

Tayside Nature Bingo



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Here is a mix of visual, audio, tactile, culinary, movement and other ideas for you and your family to try out in nature this month. You can record the date of each activity. When foraging, make sure you only gather what you need and leave plenty on each plant. Share your completed bingo, observations, photos and videos #TayNatureBingo

<p>Gather rowan berries and send them racing down a slide. Bonus points if they jump over twig obstacles!</p> <p>Date __/__/__</p>	<p>Add raspberries (home grown or foraged) to your porridge</p> <p>Date __/__/__</p>	<p>After a BBQ has gone cold, take charred pieces of wood to draw with. Channel your inner prehistoric artist</p> <p>Date __/__/__</p>	<p>On a windy day, take bubbles outside and let the wind blow them</p> <p>Date __/__/__</p>
<p>Forage fireweed and honeysuckle flowers, paint with egg white, dust with sugar and use for cake decorating</p> <p>Date __/__/__</p>	<p>On a riverside walk look out for signs of badger activity – you might even meet them at dawn or dusk!</p> <p>Date __/__/__</p>	<p>Find blackberries and make a crumble Recipe: search Scottish Wildlife Trust blackberry crumble</p> <p>Date __/__/__</p>	<p>Find a boggy or damp area and look out for mating dragonflies</p> <p>Date __/__/__</p>
<p>Make soft scoop blackcurrant ice cream. Recipe: search Good Food blackcurrant ice cream</p> <p>Date __/__/__</p>	<p>Go on a bike ride on a path next to the fields of golden ripe grain</p> <p>Date __/__/__</p>	<p>Cook a fresh dill soup. Recipe: https://skinnyspatula.com/potato-dill-soup/</p> <p>Date __/__/__</p>	<p>Mix lavender flowers with salt and add to your bath</p> <p>Date __/__/__</p>
<p>Shell some broad beans and boil or steam to use in a salad</p> <p>Date __/__/__</p>	<p>Take a moment to sit with your back to the sun and feel your spine warm up</p> <p>Date __/__/__</p>	<p>Let some of your radish flower and enjoy swarms of Pieris butterflies coming to feed</p> <p>Date __/__/__</p>	<p>Use a roundabout like a giant cooking pot and make a 'soup' from nearby plants</p> <p>Date __/__/__</p>

The [Nature Positive Global Goal](#) of halting and reversing nature loss plays a key role in helping address the climate emergency. When we reconnect with nature through simple actions, we develop an awareness and appreciation of nature and are more likely to take better care of it.