



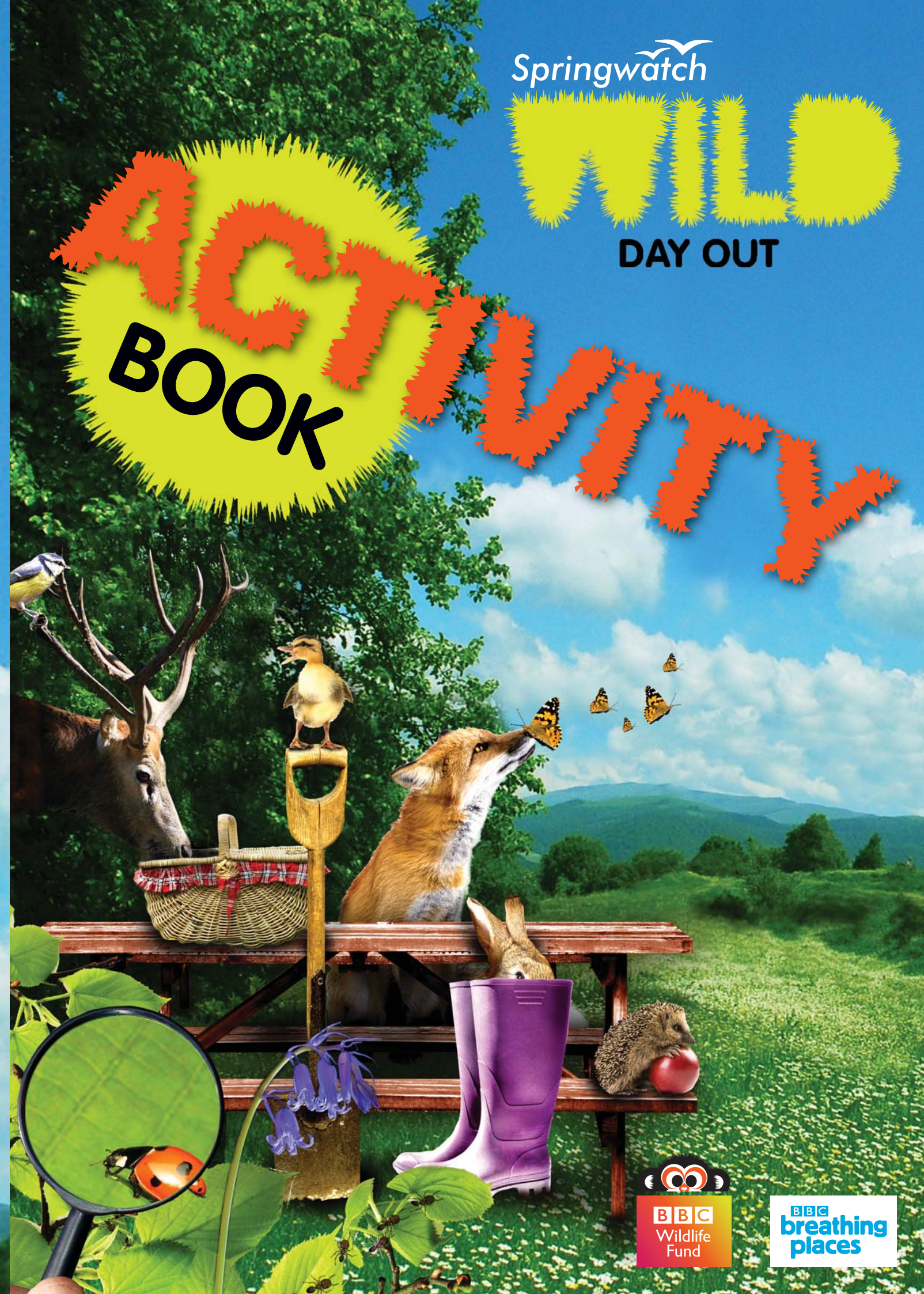
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Springwatch

GO WILD DAY OUT BOOK



Welcome

BBC Breathing Places has some brilliant ideas for rolling up your sleeves and making your very own place for nature – right on your doorstep. You don't need a lot of space or time; just get outside with your friends, family, neighbours or on your own, and have fun sharing a space with nature.

