red damselfly can be seen from March - September and can be identified by its black legs and red body. It is common across the UK and lives in most wetland areas, including damp areas in the city.



Painted Lady Butterfly

These amazing butterflies migrate to and from Africa - can you believe it! They drink the nectar of flowers and lay their eggs on leaves like Nettles, Mallows and Thistles. The population dies or migrates back to Africa in the Autumn.



Common Blue Butterfly

This butterfly is the most widespread in Britain and found in grassy areas. The caterpillars are short, green and furry and love eating cabbage and broccoli. They leave a silvery line on the leaf so it's easy to spot where they have been.



Buff-tailed Bumblebee

This is our largest bumblebee and emerges in Spring. It makes its home in large underground colonies of up to 600 bees. They have a short tongue so if they can't reach the nectar from a flower they bite the base of the flower to get at it.



Honey Bee

These honey bees can be seen flying all over London, we have an abundance of them at The Story Garden - can you spot the hives on top of St Pancras station? Did you know they can live in colonies of 50,000!



Creative

ACTIVITIES

for all ages...



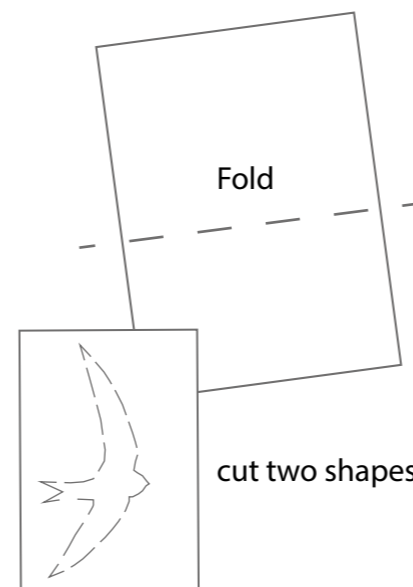
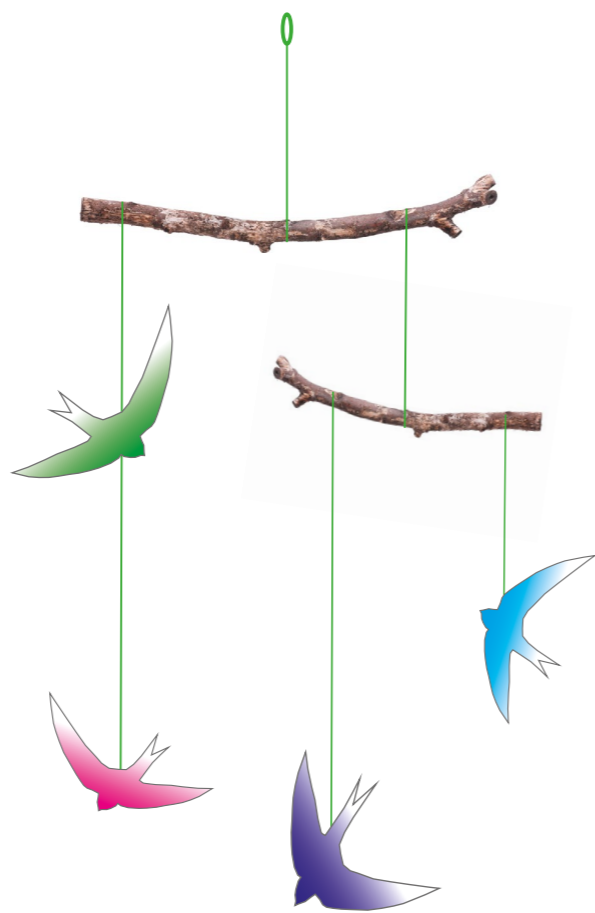
How to make a bird/bee/butterfly mobile

What's needed

- Sticks or similar
- Thread, string or wool
- Paper or card
- Glue
- Scissors
- Crayons of any sort

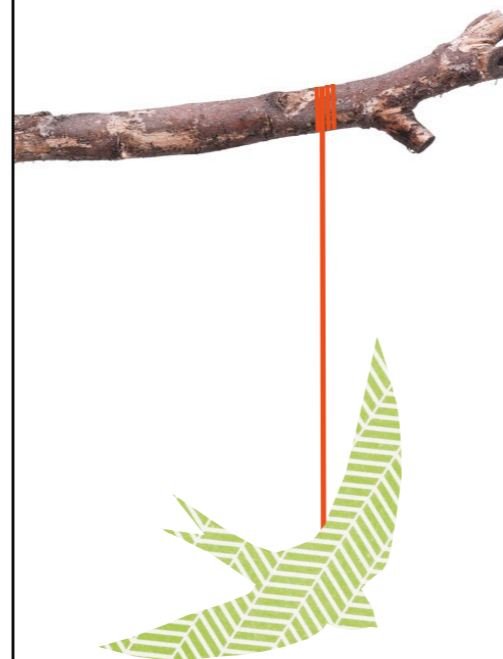
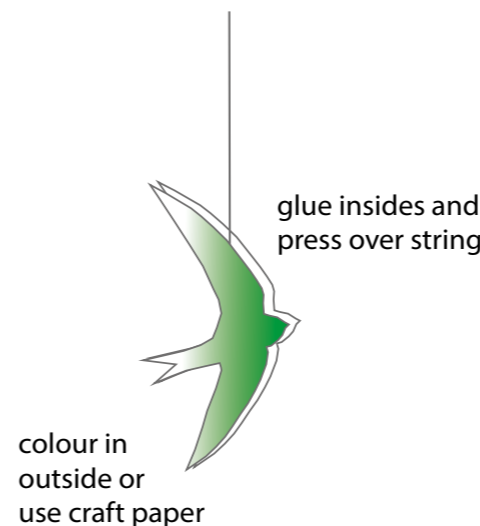
You'll need two cut outs to make one bird.

This activity was made for you by Sue, who has been enjoying watching the birds from her window.



