



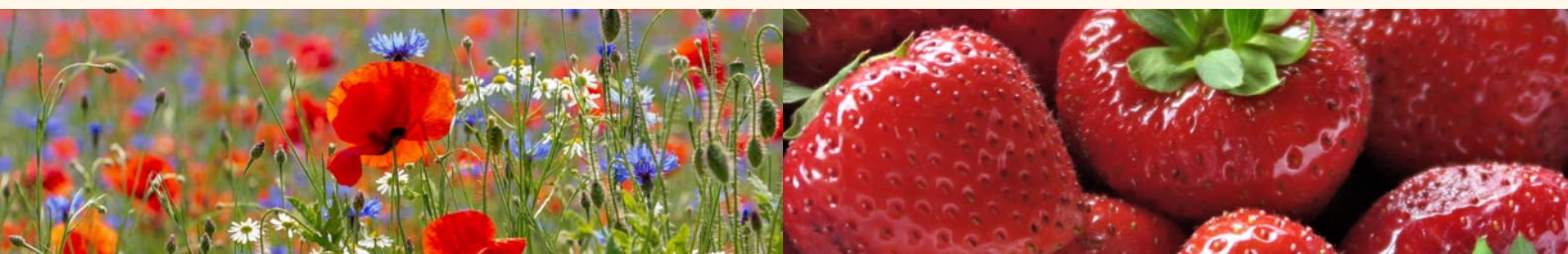
SUMMER RESOURCES

FOR YOUTH GROUPS



WELCOME TO SUMMER!

THERE'S SO MUCH TO SEE DURING NATURE'S BUSIEST TIME OF THE YEAR. THE TREES ARE IN FULL LEAF, PROVIDING LARGE, SHADY CANOPIES, GARDENS AND PARKS ARE PACKED WITH COLOURFUL FLOWERS AND GROWING SPACES ARE BRIMMING WITH DELICIOUS FRUIT AND VEGETABLES.



Pollinators including many bees and butterflies are actively foraging for nectar and pollen. Summer visitors, such as swifts and swallows, are busy raising their chicks. Ponds, rivers and streams are teeming with life.

HERE COMES THE SUN

As the UK's warmest and sunniest season, lots of different species make the most of Summer. Deciduous woodlands are diligently locking away carbon as they photosynthesise and capture as much of the sun's energy as they can in this year's green leaves. Summer flowers come out in force, including foxgloves, colourful poppies and delicate orchids. The sweet fragrance of honeysuckle's nectar makes it a favourite amongst bees, butterflies and moths. The scent is strongest at night, and moths can detect it up to a quarter of a mile away.

FEELING CHIRPY

In the grasslands and meadows, we know it's Summer when we hear the soft 'chirp chirp' of grasshoppers. This distinctive sound is usually made when grasshoppers rub their back legs against their wings, a process known as stridulation. Their legs have rows of little pegs on them which make their wings vibrate, thus producing the sound. While both male and female grasshoppers can stridulate, it is usually the males who 'chirp', to attract a mate.

LEAVING THE NEST

It continues to be a busy time for birds, with the baby birds now getting ready to fledge and leave the nest. Many spend a few days on the ground before they are ready to take flight. This gives them time to build their strength and wait for their flight feathers to become fully grown. If you see a baby bird on its own, it is best to leave it alone as its parents are probably nearby.

ACRO-BATS

Bats mainly give birth in June, so they spend the Summer hunting for insects to provide food for their family. On a warm dry day, you can spot them darting and swooping through the air around sunset or sunrise, particularly in your local park, woods, and near rivers or ponds.



GET EXPLORING, GROWING, MAKING AND TAKE ACTION!

We have a great selection of activities for you to get stuck into this Summer, suitable for a range of ages and covering a variety of themes, from exploring and growing to making and taking action.

**If you want to get to know your local environment better,
and want to enjoy the the sunny season of Summer, read on...**

LETTUCE HELP YOU GROW YOUR OWN!