This activity pack contains some fun things to do, but you can also visit our website bbc.co.uk/breathingplaces for more activities and loads of tips and hints.

So come on...
Let's do
one thing
for nature!

Make a butterfly feeder...

If you don't have lots of space for flowers, a butterfly feeder is a great way to help British butterflies survive hard times. You can put it on a window sill, balcony or in your back garden.

What you need:

Coloured card, scissors, a plastic bottle top, glue, cotton wool, garden cane, sugar, a pen, a plant pot and hot water (not boiling).

The butterflies' job:

Butterflies have an important role to play in the food chain – they pollinate flowers and provide a tasty meal for many predators including owls, foxes and even your pet cat!

How to make it:

1. Draw a large flower onto the card and cut it out (ask an adult to help if this is a bit fiddly!) Add leaves and decorate.
2. Stick the bottle top on the front and the garden cane onto the back of your flower.
3. Mix some sugar in hot water and then soak a piece of cotton wool in the sugary water... this will act as your flower's 'nectar' and provide a tasty treat for the visiting butterflies.
4. Put the cotton wool in the bottle top, place the flower in the plant pot of soil and stand it outside in the sunshine.
5. Sit back and watch the butterflies flutter in!



Who eats who?

Humans are an important link in the food chain as we decide which plants to grow, which animals to look after and which are hunted or harvested for food. Other living things in nature can't be as fussy – see if you can identify who eats who by using the descriptions and then draw your own version of that living thing in the white circles, using the photos as a guide.



This cotton-tailed mammal loves to munch on all things green and leafy. It has an important role in the food chain as prey to a number of larger mammals.

It may not be our favourite food, but this leafy substance is an excellent source of nutrition including iron, vitamin C and calcium.

This slimy creature will eat pretty much anything but its preferred food is tender plants and vegetables!

This sly mammal likes to hunt in the dark and will happily eat almost anything including mice, frogs and even your leftovers!

This furry friend is probably well enough fed at home, but its predator instinct means it likes to catch a number of flying, jumping and scurrying things.

When mature, this creature loves to eat nectar and so help to pollinate plants. The youngsters munch on anything green to gain strength for their transformation.

This well-known stripy-headed mammal is nocturnal, only venturing out at night to eat small creatures, berries and creepy crawlies.

In the end, when the plants and animals which have not been eaten die, all the energy ends up as heat. All the nutrients are recycled by nature and re-used. If you keep going for long enough you could draw a food web that connects up all the plants, animals, fungi and microbes across the whole of planet Earth and its oceans!

This well-known songster will eat fruit and berries but also helps gardeners by keeping creepy crawlies under control.

This bouncy amphibian loves to lurk around the water's edge snacking on insects that fly by and help the gardener by keeping juicy crawlers at bay.

Make a hedgehog

DINER

Hedgehogs are named after their pig-like habit of rooting through the undergrowth for food. Encourage them to 'pig out' in your garden with your very own hedgehog diner!

The job of the hedgehog:

Hedgehogs help keep down slug, beetle and other insect numbers. They're also a spiky snack for foxes.