How to make

- Using either paper or card, fold or lay two pieces over each other.
- Draw out the bird shape on the card and cut two that mirror each other.
- Make sure which side will be the inside, and which will be outside, and draw your bird feathers and features on one side of each.
- You can use the inspiration below, or draw any bird, butterfly, insect or moth you prefer.
- Put the paper birds aside and tie the wool to the twigs.
- Don't cut it too short, you can adjust it later. You'll need a loop in the top string to hang it.
- Find somewhere to hang the twigs, or get someone to hold them up.
- Glue the inside of the bird shapes together over the string where you want them to be.
- Work slowly, you want to find a balance between all the shapes so the twigs stay straight.
- Trim any loose ends.
- Hang up high so the birds catch the wind and move.



ACTIVITIES



Make your own birds nest

This activity was suggested by Emma, the Paper Garden Manager, who made these birds with children in an online making session in May

Explore the world of a bird and their nest by making your own from magazines, newspaper, and card.

Get inspired by...

<https://www.wildlifetrusts.org/wildlife/how-identify/identify-garden-birds>

<https://www.woodlandtrust.org.uk/blog/2020/05/identify-eggshells/>

Make your nest:

Birds often weave together different natural materials to make a strong nest. Try weaving the base of your nest from the card, use newspaper to scrunch around the sides. Move strips of paper into a cut base, under, over, under, over...

See if you can make some eggs to go inside. Birds eggs are beautiful!



Make your bird:

- Make your bird flamboyant or humble, sharp beaked, or fat billed...
- Use scrunched paper to make the head and body, tying some string/tape to separate them.



- Cut strips in feather shaped pieces of paper to create a feathered effect.



- Don't forget the legs and beak!

Check out other birds here:

<https://www.globalgeneration.org.uk/blog/2020/5/5/primary-school-children-explore-flowers-and-feathers>



CHALLENGE you....

Flying shadow puppets

Jane made shadow puppets with her Great Aunt Erica who was 100 years old and lived in a candle makers cottage.

To make your shadow puppet bird you'll need these things:

- Card from a cereal box or thick art paper
- Small nimble scissors
- Strong gaffer or other tape
- Split pins or string
- Kebab or chopsticks for operating rods
- A white sheet
- A lamp



Draw the body of the bird, with the head, the beak and the tail. Now all you have to do is cut that out and draw some wings. Draw a wibbly line to make the shape of the feathers at the edge of the wing. It is easiest if you cut out the larger shapes and then go into the tiny detailed bits.

To connect the wings to the body, use the sharp point of your scissors to pierce matching holes. Use your split pins to hold the wings onto the bird puppet. If you don't have split pins you could use string and tie a big knot. Slip the split pin, or the string into the overlapping holes on the body and the wings and then open it up at the back.



Next place the end of one chopstick on the back of each wing, and tape down securely with gaffer tape. You can use the same technique to make other shadow puppets. What about insects or even mountains with exploding volcanoes.



CHALLENGE

Flying shadow puppets continued...

Use a white sheet as a shadow screen with either sunlight or a lamp behind the screen, in the place where you will stand. You can even stand behind the window curtains, but first be sure to stretch them flat. Now comes the exciting bit, make your shadow puppets fly with the operating rods. Tell your version of the eagle and the girl story that you will hopefully write for our storytelling challenge (see next page) and give performances to your family and friends. And finally please remember to send us pictures and videos of what you create. We would love that !





Crossing the story mountain

Stories have been told all over the world for millennia, in fact some people say that humans are a story making species. We all have layers and layers of stories embedded in our bones. When we make up a story, fragments of these old stories come to the surface and fire our imaginations. There are simple steps to story making which can be thought of as crossing a story mountain. Here goes ...

Story Making Steps

1. Beginning: set the scene
2. Development: provide a catalyst for something to happen
3. Climax: describe a crisis or some kind of major event that needs resolving
4. Resolution: find a creative way to avert or come through the crisis
5. Transformation: tell us about the lesson learnt or change that occurred because of the journey your character has made

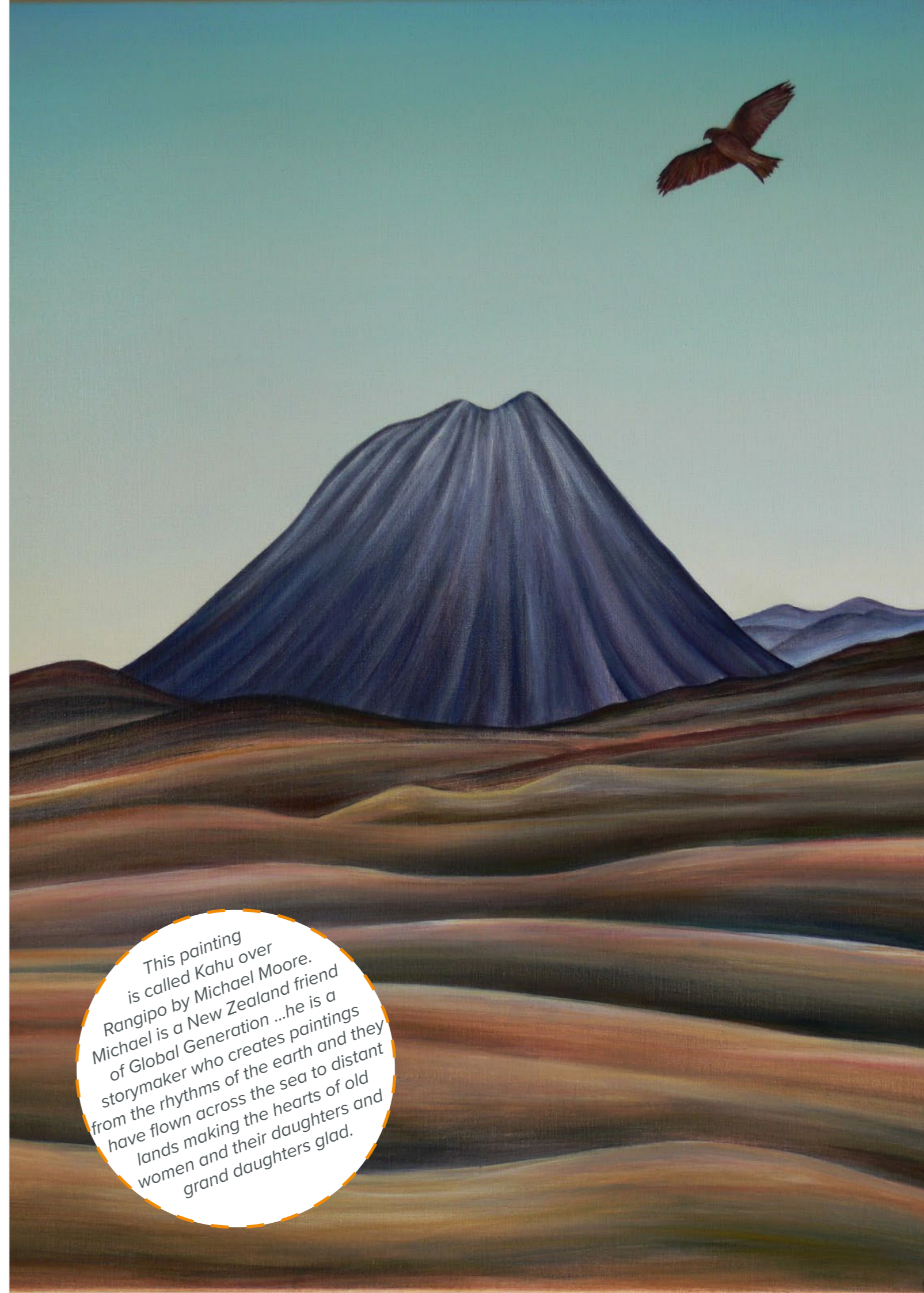
These are the steps Rod uses when he's writing stories

