



Autumn fruits

Eating blackberries is a great way to make your autumn walk even healthier (they count as one of your 5-a-day you know!)



Blackberry walk

Pick & enjoy blackberries on an autumn walk in the forest. **How do they taste?**

.....



Blackberry pancakes

Make (or buy) a basic pancake mix and add some washed blackberries before you cook them.



Can you create some funny pancake shapes?



Blackberry art

- 1 Draw a picture of some autumn fruit.
- 2 Colour parts of your picture purple by rubbing a blackberry onto the paper.
- 3 Try making different colours. Use crunched up leaves to make green. Which other colours can you make?

Draw your picture here...


**Take a
photo**

and post it to our
Facebook page!

Scrambled fruits

Lots of trees & bushes are producing fruit in autumn. **Unscramble the letters to find these common fruits.**

plepa

reyrpsrab

bryakblcer

ryrehc

uyberblre

rrgeoyoebs



Scrambled fruits answers: apple, raspberry, blackberry, cherry, blueberry, gooseberry





Changing colours



Leaves are green because they contain chlorophyll, which deciduous trees use to make food when the sun shines on them. When autumn comes, there is less sunlight and they don't need as much food, so they get rid of the chlorophyll, revealing the other colours underneath. Eventually, the deciduous trees drop all their leaves, to save energy during the coming winter months.

Colour bingo

How many different colours can you find in the forest? Can you find one to match each of the colours below?



Autumn wands

- 1 Find some thin sticks and collect different natural items from the forest floor.
- 2 Attach your items on the end of the stick with string or an elastic band to make an autumn themed wand.



Take a photo

and post it to our Facebook page!

Your best tree

Choose a tree that you see every day and watch it change as autumn goes on.

Remember its changes or keep a diary by drawing pictures or making notes.

.....
Week 1

.....
Week 2

.....
Week 3

.....
Week 4





Wood for warmth



It's getting colder now, and people are starting to light their fires at home, often using firewood grown in the forest.

Wood can be a really good sustainable source of fuel. When we burn wood for energy, we should replace it by planting new trees. This isn't possible if our energy is produced from coal, oil or gas.

Woody word search

Firewood is just one product that comes from trees - can you find these wooden products in the word search?

E	L	B	A	T	O	F	N	V	C	H	A	R	C	O	A	L
B	P	C	H	A	I	R	P	B	K	L	D	G	K	F	S	A
R	T	C	V	L	K	O	K	C	B	N	M	Y	T	I	A	S
D	O	O	R	C	K	S	L	W	E	A	T	T	B	V	D	I
A	T	U	K	L	E	S	D	B	N	H	O	R	I	G	B	S
T	O	B	S	D	G	I	O	S	C	B	Y	T	V	C	G	A
A	P	T	B	N	O	D	B	O	O	K	S	R	I	N	S	F
R	E	P	V	B	N	S	Y	I	D	H	E	S	I	O	L	E
T	N	S	C	V	L	O	S	F	E	A	M	D	V	S	D	N
V	C	H	P	A	P	E	R	A	B	U	L	S	D	R	H	C
N	I	E	R	B	C	H	Y	L	D	I	N	E	A	C	B	I
C	L	B	E	R	B	F	J	L	U	P	S	O	O	B	S	N
L	V	C	M	B	J	E	K	B	T	E	B	S	E	D	A	G
O	D	W	C	A	P	A	N	D	E	P	T	S	M	H	E	B
V	I	O	L	I	N	B	S	C	U	L	G	U	I	T	A	R
J	O	R	V	N	H	J	D	C	H	O	S	A	E	I	B	C

- | | | | |
|-------|-----------|---------|----------|
| Paper | Buildings | Violin | Bench |
| Chair | Door | Fencing | Desk |
| Toys | Pencil | Guitar | Cupboard |
| Books | Charcoal | Table | |

Leaf fireworks

- 1 Collect fallen leaves, cones, twigs and seeds in different colours, shapes and sizes.
- 2 Find a clear patch of ground or some dark coloured paper.
- 3 Lay your items out in firework patterns.



Autumn smells

Wood smoke is one smell that you might come across during autumn, especially on Bonfire Night!

What other smells can you detect on a walk in the forest? Try sniffing a handful of soil or crushed, wet leaves.

.....
.....





From tiny seeds...



Nuts and seeds are falling all over the forest floor in autumn - to germinate and grow into new trees, or to be gobbled up by squirrels...or to become part of a game of conkers!

Helicopter race

Collect winged seeds from a sycamore tree, and drop them from a height. Watch them spin like mini-helicopters. Challenge your friends and see whose seed stays in the air the longest.