AGE 5+



30 MINUTES



GROWING

Create your own mixed salad full of vitamins A, C and K and dietary minerals especially iron. Harvest the small tender leaves regularly to ensure a supply of salad leaves over a period of time. The suggested seeds to grow result in pretty red and green feathery leaves, lush looking with nutty and peppery tastes.

WHAT YOU NEED

- Recycled pots or containers to sow your seeds in. Large 4-pint milk containers when chopped in half and holes placed in the bottom, and plastic vegetable trays, make great pots to use for growing
- Peat-free compost
- Used and washed lolly sticks
- Pencil
- Gloves (optional)
- A watering can with a fine rose
- Trowel
- Salad seeds such as Mizuna, Mustard 'Giant Red', Lettuce 'Salad Bowl', Lamb's Lettuce and Salad Rocket

INSTRUCTIONS

1. Wash your pots or container if they have been recycled and used for growing before, this will remove any pests and disease. It is important to make sure your planter has holes in the bottom. If it does not have holes the planter will quickly fill with too much water and your plants will drown.
2. Fill your pots nearly to the top with the compost, crumbling the compost through your fingers to ensure there are no large lumps. Gently tap the pot or container on the surface you are working on to remove air pockets without pressing down on the compost
3. Gently scatter salad seeds over the surface of the compost. Then cover with a thin layer of compost at a depth no deeper than the width of your little finger. Label the containers with the variety of leaves you are growing and the date, using the lolly sticks and a pencil (this will not wash off).
4. Water the seeds and place in a sheltered but sunny spot. Regularly water your seeds making sure the compost does not dry out. Germination should occur within a week.
5. Watch to see when the leaves are big enough to eat. Harvest them by snipping a few leaves from each of the plants you have grown about 2.5cm from the bottom.
6. The centre of the plant is where the growth is taking place to reproduce the leaves, so take care not to damage this part. With regular watering the plants should produce 3-4 cuts of salad.



DID YOU KNOW?

Plants with a strong smell, such as mint, garlic, chives, and rosemary keep some pests away. Chives and garlic are good neighbours for lettuce because they naturally repel aphids, a common problem for lettuce. Check which plants are happy together before planting them.

HA-HA!

What do you say to a lettuce who wants to fight? Just leaf it.

LAVENDER BAGS



AGE 5+



30 MINUTES



MAKING

Summer is a time full of warm scents and perfumes. Capture the essence of a Summer's day in a little scented bag and add into your clothes drawer to make your clothes smell summer bright all year round. For this activity you will need some sweet-smelling flowers or herbs. Pick these from a managed garden or community space so that you know what plants you are picking, rather than foraging for them in the wild.

WHAT YOU NEED

- Large round plate
- Pencil
- Piece of material, muslin or recycled cotton
- Scissors
- Herbs such as lavender, rosemary, thyme or bay leaves
- Elastic band
- Recycled ribbon

INSTRUCTIONS

1. Take the plate and draw around it onto a piece of muslin or recycled cotton to give you a circle, and then cut it out.
2. Put your selected herbs in the middle of the circle. You might want to try different combinations of herbs, to see which gives the most appealing scent.
3. Lift the edges of the circle and gather the fabric together and tightly secure with an elastic band, to make a small round bag.
4. Tie some recycled ribbon round over the elastic band.
5. Place your bag somewhere warm, to dry the herbs out.
6. Once dried, place your bag in a clothes drawer or give it away as a gift. Alternatively, you could make a big batch and sell them to raise money for your group. Every time you smell your lavender bag, you'll be transported back to a warm Summer's day!



DID YOU KNOW?

A season is a period of the year that has its own light, temperature, and weather patterns. Only some parts of the Earth have a four-season year like the UK. Places near the Equator have little seasonal variation, and the further from the Equator you go, the bigger the differences in the seasons. As the world warms with climate change, the seasons are shifting, and we know this will affect our environment, our ecosystems and the life that they support.

HA-HA!

What do you call perfume that doesn't smell? Nonsense.

