

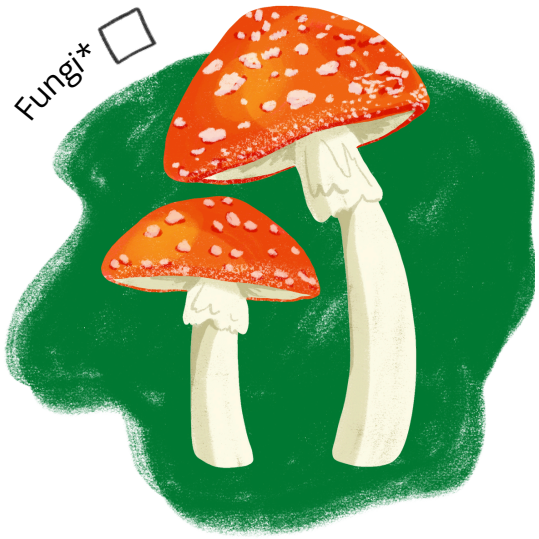
FALL INTO NATURE

5 Autumn in Nature Adventures

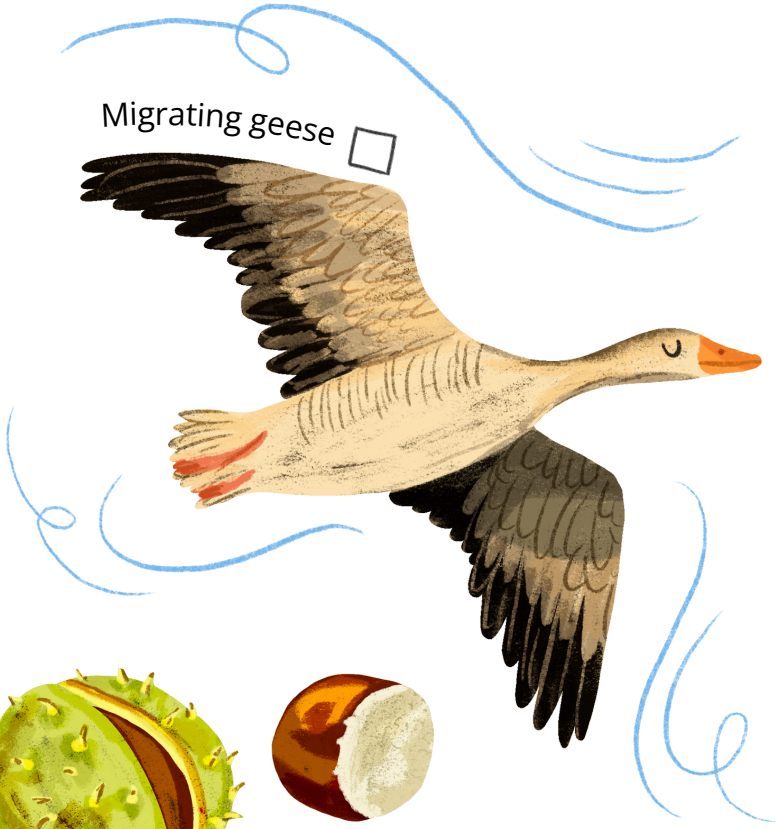
1. SPOT LOCAL WILDLIFE

Time to layer up, grab your favourite hot drink in a reusable cup, and head for the great outdoors! What can you spot during nature's most colourful season? From fruits and berries that fuel wildlife for winter to fun seed pods, here are a few to get you started...