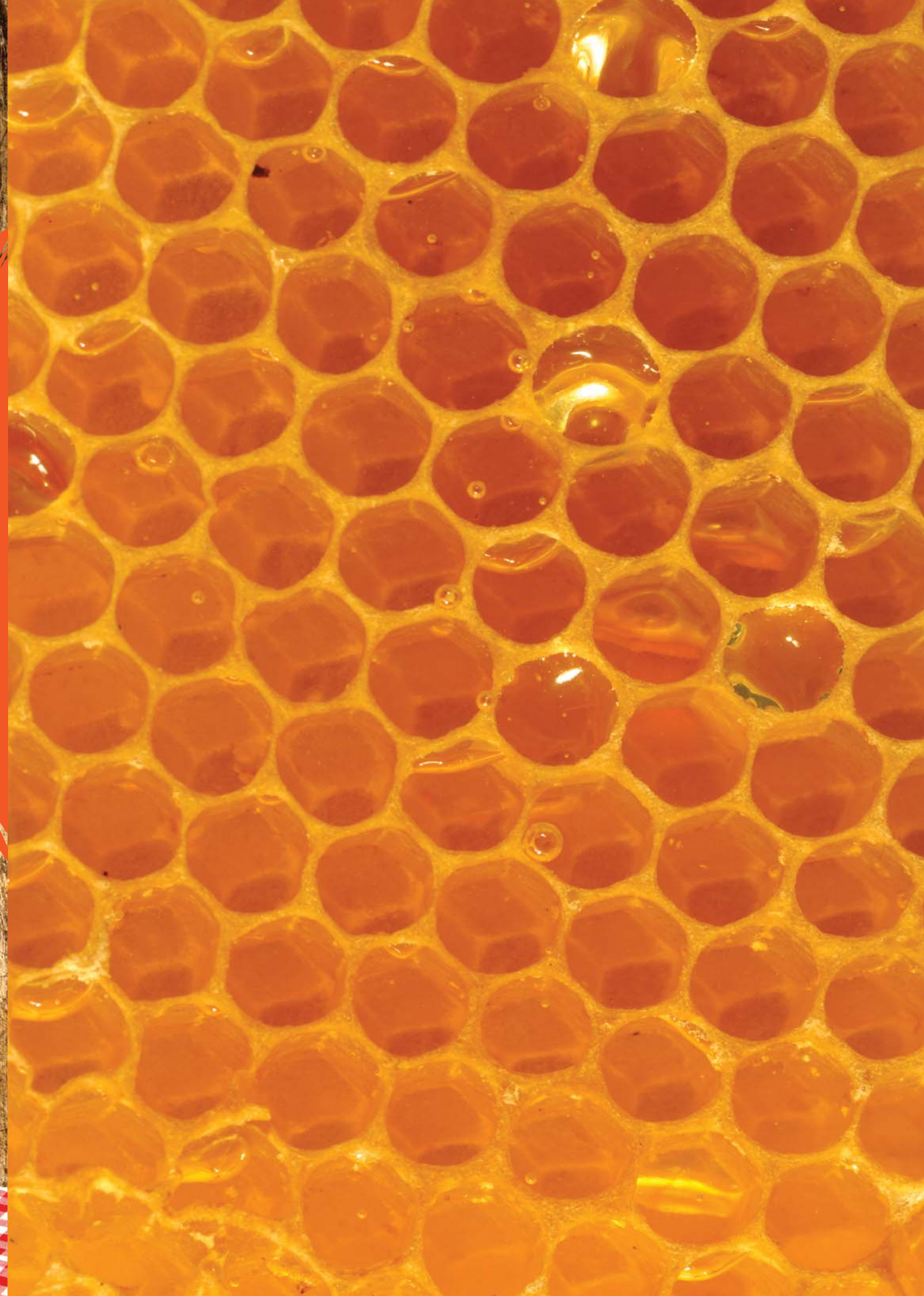
How to make your diner:

- Cut a hole in the end of the storage box just big enough for a hedgehog to get through – get an adult to help you do this. (Tip – if the box is transparent you will be able to see the hedgehogs inside.)
- At dusk, place the box in a sheltered location that can be seen from your window.
- To make sure cats and foxes stay away put the box's entrance facing a wall.
- Place the food and water bowl inside the box.
- Put the lid on the box and secure it with the bricks or weight.
- Make sure you replace the food and water every day or it will attract flies.
- Hopefully hedgehogs will find the new diner soon!

What you need:

For the diner: a large plastic storage box with lid, bricks or a heavy weight, a bowl for food and a bowl for water.