In your story for the Stay at Home Garden, have at least two characters, including one creature of the air. In your narrative include a rich mix of action and description. A way of doing this is to bring lots of feeling, colour and at least three of your senses into the story ... were your characters happy, frightened or maybe they were curious? Did they hear the birds? Did they see or touch something that took them to another world? Above all enjoy and let yourself be surprised by the many storylines you have buried in your bones.

We would love to receive your stories and publish them on our website, so please send them to us.

Here is a possible start line for your story,

Once upon time there was a young girl (or boy), her spirit was wild and free and she loved to stare up into the sky and watch the soaring eagles ...



This painting is called Kahu over Rangipo by Michael Moore. Michael is a New Zealand friend of Global Generation ... he is a storyteller who creates paintings from the rhythms of the earth and they have flown across the sea to distant lands making the hearts of old women and their daughters and grand daughters glad.

CHALLENGE

Can you spot these



This information on identifying moths was put together by Sue, our head of gardens, who knows a lot about all sorts of insects.

Moths are the often overlooked relatives of butterflies. There are around 2,500 species of moth found in the UK and only 59 species of butterfly. Some of them migrate across the globe, similarly to birds.

They belong to a family of insects called Lepidoptera (word derived from the Latin words wing and scale) whose scales create the beautiful colours and patterns found on both. These colours have many different functions. Some, like the Buff Tip moth are designed to make them look like the bark or twig whilst others are coloured as a warning to predators that they are toxic.

They are important pollinators, supporting the daytime pollinators like bees and butterflies, but with many moths pollinating at night. Many white flowered species of plants are adapted for moth pollination, their evening scent attracting moths to their bright flowers, just as moths are attracted to light.

The caterpillars feed on a whole range of plants, sometimes destroying crops. Many also have defence mechanisms like hairs which are irritants. The Oak Processionary moth can damage oak leaves badly which weakens the tree. It can also trigger asthma and rashes in humans and animals.

Although some chew holes in our woolly jumpers - (the clothes moth larva), others have been useful to us such as the silk moth, who makes silk threads that we can turn into fabric.

We've chosen just a few moths to get you started on identification.

Many of these photos and info courtesy www.butterflyconservation.org, where you can find information on other moths and butterflies.



Angle shades / *Phlogophora meticulosa* - wingspan 42-50mm

- Distinctive moth with pinkish-brown markings. Wings are folded along the body at rest which gives the impression of a withered autumn leaf.
- The caterpillars can be seen all year round, feeding in mild weather and usually pupate in a cocoon just under the soil.
- The caterpillars feed on a wide range of plants and are found in a variety of habitats.



Garden Tiger / *Arctia caja* - wingspan 50-78mm

- Caterpillars can be seen from August to late the following June. They are hairy and known as the "Woolly Bear".
- They pupate in a thin cocoon among vegetation on or near the ground.
- Caterpillars feed on a wide variety of herbaceous plants, including Common Nettle, Broad-leaved Dock Water.



Poplar Hawk moth / *Laothoe populi* - wingspan 65-90 mm.

- Commonest of our hawk-moths, if disturbed it can flash the hindwings, which have a contrasting reddish patch, normally hidden.
- Found throughout most of Britain, the adults are on the wing from May to July, when it is a frequent visitor to light.
- The caterpillars feed on poplar, aspen and willow trees.



White Ermine / *Spilosoma lubricipeda* - wingspan 36-46mm

- A white moth with small black spots on the forewing. The name comes from the similarity of its markings to the ermine robes worn by judges and royalty.
- The hairy larvae can be seen from July to September which then overwinter as pupae among plant debris.
- The caterpillars eat a wide range of plants.
- Found in most rural and urban habitats.



Buff Tip / *Phalera bucephala* - wingspan 44-68mm

- The adults can be found resting in the day on a twig or the ground.
- The yellow and black caterpillars can be seen from July to early October.
- Caterpillars feed on deciduous trees; such as sallows, birches, oaks and hazel, preferring those in sunny locations.
- You can find it in open woodland, scrub, hedgerows and gardens.



