



## Activity

Have you ever 'charmed a worm'? Find a patch of grass and stomp your feet up and down for as long as you can.

Look to see if any worms have appeared. Remember to be kind to worms and let them burrow back underground.

## Worms

- Earthworms breathe through their skin, so they must come to the surface when it rains or risk drowning.
- Earthworms eat organic matter such as fallen leaves. Important nutrients that help plants grow are returned to the soil when worms poo!



Do worms really have 5 hearts? Scan the QR code to find out.



7

The Eglinton Park STEM trail is a collaborative project between the North Ayrshire Countryside Rangers and North Ayrshire STEM Education team.