Food: sultanas/raisins/chopped unsalted nuts/small pieces of mild cheese/unsweetened muesli/tinned cat or dog food/meat flavoured animal biscuits.
NOT bread and milk.



Build a pond...

Help out wildlife by creating your very own wetlands accommodation!

The wetlands' role:

Wetlands have an important job. Not only do they attract loads of plants, birds and insects but they also encourage frogs, toads and newts. Frogs and toads are excellent for your garden as they'll eat all sorts of creepy crawlies including slugs, mosquitoes and greenbottle flies.

How to build it:

1. Choose a sunny position to attract the greatest variety of wildlife.
2. Dig your pond away from trees and shrubs so that leaves don't cover the water – get your family and friends to help out! Make sure you have shallow edges to help creatures like frogs get out easily.
3. Create a deeper section in the middle (approx 60cm) This will stop it freezing in the winter which will help hibernating wildlife like newts.
4. Line your pond with the butyl or polythene pond liner.
5. Let your pond fill with rainwater.
6. Add your native plants.
7. Don't put fish in your pond – they will eat the tadpoles!
8. Sit back and watch the new wildlife descend and multiply!

What you need:

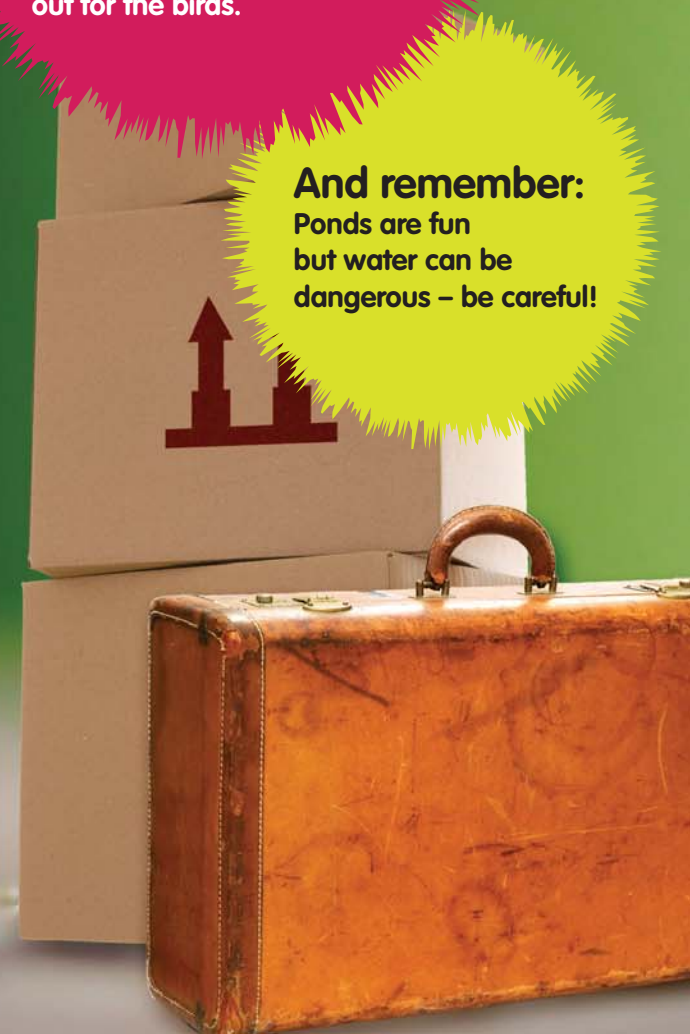
A spade, butyl or polythene pond liner, a variety of native plants: oxygenating – such as starwort or water violet; floating plants – such as frogbit and marginal plants – such as marsh marigold and yellow flag.

Don't worry if you haven't got space for a pond – create a mini wetland instead.

Try burying an old bucket, letting a container fill up with rain water or simply put some fresh water out for the birds.

And remember:

Ponds are fun but water can be dangerous – be careful!



What I
love most in
nature is...

Use this
space to draw
a picture of your
favourite animal,
bird or plant.

