

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 foraged hedgerow ketchup. Recipe: search Good Food Hedgerow ketchup</p> <p>Date __/__/__</p>	<p>Gather fruit of a few different trees and identify clues as to what strategies they use to propagate</p> <p>Date __/__/__</p>	<p>Find different patterns of dew-soaked spiderwebs</p> <p>Date __/__/__</p>	<p>After a rain notice which mushroom appear under which tree species</p> <p>Date __/__/__</p>
<p>Use chalk to share some fact about nature by writing it or drawing</p> <p>Date __/__/__</p>	<p>On a sunny day watch a flock of birds while they fly and note the way their feathers glisten in the light</p> <p>Date __/__/__</p>	<p>In the evening during full moon watch out for supermoon</p> <p>Date __/__/__</p>	<p>Forage sea rocket and use in a salad</p> <p>Date __/__/__</p>
<p>Gather seeds of wildflowers and dry them. Gift them or plant yourself e.g. in an area stripped bare by a flood</p> <p>Date __/__/__</p>	<p>Bake a lavender cake. Recipe: search Diana Henry lavender (to make it vegan swap Greek yoghurt for any plain vegan yoghurt or crème fraiche)</p> <p>Date __/__/__</p>	<p>Listen for the sound of pink-footed geese returning for winter</p> <p>Date __/__/__</p>	<p>Go for a walk in the haer. Notice whether by seeing less your other senses tell you more</p> <p>Date __/__/__</p>
<p>On a sunny day watch field verges for peacock butterflies Aglais Io</p> <p>Date __/__/__</p>	<p>Find a leaf that shows changing colours as chlorophyll gives way to carotenoids and anthocyanins</p> <p>Date __/__/__</p>	<p>Use your own chives to bake cheese and chive biscuits Recipe: search Abel cheese and chive</p> <p>Date __/__/__</p>	<p>Plant a hardy winter salad e.g. Winter Density</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.



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