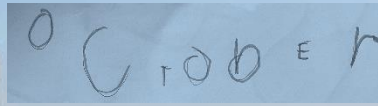


Tayside Nature Bingo



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>Make a pear and dark chocolate crumble. Recipe: search Nigel pear chocolate crumble</p> <p>Date __/__/__</p>	<p>Follow your nose to find the smell you identify the autumn with, such as wet leaves</p> <p>Date __/__/__</p>	<p>Use the shorter day to watch the sunrise in full. Notice which colours you see</p> <p>Date __/__/__</p>	<p>After the rain step outside to smell the special scent of petrichor</p> <p>Date __/__/__</p>
<p>Find a dry teazle. Take one, wrap the stem and use it as a brush</p> <p>Date __/__/__</p>	<p>Notice how many more bird nests you can spot when the leaves have fallen</p> <p>Date __/__/__</p>	<p>Find a place under the trees where the yellow and orange leaves make it feel like a sun-filled chamber</p> <p>Date __/__/__</p>	<p>Forage hazelnuts and use in your favourite cookies e.g. search Good Food oaty hazelnut</p> <p>Date __/__/__</p>
<p>Make a crunchy noise with dry leaves – try rustling with your feet or rolling down a slope</p> <p>Date __/__/__</p>	<p>Find a shaggy ink cap mushroom at the edge of woods or on verges. Young ones can be foraged or just enjoy their distinct look</p> <p>Date __/__/__</p>	<p>Gather small autumnal treasures with interesting textures to carry in your pocket</p> <p>Date __/__/__</p>	<p>Watch the moon during a cloudless day. Notice its phase and the part of the horizon you see it in</p> <p>Date __/__/__</p>
<p>Pick late raspberries and add to a Swiss roll filling. Recipe: search Mary Berry chocolate roulade</p> <p>Date __/__/__</p>	<p>Gather colourful leaves and make an autumnal wreath e.g. by piercing them onto an old metal hanger</p> <p>Date __/__/__</p>	<p>Watch for the moment when on a cloudy day sun rays illuminate the river Tay like a silver ribbon</p> <p>Date __/__/__</p>	<p>Pay attention to the autumn flower scents from the garden such as viburnum</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.