SLOW RELEASE WATERING SYSTEM



AGE 11+



60 MINUTES



MAKING

Summer is a time for lush blooms, with many plants bursting into flower and making the most of the warm long days and pollinating insects. However, Summer can also be a time of dry spells, meaning less rain and water for the plants. When plants don't have enough water, it's more difficult for them to grow and reproduce. Help get to the root of the problem by making your own watering system.

WHAT YOU NEED

- Plastic bottle with lid, 2-litre is ideal but smaller ones will work
- Scrap wood
- Hammer
- A nail
- Scissors
- Trowel
- Watering can

INSTRUCTIONS

1. Wash your bottle out thoroughly.
2. Remove the lid from the bottle and place it lid side down on a piece of scrap wood. Use the hammer and nail to punch 3 – 4 holes into the lid (watch your fingers!). The more holes you have the faster the water will flow out. Screw the lid back onto the bottle.
3. Cut off the bottom of the bottle, ideally 3 – 5 cm from the end. To get you started, gently squeeze the bottle, and with scissors cut a small slit and then continue to cut all the way round. Don't throw the bottom of the bottle away!
4. Using your trowel, dig a hole into the soil next to the plant you will be watering. The hole needs to be deep enough so you can fit the bottle halfway into it and about 10 – 15 cm away from the plant stem.
5. Place the bottle into the hole you have just created, lid side down. Gently pat the soil around the bottle to fix in place.
6. Fill the bottle with water. If you want to insert the bottom of the bottle in the top, this will prevent any dirt getting into the bottle.
7. The drier the soil the faster it drinks the water, so keep an eye on your watering system and top it up regularly.



DID YOU KNOW?

Globally, water use has increased six-fold in the past century. This, combined with climate change affecting the availability of water, means that managing our water carefully is more crucial than ever. We can all help by using water saving strategies, such as installing a water butt to capture and store rainwater to use for watering our garden plants.

HA-HA!

How can you wrap a cloud?
With a rainbow.

STRAWBERRY BOTTLE PLANTER



AGE 7+



60 MINUTES



GROWING

Plastic bottles make fantastic hanging planters for any garden, green space or window box. They are suitable for a range of plants, but we recommend trying strawberries. They're easy to grow, colourful and delicious to eat!

WHAT YOU NEED

- Plastic bottle
- Non-toxic marker pen
- Scissors
- Drawing pin
- String
- Trowel
- Peat-free compost
- A few strawberry plants (you might be able to use runners from established strawberry plants)

INSTRUCTIONS

1. Remove the lid and label from your bottle.
2. Draw a large circle on the side of the bottle about half-way down. This will be the opening for your planter. Ask an adult to help you to cut out the circle.
3. Use a drawing pin to create holes on either side of the top of the bottle. Feed the string through the holes and tie the ends together, so now you have a handle for hanging your planter.
4. Using your trowel, carefully add your compost through the circular hole and into the bottom of the bottle.
5. Gently tuck your strawberry plant into the compost, and water gently.
6. If you're planning on hanging your strawberry planter outdoors, use the drawing pin to make a few holes in the bottom of the bottle to allow for drainage.
7. Your planter is now ready.



DID YOU KNOW?

Strawberries are synonymous with summer. Fresh from the plant they are sweet and delicious, but as we all know strawberries are seasonal. So, one traditional (and ancient) way to preserve this sweet taste is to mix the strawberries with sugar to make jam. In fact, jam making can be tracked back to Roman times when cookery books referenced this idea of mixing sugar (or honey) with fruit to preserve it.



VEGETABLE KEBABS



AGE 7+



60 MINUTES



MAKING

In early Summer, as the northern hemisphere tilts towards the sun, our days become longer until we reach the Summer solstice – the longest day. This falls towards the end of June when the sun rises before 5 am and sets after 9 pm. These long Summer evenings are ideal for some *al fresco* cooking. Grab some seasonal vegetables and make some kebabs.