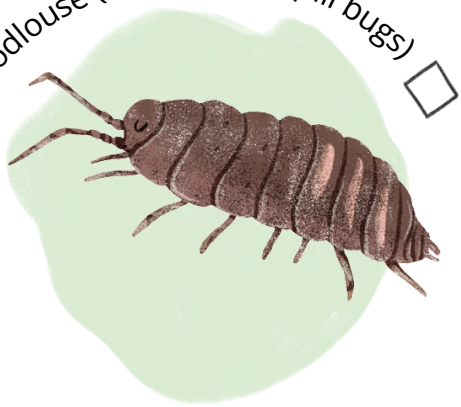
Fungi* ☐



Migrating geese ☐



Woodlouse (aka slaters & pill bugs) ☐

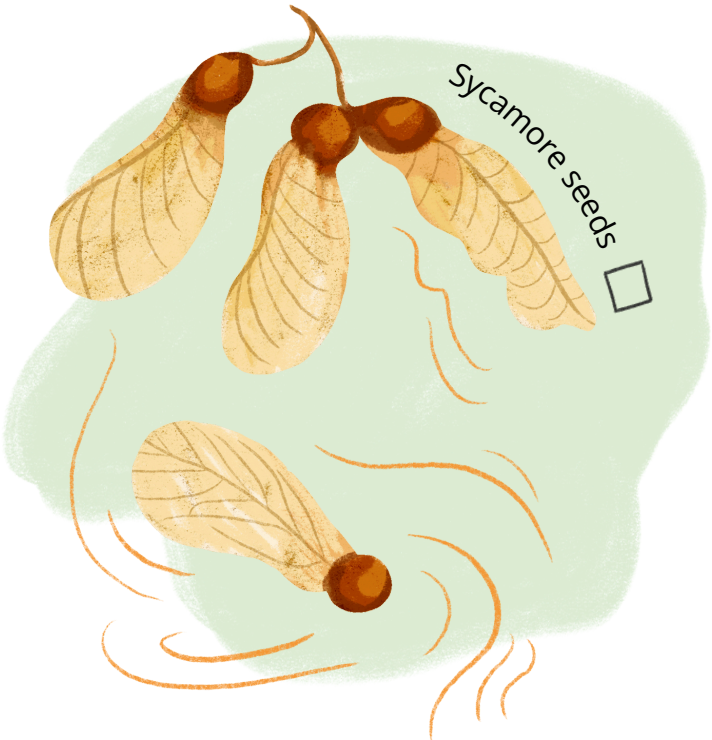


Conkers ☐

Robin ☐



Sycamore seeds ☐



*Admire fungi with your eyes, rather than touch or pick them.

2. AWAKEN YOUR SENSES AT DUSK



Tuning into your senses can help you feel closer to nature and notice little details you might miss. And what better time to do that than golden hour? Just before or after sunset, when a warm glow fills the air, step outside or sit by a window and focus on the senses that feel right for you. You could do this by yourself or invite a family member or friend.

Sight...

Autumn has many magical moments - like a starling murmuration dancing across the sky! From city car parks to the countryside, you can see them if you pause and look up.

Sound...

Close your eyes to enhance your hearing. Maybe you can hear the rustle of a foraging blackbird or the soft whisper of leaves in the wind? Spend a moment here to wind down from the day.

Smell...

Take a deep breath. What can you smell? There's often a rich, earthy smell in the air - the scent of damp, fallen leaves slowly breaking down. It's the smell of change and a sure sign that autumn is here.

3. MAKE AN AUTUMN LANTERN

Add some cosiness to your home as the nights draw in. On your next walk, look for colourful fallen leaves - especially ones with vivid colours or interesting patterns! Check for any dirt or insects on your leaves and carefully blow these off.

What you need:

- Recycled milk bottles, juice cartons or a jar
- Decorative items, like autumn leaves, tissue paper, sycamore seeds, animal cut outs
- PVA glue
- Scissors

Method:

- If using a jar, remove the lid. If using a plastic container, use scissors to cut off the top with the help of an adult
- Glue fallen leaves on the outside of your lantern. You could also add tissue paper cut in the shape of leaves or cut out pictures of your favourite animal
- Allow time for the glue in your lantern to dry
- Add your LED tealight or fairy lights and enjoy the glow of your autumn lantern



4. ID AUTUMN LEAVES

A walk in nature can be a great way to boost your wellbeing, especially as the days get shorter. Use this handy leaf guide to identify some of the trees you can spot whilst on an Autumnal walk!



Activity Ideas:

Channel your inner woodland creature and hang out with local trees!

Try **bark rubbing** by pressing paper to a tree trunk and rubbing with a crayon to reveal its pattern. Turn it into a card or you could even write a little thank you note to nature. If you have a garden, **leave fallen leaves** on the ground for wildlife and to nourish the soil.

5. TAKE A MINDFUL MOMENT

Enjoy a moment outdoors or by a window - with a journal or sketchbook, a spark of imagination, and these thoughtful prompts...

1

Reflect on how nature makes you feel. Write or draw your response, starting with "Nature restores me by..."

2

Think about your favourite space in nature... why is it important to you? What memories does it hold?