Hummingbird Hawk moth / *Macroglossum stellatarum* - wingspan 50-58mm

- This looks like a tiny hummingbird, with its long tongue and rapid wing movement as it hovers over a flower.
- They migrate from southern Europe to the UK each year.
- Caterpillars eat Lady's Bedstraw, Hedge Bedstraw, and wild madder. It's also seen laying eggs on Red Valerian.

Fun RECIPES

to keep you healthy...

Chickpea burgers

This is a super easy hands on recipe or I should say hands in recipe!

They're great with salad or something more substantial, like potato wedges or a grain. They are great with yoghurt on the side or something else to dip them in like this delicious tomato salsa recipe.

Ingredients:



To make 5 burgers:

- 600g chickpeas or other beans (in a tin or a jar so they are cooked already)
- 6 spring onions
- Half a big bunch of parsley
- 4 Tablespoons of flour
- Salt and pepper
- Herbs and spices to add flavour, i.e: Turmeric, cumin, mixed Italian herbs, rosemary, garam masala, paprika, chilli

For the tomato salsa:

- Tomatoes of your choice (how many depends on how many you are feeding)
- Olive oil
- Salt and pepper



Method:

- 1** Drain the chickpeas, rinse them and get your hands in and squish them up! Alternatively use a potato masher.
- 2** Slice the spring onions finely, chop up the parsley as fine as you can and pop in the same bowl as the chickpeas.
- 3** Add flour, salt and pepper.
- 4** Now for your spices; experiment and see what works for you. I like using cumin, turmeric, paprika and a bit of chilli.
- 5** Now you've added all your ingredients you can mix it all together and make them into burger shapes.
- 6** Heat a little bit of oil in a frying pan on a med-high heat, and gently fry them on one side for 4-5 mins, flip them and fry on the other side.

For the tomato salsa:

- 1** Easiest tomato salsa ever! Slice the tomatoes thinly, salt and pepper them, dress with olive oil and leave for 5 minutes.



RECIPES



Honey and turmeric granola



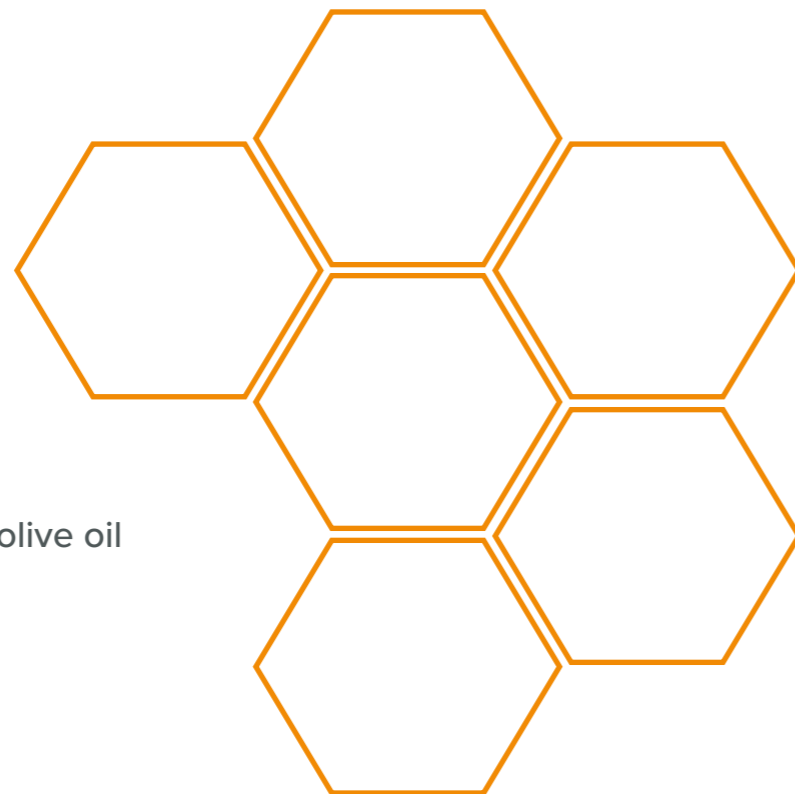
This recipe is from Giorgia our community chef and she has made this many times with our generators.

This is a delicious recipe for granola that is full of healthy ingredients such as nuts, coconut and spices such as turmeric and cardamom. Perfect for breakfast or for a snack at any time of the day.

You could try making your own variations by adding dried fruit or different spices.

Ingredients:

- 300 g oats
- 150 g mixed nuts and seeds
- 50 g desiccated coconut
- 6 tbsp coconut oil (melted) or olive oil
- 6 tbsp maple syrup or honey
- Big pinch of salt
- ½ tsp ground cardamom
- ½ tsp ground turmeric



Method:



- 1 Preheat the oven to 180C.
- 2 Mix together the oats, nuts and seeds. Add the salt, cardamom and turmeric.
- 3 Whisk the oil and honey together. Pour over the oats mixture and stir together.
- 4 Transfer into a tray. Bake for 20/30 minutes, stirring every 10 minutes until it's brown and golden.
- 5 In the meantime toast the coconut in a separate pan (you are doing this separately because you don't want the coconut to burn).
- 6 Add the toasted coconut to the granola when it is out of the oven.
- 7 Let it cool and store in a sealed jar for up to a month.



RECIPES



Oat, apple and chocolate cookies

Charlotte made these cookies in an online session with our family groups. See the next page to see how it went.