Conker hunt



Go for a walk in the forest and see how many conkers you can find.

How many conkers did you collect?

.....

What size was the biggest conker?

..... mm

What size was the smallest conker?

..... mm



Seed bookmark

You will need:

Scissors, double-sided tape, leaves, seeds, grass, sticky tape

- 1 Cut out the bookmark and stick your double-sided tape along its length.
- 2 Arrange colourful leaves, grass or seeds along the tape.
- 3 Cover the bookmark in sticky tape to keep your hard work in place.





Inspiring autumn

The forest is ready to put on its fashion parade: 'Nature's Autumn Collection'. It will inspire you, and lift your spirits, with warm reds, vibrant yellows and wonderful earthy smells.

Autumn poems



Think about what you like to do and see in autumn. **Can you write a poem about all your favourite autumn things?**



Leaf scrunch



Squeeze a handful of fallen leaves. **Can you think of words to describe the sound they make?**

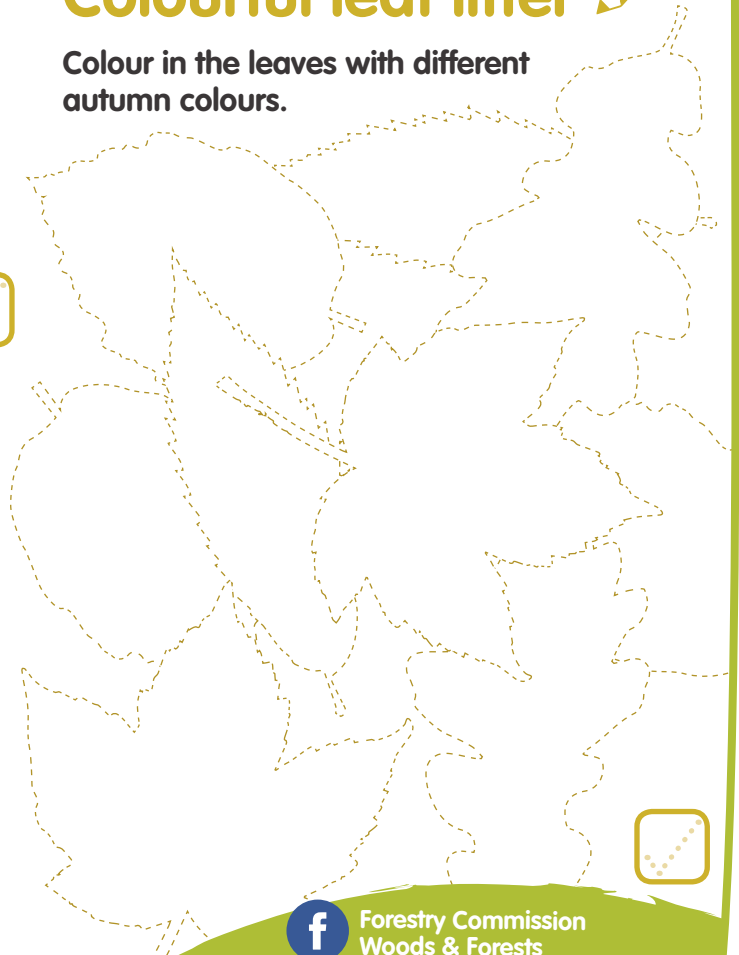
.....



Colourful leaf litter



Colour in the leaves with different autumn colours.



Autumn feelings



Can you describe how autumn makes you feel? Think of words beginning with the following letters:

- L
- E
- A
- V
- E
- S





Autumn sensations



Sometimes it's good to stop and take notice of what is going on around you. Doing this can help you become more aware of how you are thinking and feeling. Autumn is a great time to look, listen and reflect on the wonderful things all around.

Barefoot walk

Try walking barefoot across a stretch of grass. **How does the ground feel beneath your feet - is it cold or damp? Does it tickle? Do you notice any other sensations?**



Observe and listen



On a walk in the forest, take a minute to observe and listen to your surroundings. Keep your eyes open or close them if you wish. **Were there any particular sights, sounds, smells or sensations that captured your attention?**

.....
.....



Bark textures



Stand next to a tree and close your eyes. Take a minute to run your hands along the trunk. **What do you feel? Are there any sensations that are particularly noticeable?**

.....

Use a crayon to make a rubbing of the tree's texture. To do this, press your paper on to the tree trunk and rub your crayon hard over the surface.

.....
.....



Mindful mantra

Develop a mindful mantra. A mantra is something you can repeat to yourself. You may find it helpful to combine it with a breathing exercise – take a deep breath in, then say your mantra as you exhale.

.....
.....