3

Look at a nearby tree. Reflect on the people who might have found shelter beneath it over its lifetime. What wildlife might have lived in or around it?

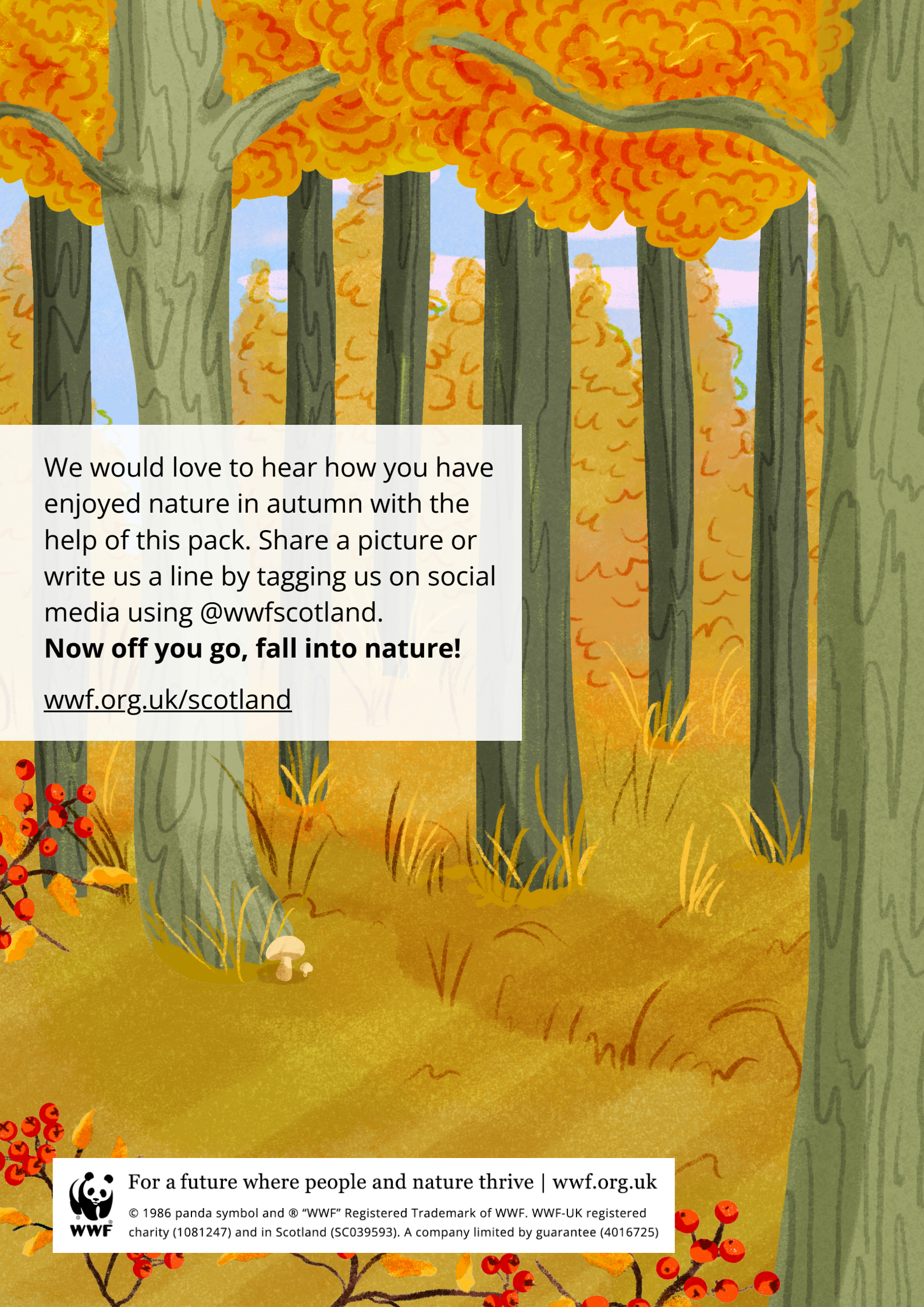
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Connecting with nature can inspire us to protect it. Write or draw your hope for the Earth's future. How can you and others help bring our world back to life?

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We would love to hear how you have enjoyed nature in autumn with the help of this pack. Share a picture or write us a line by tagging us on social media using @wwfscotland.

Now off you go, fall into nature!

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