Makes 12 cookies



Ingredients:

- 200g oats
- 1 heaped tbsp flour (any flour will do)
- 70g ground almonds
- 4 tbsp oil, any type will do
- 2 tbsp milk, dairy, plant based or just water
- 1 tsp baking powder
- 1 tsp cocoa or drinking chocolate
- Pinch of salt
- 100g dates or 3 tbsp of honey or 3 tbsp maple syrup or 100g raisins/sultanas
- 1 apple
- 40g chocolate of your choice

Method:

- 1** Preheat the oven to 180-200*c
- 2** If you're using dates/raisins or sultanas weigh and chop them up roughly and then pour over boiling water just covering them and set aside.
- 3** Measure all your dry ingredients and add them to a large mixing bowl: oats, flour, ground almonds, baking powder, salt and cocoa.
- 4** Grate an apple and add that to your bowl mixing everything together.
- 5** Now add the wet ingredients: milk or water and oil.
- 6** If you're using honey or maple syrup add this, mixing well. Your mixture should be nice and sticky now.
- 7** If you're using dates or raisins to create your stickiness, drain off the water and add them to your bowl. Use your hands and squish everything together!
- 8** If you're adding chocolate then now is the time to roughly chop it up and pop it in the bowl.
- 9** Line your oven tray with greaseproof paper or use oil and flour to line your tray.
- 10** Using a tablespoon or your hands, get a small amount of cookie mixture, roll it into a ball then squish it down on the tray with your fingers to make a cookie shape.
- 11** You should have 12 cookies. When this is done it's time for the oven.
- 12** Bake for 10 - 15 minutes. Check after 10 and see if they're done. They should have changed colour but these are chewy cookies so don't over cook them and they'll harden up once they cool.



RECIPES



Oat, apple and chocolate cookies

continued...

Check out the participants from our online cooking session!

Niamh and Freya enjoyed making these cookies with Charlotte, and I'm sure they enjoyed eating them even more!



Here is Zac getting stuck in with mixing the cookie dough.

STORIES

from the natural world... 

Stanley and the Firebird

Jane told this story in the early days of creating the Paper Garden with children in Canada Water.

This story is adapted by Jane from Grandfathers Pencil, a children's book by Michael Foreman.

Once upon a time there was a boy called Stanley, he loved to go on adventures and explore outside. One day his granny gave him some paper and a very special pencil and he wrote and wrote, pages and pages all about the people he had met and the creatures he had seen in the city. When he finished writing he put his head on the pillow, and then he heard a strange creaking sound, like nothing he had heard before. The floorboards were speaking, we have a story to tell, once upon a time we were part of a tree ... and then the table said, I lived in the deepest, darkest part of the forest. There was a scratching, scribbly sound and Stanley looked up, his pencil was writing. "I remember when I was young I lived at the top of a very tall tree. Then the woodmen came and chopped me down and I travelled down rivers and across seas, I arrived at a pencil factory

in the middle of London. Next the paper spoke, "I was a tree too, in my dreams I still feel the sway of the treetops ... oh to feel such a wind again" "You Will", cried the old wooden window as it flew open.

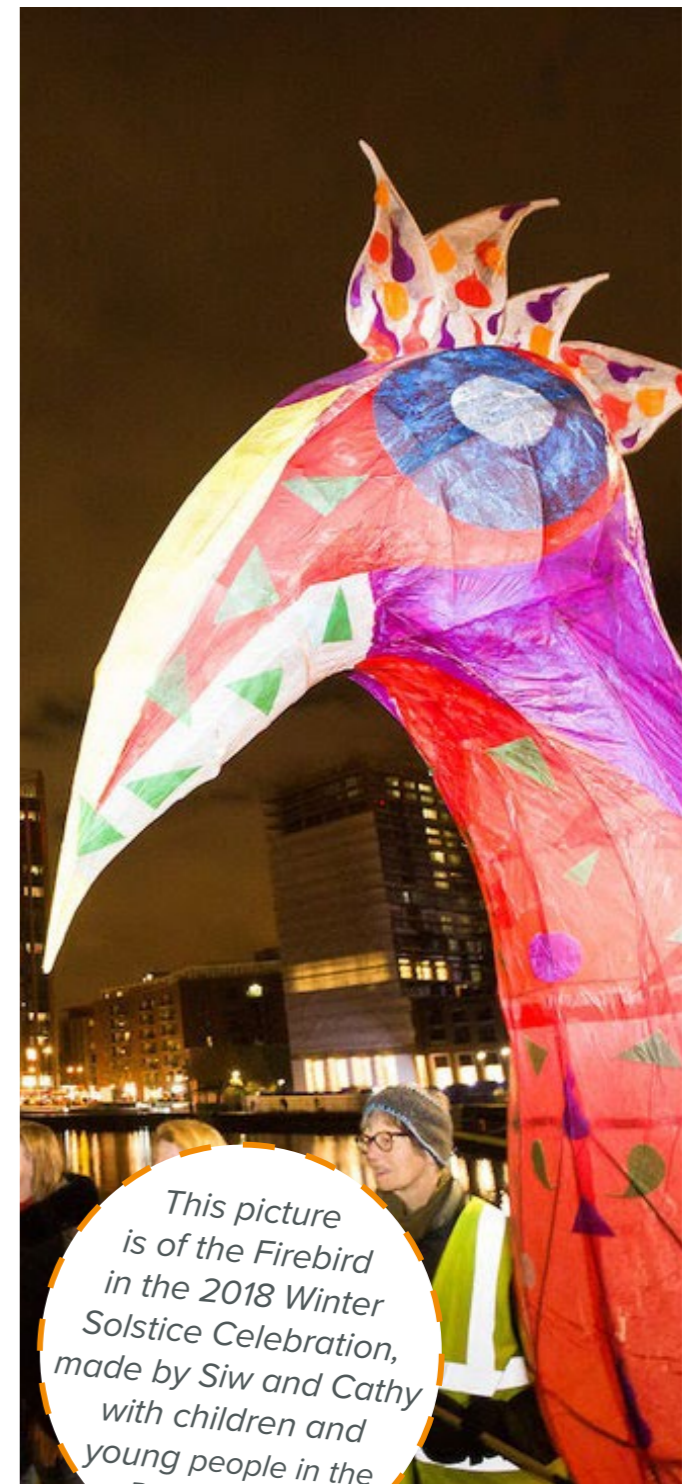
The night wind whirled madly into the room. Stanley sat up, his eyes wild with excitement and the paper flew out the window. Out over and beyond the city, tumbling and swooping in the sky until it was caught and held in the top most branches of a tree in the forest. These tales of the pencil and Stanley's life in the city were torn by the wind. Birds wove the tattered tales into their nests and sang these stories to their young. All the animals of the forest listened, and so the stories spread from the highest leaf to the deepest root.