WHAT YOU NEED

- Metal skewers or FSC wooden skewers
- A selection of vegetables (preferably home or locally grown). One of each is perfect: courgette, pepper, onion, tomato, aubergine, and a selection of mushrooms
- 1 tbsp clear honey (local)
- 1 tsp grainy mustard
- 1 tbsp vegetable oil
- Salt and pepper
- Cooking brush
- Campfire or BBQ
- Oven gloves

INSTRUCTIONS

1. If using wooden skewers, you will need to soak these in water for up to 30 minutes.
2. Chop the vegetables in thick slices or chunks.
3. Thread your chopped vegetables onto the skewers, make sure you have a good selection of each vegetable on each skewer.
4. To make the glaze mix the honey, mustard and oil in a bowl and add salt and pepper.
5. Use the cooking brush to brush the vegetables with the glaze. Leave some glaze to add before serving.
6. Place on the campfire or BBQ for about 20 to 30 minutes.
7. Remove from BBQ or campfire, make sure you are wearing your oven gloves!
8. Add some remaining glaze and serve.



DID YOU KNOW?

Eating more plants and having a colourful plate are two of WWF's Livewell principles. Have a look at all six Livewell principles to learn more about how you can lead a healthy, sustainable life to help the planet:

wwwf.org.uk/what-we-do/livewell

Warning: Take care with campfires and BBQs outside as they pose a fire risk, especially in very dry conditions.



HA-HA!

Where does Kylie Minogue get her Kebabs from? Jason's Donner van.

TINTASTIC HERBS



AGE 7+



60 MINUTES



GROWING

Many foods are sold in tins, and these can be recycled and reused as attractive plant pots. Why not make a personalised pot to grow herbs in on your windowsill? Herbs such as mint, chives and parsley can be carefully split and divided at the roots to make more free plants!

WHAT YOU NEED

- Clean food tin cans (without a sharp rim)
- A screwdriver
- Old magazines, posters, flyers or newspapers of your choice
- Scissors
- Non-toxic glue stick or PVA
- Large potted herb from the supermarket or nursery
- Metal tablespoon
- Peat-free compost
- Water

INSTRUCTIONS

1. Take a tin and using the screwdriver carefully make a few drainage holes through the bottom. You may need to help your group to punch the holes or prepare this in advance.
2. Choose small to medium-sized pictures and colour swatches that you like from your old magazines and cut out neatly.
3. Arrange your pictures and stick them all over the tin in a collage style. Overlapping the pictures will add to the effect.
4. Take your herb plant out of the pot and split into 4 or 6 pieces by gently separating the roots so that you don't break them. You can use a spoon to do this if the roots are very intertwined or tough.
5. Half-fill your pot with compost then put in one of your split herbs. Fill with more compost up to the rim of the tin with the small, new herb plant poking through.
6. Gently water and place your herb pot on a sunny windowsill with saucer underneath to catch any drained water.
7. Repeat with the rest of the herbs that you have divided.



DID YOU KNOW?

These tintastic herbs make the perfect gift. You may feel inspired to make lots of them and then sell them to help raise funds for your group. Try making recipe cards for planet-friendly meals www.wwf.org.uk/livewellmeals to sell with them.

HA-HA!

I saw a new book about cooking with herbs.
It's about Thyme.

FLY A DANDELION SEED



AGE 7+



60 MINUTES



MAKING

Summer is the time when many plants set seed. Seeds are an important food source for many animals and birds, but those that don't get eaten have the chance to grow into the next generation of plants. Seeds need to find the right conditions to grow, with the sufficient light, soil and water, but how do they get there? Some plants have spectacular strategies to help disperse their seeds far and wide, giving them the best chance to find the right spot. One plant that seems to grow almost everywhere is the dandelion.

WHAT YOU NEED

- A4 paper
- Scissors
- Ruler
- A pen or pencil
- Eco-friendly sticky tape



DID YOU KNOW?

