

**NOTICING PLANTS & FLOWERS**

**#BRUMTOGETHER**

# **EVERYDAY WILD CHALLENGE**

**The Active Wellbeing Society**

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## **DID YOU KNOW?**

There are more than 375,000 known species of plants in the world?!

Plants and flowers bloom and buds appear on trees in the spring time because leaves breathe in air, take in sunlight and use water from the roots to make food for the plant. Keep a look out for:

- Primroses
- Peonies
- Crocus
- Hyacinths
- Blossom Trees



Can YOU find these flowers/plants in your garden or local area?

**IT'S YOUR TURN TO GET INVOLVED!**

Tick when spotted!



# Nature Scavenger Hunt

**Daffodil**



**Tulip**



**Daisy**



**Voilet**



**Snowdrop**



**Crocus**



**Primrose**



**Grass**



**Blossom Tree**



**Why not have a go at drawing  
your favourite flower?**





PROJECT WILD THING SNEAK PREVIEW - T...



Being outside, around nature, breathing in and being out in the fresh air and sunlight is good for our mental and physical health!

Please watch the YouTube clip for some more interactive information on the Science of Nature by **PROJECT WILD THING.**

## Check it out!

- Birmingham Trees for Life
- Your local 'Park Friends Group'
- The Active Wellbeing Society: #BrumTogether campaign, offering befriending service, food distribution, virtual classes and positive stories!

Take a look at our platforms on how you can get involved today:

- Twitter: @TAWsociety
- Facebook: @theaws (join our Active Communities Going Wild group!)
- Instagram: @tawsociety
- Website: [www.theaws.co.uk](http://www.theaws.co.uk)



## Remember!

Wherever you are and whatever you do, the most important thing is that you keep to the 2m distance, go only with those that you live with and limit any time outside to your one piece of exercise a day. Please also remember to keep it local; Birmingham has 591 parks and public green spaces, they are all still open but playgrounds and outdoor gyms are all shut.

Finally... **HAVE FUN** and send us your pictures getting involved, to any of our social media handles and post in the Active Communities group on Facebook!