The young birds became curious

about the city, and as soon as they were old enough to make the journey, they wanted to go and explore it for themselves. They gathered together and off they went. At first it was exciting with all the different shaped buildings, small ones and tall ones, glass ones and brick ones. They loved the people in all their brightly coloured clothes. But as time went on it became scary; they started to cough because the air wasn't clean. In some places there were hardly any trees. There were no berries to feed on or places to make their nests and it was so noisy. The birds came together to try and figure out what to do. It was the wise and clever crow who had an idea. She said; "we need to call upon the firebird, when the firebird comes the people will wake up and they will remember what to do". So in the stillness of the night and the creeping light of the morning, for nearly a year the birds sang the most beautiful songs and sure enough, on the night of the shortest day of the year, the firebird came. She was huge and she was bright and the people poured out of their houses to follow her through the city. She lit up their eyes and opened their hearts and they were never the same again. They began to tell the old stories that spoke of the mystery and the magic of the forests on the edge of the city.

The bravest amongst them hatched a plan to bring the spirit of forest into the middle of the city and so it began. In the playgrounds and the pavements, on the rooftops and the railway sidings, in the shopping malls and the swimming pools, hands big and small dug in the soil and sowed seeds. Colourful gardens and green forests grew, the

wind and the birds worked together and spread the seeds near and far. The sounds of the city began to change, the march of the people grew into a dance, the air became clear and sparkling clean, there was food for people and pollinators and there were wonderful leafy homes for the birds. And that is the story of Stanley, who by the time he was an old man, had an enormous story to tell.



This picture is of the Firebird in the 2018 Winter Solstice Celebration, made by Siw and Cathy with children and young people in the Paper Garden

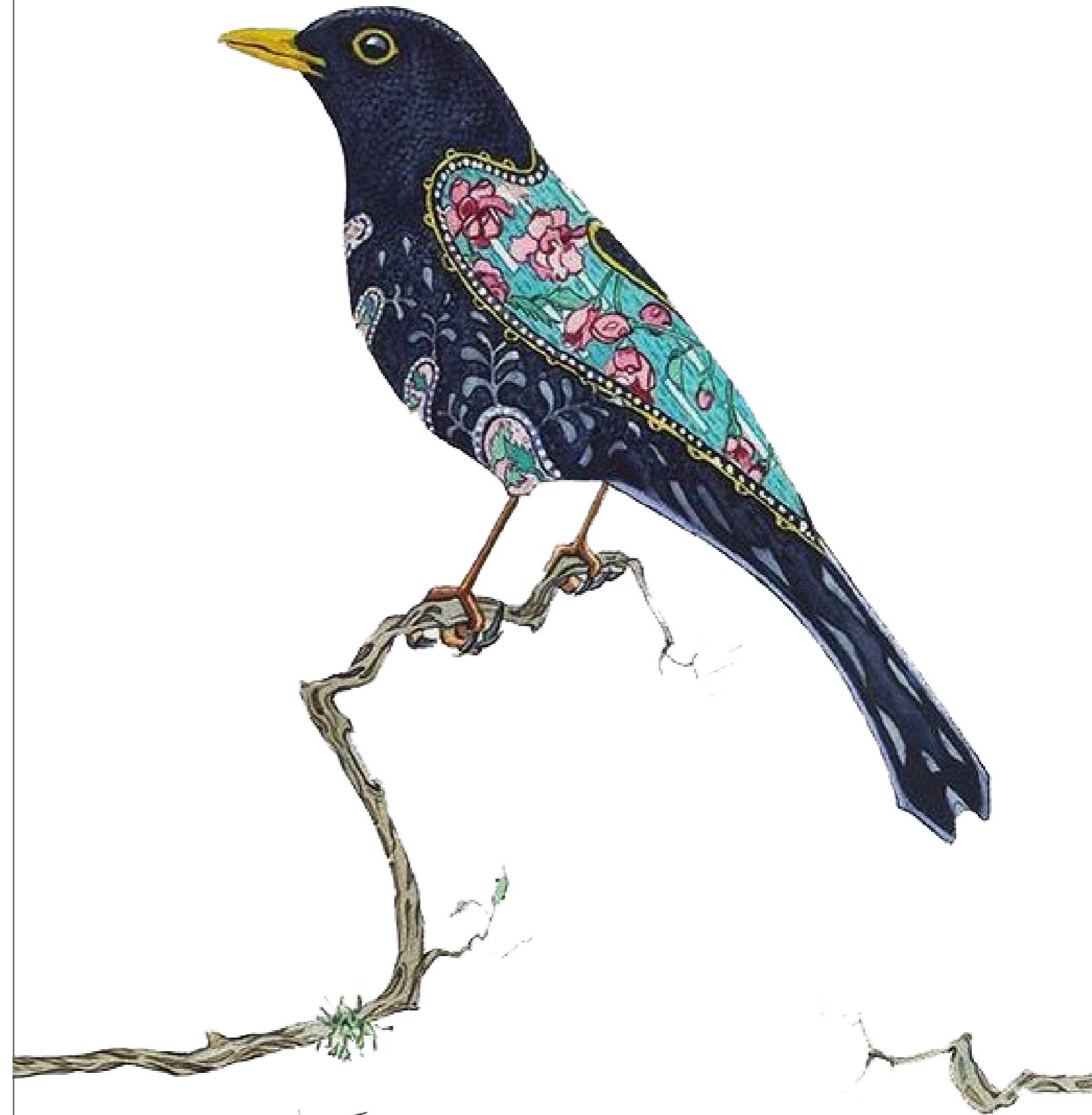
STORIES

Blackbird and the ants

read by... Zoe Ball

A lovely audio book read by Zoe Ball, from the RSPB

[Click here to listen to 'Blackbird and the ants' read aloud](#)



CALMING

our bodies and minds...



