

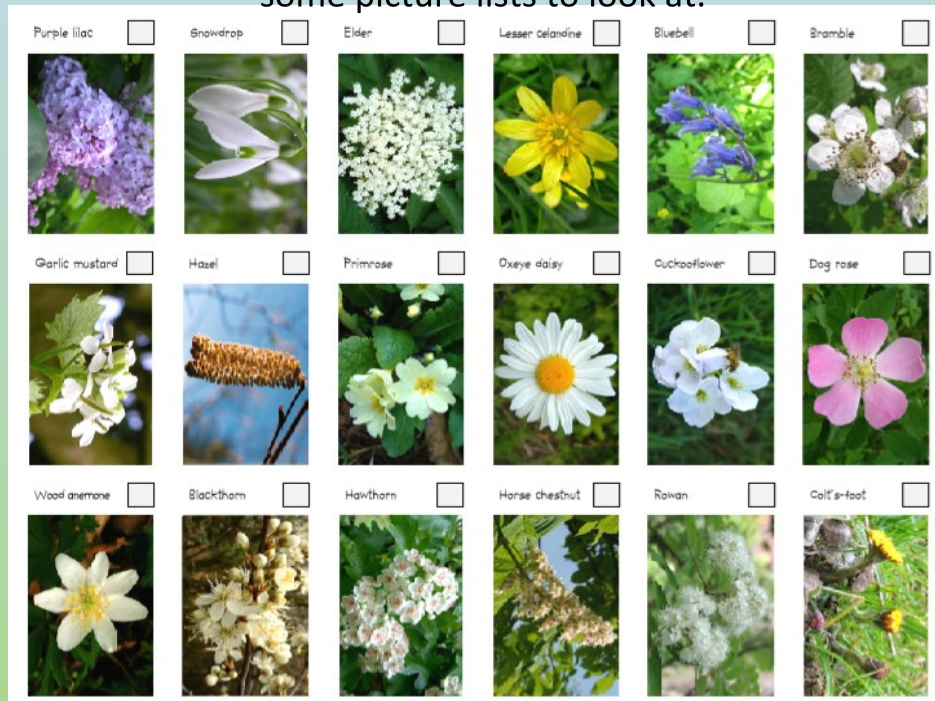


## Wildflower Identification



### Wildflower Identification Walk

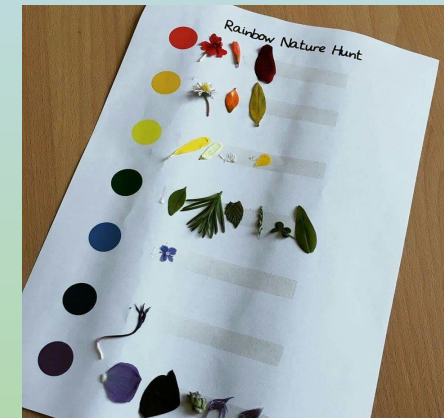
When you are outdoors look around for wild flowers growing. You may spot some in your garden, growing next to the pavement, or in the local park or woods. You could use a tick sheet to identify them or draw a picture. You could use an app on your parents phone. A good free one is called Picture This. The website [www.plantlife.org.uk](http://www.plantlife.org.uk) has some picture lists to look at.



Walking outdoors is good for your wellbeing. It helps you feel happier and gives you more energy. A long walk will even help you sleep better!

### Rainbow Nature Walk

Why not spot different coloured things on your nature walk and sort them into different colours.



### Plant and Flower Lifecycle

For an extra challenge you could find out about the lifecycle of a flower. You could even try planting some and keep a growing diary.

<https://www.plantlife.org.uk/uk/discover-wild-plants-nature/spotter-sheets>