**Nature Nudge: Look at it dis wye**

Suggested activities:

Make a sound map: instructions saved on separate document

Do the RSPB Challenge: <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/sounds-of-spring/>

Join in with the Twitter RSPB Breakfast Birdwatch on <https://twitter.com/natures_voice/status/1242360584827547648?lang=en>

Draw your own favourite bird. If you don’t know where to start there are loads of helpful tutorials on the internet eg:

<https://www.drawingtutorials101.com/how-to-draw-a-lapwing>

<https://www.drawingtutorials101.com/how-to-draw-a-puffin>

<https://www.drawingtutorials101.com/how-to-draw-a-wren>

Write a poem: How does it make you feel to slow down and concentrate on nature. Be inspired by the sounds around you or what you find to write a poem

Read this poem and see if you can translate it. Get a parent or grandparent to help.

<http://modernpoetryintranslation.com/poem/robin-in-shetlandic/>

All about lichens: <https://elementalblogging.com/homeschool-science-lichens/>

Use this website to help you do the lichen activity on separate document.

Make some frog puppets: <https://picklebums.com/five-green-frogs-printable/>

If you find some frogspawn or tadpoles: <https://ypte.org.uk/factsheets/care-of-frogspawn-and-tadpoles/guide>

Resources:

<https://www.rspb.org.uk/globalassets/downloads/documents/positions/health/natural-fit.pdf>

<https://www.field-studies-council.org/shop/publications/lichens-of-heaths-and-moors-chart/>

Video clips:

<https://www.mnn.com/earth-matters/animals/blogs/can-bird-songs-boost-your-brain>

<https://www.youtube.com/watch?v=3QU44fNnkVg>

<https://www.youtube.com/watch?v=6XXYcr0S4Ts>

Interesting websites:

Lichen facts for kids: <https://kids.britannica.com/kids/article/lichen/353385>

N5 Biology – Indicator species: <https://www.bbc.co.uk/bitesize/guides/z83qcj6/revision/5>

Bird watching in Shetland: https://www.shetland.org/things/explore-nature/bird-watching