Listening to the birds...



This calming exercise was written by Charlotte who has been enjoying the sounds of the birds in the Story Garden.

Sunrise or Sunset

Take a few moments of quietness on your own or with others. Find a comfortable spot near a window. This is the most exciting to do either first thing in the morning when you wake up or before the sun starts to set.

Try this at different times throughout the day and be surprised at what you hear.

Close your eyes (this helps our ears wake up a bit more as one sense is temporarily still) or cover your eyes with your hands and listen to the sounds you can hear outside your window.

Questions to ask whilst listening:

How many sounds can you hear?

- Write the number down

How many different bird sounds can you hear?

- Write the number down

Do this in the morning or evening and compare how many different sounds you hear. Does the number change? Try doing this for a few days, can you hear a greater amount of different bird calls?

Can you try imitating some of the sounds you hear?



Listen to the following links and see if you can identify any of these birds:

Robin:

[Click to listen to me sing](#)



Male and female Blackbird:

[Click to listen to me sing](#)



House Sparrow:

[Click to listen to me sing](#)



Crow:

[Click to listen to me sing](#)



Which sound do you like the most? Did you hear any other sounds from your window??



This calming exercise has been written by Nicole who has been practicing being grateful throughout the lockdown with her son Sonny.

The simple act of being grateful

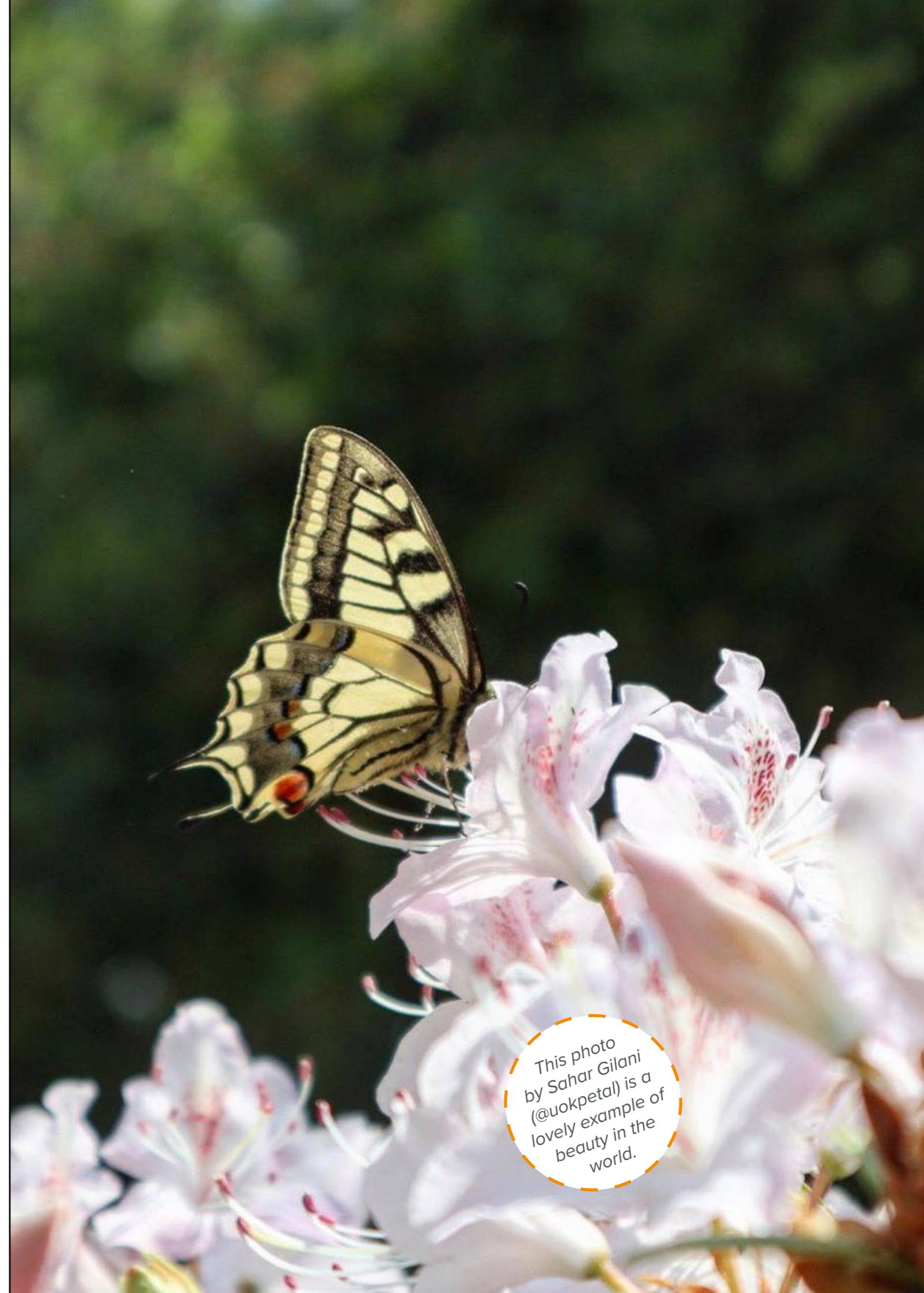
I love the idea of thinking about gratitude as a small revolutionary act set within a world in which we are constantly being told we are not and don't have enough. By being grateful we focus on what we do have, not on what we don't have. Studies show that consciously thinking of things we are grateful for has a lasting effect on the brain - it can help us sleep better and leaves us feeling less stressed.

It is very useful to practice in difficult times but even better when practiced daily to help us approach each day in a positive way, with strength and appreciation.