Bird

How many of these birds can
you find in your garden, park
or favourite outdoor space?

GO GO GO!



Coal tit – Prefers nest
boxes to be mounted
on conifers rather than
deciduous trees and likes
to nest really close to the
ground, at a height of
less than a metre.

Seen ☐

Pied wagtail

– Its cup-shaped nests
are constructed from
grass, twigs and moss
and often sited in holes
in walls, buildings and
the old nests of larger birds.

Seen ☐



Starling

– A fast-declining
bird, the male starling
attempts to improve his
chances of attracting
females by developing
a complex song.

Seen ☐



Blue tit – Famous for
nesting in unusual places
like letter boxes, the
female constructs her nest
mainly from moss and
lines it well with wool
and feathers.

Seen ☐



House sparrow

Favourite nest sites
include holes in buildings
but, if these are not available,
house sparrows will build
untidy, detached nests
within ivy.

Seen ☐



Wren – Using grass,
leaves and moss, the
male constructs the nest,
with the female providing
a warm, feather lining
if his hard work is to
her liking.

Seen ☐



Barn owl – These large,
white and gold birds
have a long, eerie,
screeching call. They
also hiss, snore and yap
and resemble ghostly
apparitions at night.

Seen ☐



Spot a ladybird!

Take part in a fantastic Ladybird Survey

What is the Ladybird Survey?

There are an amazing 46 different species of ladybird in the UK, ranging from the hairy vegetarian 24-spot ladybird to the cannibalistic harlequin!

To understand all about these popular mini beasts, scientists are asking you to get out into nature, explore, record and tell them all about what you see. Your results will be added to those of thousands of other individuals, families, groups and schools and will provide a fantastic overview of ladybirds in the UK.

What do you need?

The most useful item will be a 10x hand-held magnifying glass, so you can get up close and identify the ladybird you are looking at – some of them are only 4mm long!

Please also send us photos of the ladybirds you see so that our expert can check which species they are. There are loads of hints and tips for taking part at bbc.co.uk/breathingplaces

Let's get started...

Use the identification form opposite, grab your magnifying glass and camera and get outside. See if any of your friends or family want to join in!


















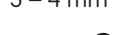

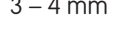
Find a habitat that's listed on the form and spend 20 minutes searching that area and recording any ladybirds you find. Don't forget to search under leaves and in crevices in bark and buildings. Then record and submit your data. It's really easy to do – just click onto bbc.co.uk/breathingplaces and follow the links.

Keep an eye out for the results – we will be publishing the survey findings on the Breathing Places website in June 2010, although the survey is always keen to hear from you.

Happy Hunting!

Ladybird identification and recording sheet

Date: _____ Start Time: _____ Finish Time: _____ Name: _____ Location: _____
Habitat: (Tick One) ☐ Indoors ☐ Garden ☐ Park ☐ Woodland ☐ Moorland ☐ Meadow ☐ Other (Describe) _____

Species	Scientific Name	What it looks like	Size	Tally	Total Number
2-spot	<i>Adalia 2-punctata</i>		4 – 5 mm 		
10-spot	<i>Adalia 10-punctata</i>		3.5 – 4.5 mm 		
Cream-spot	<i>Calvia 14-guttata</i>		4 – 5 mm 		
7-spot	<i>Coccinella 7-punctata</i>		5 – 8 mm 		
Pine	<i>Exochomus 4-pustulatus</i>		3 – 4.5 mm 		
Orange	<i>Halyzia 16-guttata</i>		4.5 – 6 mm 		
Harlequin	<i>Harmonia axyridis</i>		6 – 8 mm 		
14-spot	<i>Propylea 14-punctata</i>		3.5 – 4.5 mm 		
24-spot	<i>Subcoccinella 24-punctata</i>		3 – 4 mm 		
22-spot	<i>Psyllobora 22-punctata</i>		3 – 4 mm 		
Other (Describe look and size)					

Now visit bbc.co.uk/breathingplaces to submit your findings...