

30 ways to enjoy outdoors

- Make a Wildlife film
- How to make a bug hotel
- Natural household dye
- Make a bird feeder
- Learn about Hapa Zome
- Make a salt dough animal
- Grow your fridge seeds
- Be a tree estate agent
- Flower pressing
- Four seasons box
- Scavenger hunts
- An amphibian abode
- Write a nature journal
- Sprouting scraps
- A wildflower hunt
- Make a helicopter spinner
- Who lives in my garden
- Making a wormery
- Counting birds
- Finding symmetry in nature
- Making patterns from nature
- Nature's sounds
- Make a butterfly feeder
- Camouflage game
- Make a journey stick
- Learn chromatography
- Creative writing
- Why do insects visit flowers
- Mini beats maths
- Micro journeys and maps
- I've completed all 30!

For all activities visit
www.suntrapcentre.co.uk/suntrap-at-home