Some very simple gratitude practices I particularly like are:

- Thinking of 3 things I'm grateful for when in bed - either right before going to sleep (it helps me sleep better) or as soon as I wake up (it helps me approach the day in a positive way)
- These could be written down in a journal - it's nice to look back on as a reminder
- Being grateful together with others and sharing what we're grateful for is also very nice. My son and I often light a candle at breakfast time and share one thing we're grateful for

* Do not overthink it, just go with the first things that come to mind. I find that sometimes what comes is very personal to me, whilst other times it is universal, like being grateful for the air we breathe or the sun shining



This photo by Sahar Gilani (@uokpetal) is a lovely example of beauty in the world.

ENERGISING

our senses



Butterfly lovers chi kung

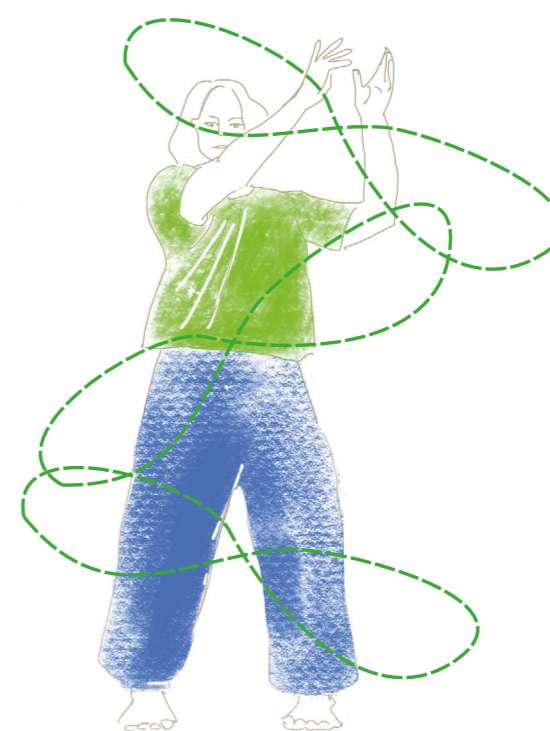
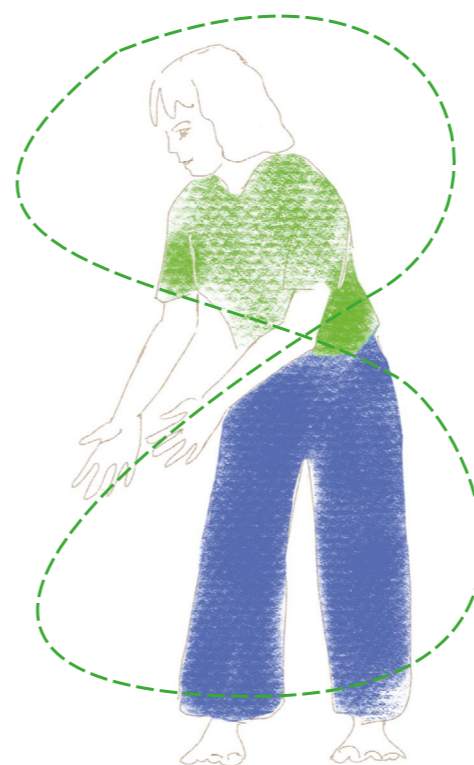


This chi kung exercise has been written by Sue and is based on the movement of butterflies in the air.

- Start and finish with wu chi - 'emptiness posture'
- Don't focus on your breath, just breathe normally, inhaling and exhaling gently through the nose, the mouth remains closed.
- You can warm up before hand by shaking and stretching the body gently.
- Feet shoulder-width apart.
- Eyes look forward, and slightly downward. arms hang loosely, drop the shoulders, and relax muscles.
- The bottom of your spine unfolds downward, neither belly nor bottom stick out.
- Scan the body, releasing tension, always relaxing and letting energy fall down.
- Let any unwanted emotions, feelings, thoughts and pain drip down into the earth.
- Begin slowly, and take it at your own pace, never pushing movements beyond what's comfortable, and start with just few minutes each time.



- Watch butterflies on a sunny day. You'll see pairs fluttering together, sometimes mirroring each other, sometimes coming close, sometimes darting away.
- Our hands will become like the butterflies, with fingers, wrists and palms moving whilst circling the arms in swoops and folds.
- This is a light and playful movement so it's important to start well grounded, and to finish well grounded. Imagine you are a butterfly but in a human form!
- Try and keep the feet in the starting posture, parallel and shoulder-width apart.
- Allow the spine, hips and knees to bend, twist and flex allowing the hands to rise up and fall.
- Change direction, keep the butterflies in mind and let the hands stay 15 -20cm apart as if holding a ball.
- The hands can twist direction, and fingers can tap on the ball.
- Follow imaginary circles and infinity loops, twisting your spine, your eyes following your hands.
- If you feel light-headed, stop and return to wu chi for a few minutes.
- When you are ready slowly bring the hands down and rest them in front of your belly button. Let energy sink back down, into the ground and rest in wu chi for a few minutes.



INSPIRING links...

Click for more...

To help you find more inspiring resources we've put together some useful links:

Lots of activities at WildLifeWatch
<https://www.wildlifewatch.org.uk/spotting-sheets>

Bird spotting
<https://inews.co.uk/inews-lifestyle/homes-and-gardens/birds-spot-garden-rspb-303155>

<https://www.theguardian.com/environment/2020/apr/16/home-birds-how-to-spot-20-of-the-most-common-species-from-your-window-walk-or-garden>

Birds of prey in flight
<https://www.bbc.co.uk/blogs/natureuk/entries/dcd6c3da-9952-40c2-884f-15cfdbabc9bd>

Activities and games for children from RSPB
<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/>

Things to do in your back garden from the National Trust
<https://www.nationaltrust.org.uk/lists/50-things-activities-to-do-in-your-back-garden>

Identify a Butterfly
<https://butterfly-conservation.org/butterflies/identify-a-butterfly>



Don't forget to message us with what you've enjoyed, what you'd like to see next and to share your stories and creations!



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