Dandelions are widely considered a weed, but this is because they are incredibly successful at growing (often uninvited) in a variety of places. They are one of the earlier flowering plants of the year and provide a much-needed source of nectar and pollen for insects. The name dandelion comes from the French "dents de lion" referring to its jaggedly toothed leaves.

INSTRUCTIONS

1. Fold a sheet of A4 paper into quarters.
2. Unfold and cut along the creases, so you now have four quarters.
3. Using one of the quarters, measure 5 cm along the long edge of the paper and draw a perpendicular line across.
4. Cut the longer section with slits less than 0.5 cm apart.
5. Roll the uncut section around the writing end of your pen or pencil and secure with tape.
6. Gently pull the strands of cut paper outwards, until your creation resembles a dandelion seed.
7. Throw it up into the air and see how it floats down. If you can, and it is safe to do so, throw it while standing on a chair or when outside and see if it travels in the wind.

Warning: Shout a warning before launching your seeds, to give other group members time to get out of the way!

HA-HA!

What position does a baby plant serve in the army? Infant tree.

TAKE ACTION ON PLASTIC POLLUTION



AGE 11+



60 MINUTES



ACTION

We all want to be able to enjoy our outside space, especially in the Summer, but sometimes we come across litter pollution, which is not only unsightly, but can pose a risk to local wildlife. Take action and organise your group to do a litter pick, then raise awareness within the local community by sharing photos or a list of the litter collected and how much it weighed.

WHAT YOU NEED

- Protective gloves
- Litter pickers
- Bags for litter
- Bags for recycled items
- Clip board and record sheet
- Pencil



DID YOU KNOW?

Litter dropped on the street can get washed away by the rain into streams and rivers, which lead to the ocean. It is predicted that by 2050 there will be more plastic than fish in the sea (by weight). You can take action on this plastic waste by: picking up litter, saying no to unnecessary plastic packaging and single-use, and reusing and recycling plastic wherever possible.

INSTRUCTIONS

1. Organise your group to go to your local beach or river.
2. Split into small groups, each with an adult.
3. Allocate an area for each group.
4. Start litter picking! Don't forget to record your findings, you will be amazed at what you find.
5. Gather back at the end of the session and discover what each group has found.
6. Why not set a challenge to see which group collects the most litter.
7. Take photos and share with the local community, outlining some of the action that they can take to help reduce plastic waste.
8. Try and recycle as much as you can and dispose of the other waste responsibly.

Warning: Beware of hazards when litter picking e.g. trip hazards, sharp items and animal poo. Work in pairs or groups and have an adult to help point out hazards. This is especially important when working near water.

HA-HA!

What do you call birds you can recycle?

Two cans.

EXPLORE BIODIVERSITY



AGE 14+



60 MINUTES



EXPLORING

Summer is a time when grasses grow tall and release firstly their pollen and later their seeds. The grassland habitat provides a home for many different insect species. You may be able to hear them, especially grasshoppers, but they aren't so easy to spot. Try making a sweep net and discover the range of insects hiding in the tall grass local to you.

WHAT YOU NEED

- Metal wire coat hanger
- Old pillowcase
- Eco-friendly strong tape
- Scissors
- Access to an area of long grass
- An insect identification guide (you can borrow one from your local library, find one online or download an identification app such as the Seek app by iNaturalist www.inaturalist.org/pages/seek_app)
- A magnifying glass or USB microscope
- A small plastic tray

INSTRUCTIONS

1. Bend the wire coat hanger into the shape of a diamond, by lifting the top and bottom, and squashing the sides. The hanging hook at the top point will form a handle.
2. You now have the opening (mouth) of your net.
3. Place the edges of the open end of the pillowcase around the coat hanger frame and secure using strong tape.
4. Wrap some tape around the handle to make it comfortable to hold.

5. Now you have your sweep net.

6. Go to a nearby area of long grass, ideally on a warm day. Please make sure you have permission of the landowner.

7. Walk gently through the grass while moving the net in a sweeping "S" shape through the grass. Make sure that the mouth of the net is catching on the grass so that insects fall into it.

8. After around 20 – 30 seconds, carefully empty your net into the tray by pushing it back through the coat hanger frame and turning it inside out. Give it a little shake to release any insects attached to the sides of the net.

9. Some insects will fly away immediately but have a look at what remains in the tray. Use your insect ID guide to see if you can identify them.

10. Take a photo before carefully releasing them back into the grass.

11. Try this again, but in a slightly different area of grass. Were your results similar or different? How many different species did you identify?

Warning: Hay fever sufferers may not be able to take part in this activity. Beware of hazards in the grass e.g. trip hazards, sharp items, thorny plants, wasps' nests and animal poo. Do not use these nets to catch butterflies as it will damage their wings.

DID YOU KNOW?

Biodiversity is all the different kinds of life you'll find in one area; the variety of animals, plants, fungi, and even micro-organisms like bacteria that make up our natural world. Each of these species and organisms work together in ecosystems, like an intricate web, to maintain balance and support life.

HA-HA!

Saw a man stealing some grass from a garden. He was looking forlorn.



GET MAKING, GROWING AND EXPLORING

These seasonal resources will get your group out and about, exploring and enjoying the nature on your doorstep. Whether you are based in a city or the countryside, these activities will help to guide your investigations, and provide a framework to understand how small actions really can make a difference.

The UK has many beautiful and diverse landscapes, each of which provides a unique habitat for a range of plants and animals. Our wildlife is adapted to these habitats and our seasonal variations in day length, temperature and weather.

However, climate change, urbanisation and habitat loss mean the UK's wildlife is under threat like never before. We invite you to celebrate what UK nature has to offer and to take action to protect and restore it for future generations.



The UK has lost 97% of its wildflower meadows since the 1930s.



The land required overseas to supply the UK's demand for timber has increased threefold since 2011 (from 28,000 km² to 84,000 km² – an area greater than the size of Scotland).



Parts of the UK may run out of water by 2040.



Over a third of assessed UK seabirds have declined by 20% or more since the 1990s largely due to climate change affecting food availability.

BADGE IT UP

These activities can be used to support a range of interest badges across uniform groups:

Rainbows:

Nature, Recycling, Fruit and Veg and Healthy Mind badges

Brownies:

Grow your Own, Mindfulness and Zero Waste badges

Rangers:

Cooking badge

Beavers:

Explore and Gardener badges

Cubs, Scouts and Explorers:

Chef, Environmental Conservation and Naturalist badges

A Million Hands programme is one-way Scouts can take action and achieve their Community Impact Staged Activity Badge. WWF are supporting the Protecting Our Environment Theme www.scouts.org.uk/about-us/help-others/community

BE RESOURCEFUL!

These resources can be used as part of a wider programme of activities, such as awards schemes for community clubs or youth groups. This pack is part of a series; you can find other resources available here: www.wwf.org.uk/get-involved/youth-groups/resources/seasonal-activities





HOW YOU CAN HELP UK WILDLIFE

There are lots of things you and your group can do to take action and help protect UK wildlife and create a sustainable future for us all:



HOW BIG IS YOUR ENVIRONMENTAL FOOTPRINT?

Measure it here: <https://footprint.wwf.org.uk/#/>



HOW SUSTAINABLE IS YOUR DIET?

Find out more here: wwf.org.uk/what-we-do/livewell



WANT TO TAKE SMALL STEPS TO HELP NATURE?

Find out how you can help UK wildlife with From Grey to Green here:

wwf.org.uk/sites/default/files/2020-07/WWF_Green_Spaces_Resource_A_Million_Hands.pdf



INSPIRED TO TAKE MORE ACTION?

Have a look at 21 actions activity pack, developed by WWF's Youth Ambassadors here:

wwf.org.uk/get-involved/youth-engagement



REACHING OUT TO YOUNG PEOPLE

Find out how WWF is inspiring the next generation with our young people's resources at

wwf.org.uk/what-can-i-do/inspire-the-next-generation



For a future where people and nature thrive | wwf.org.uk

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