

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 rhubarb sauce for ice-cream: simmer chunks of rhubarb with some sugar until soft</p> <p>Date __/__/__</p>	<p>When you find a flowering currant, close your eyes and try to approach it by following its scent only</p> <p>Date __/__/__</p>	<p>Leave a patch of a lawn unmowed or find one on a walk and watch which flowers appear</p> <p>Date __/__/__</p>	<p>Spend a moment after waking up listening to birdsong. Do you recognise any species?</p> <p>Date __/__/__</p>
<p>Grow plants from seed. Start with watercress or your favourite herbs on a windowsill</p> <p>Date __/__/__</p>	<p>Bring some forsythia from a walk and enjoy its bright sunshine-like colour</p> <p>Date __/__/__</p>	<p>On a warm day stroke blades of new grass</p> <p>Date __/__/__</p>	<p>Add new mint leaves to your favourite drink</p> <p>Date __/__/__</p>
<p>Watch budding tulips. Can you guess their colour before they open?</p> <p>Date __/__/__</p>	<p>Forage wild garlic and use to make a pesto in place of basil leaves</p> <p>Date __/__/__</p>	<p>Smell the blossom of fruit trees. Which one do you find the most intensive?</p> <p>Date __/__/__</p>	<p>On a sunny day, notice how your skin reacts to the temperature in the sun and in the shade</p> <p>Date __/__/__</p>
<p>Try to observe three different butterfly species in one day</p> <p>Date __/__/__</p>	<p>Use water left over from washing fruit and veg for watering. Remember to do so in the mornings or in the evenings</p> <p>Date __/__/__</p>	<p>Keep an eye on the nests from previous years to notice when house martins return</p> <p>Date __/__/__</p>	<p>On a warm day stand under a Scots pine and listen for the sound of seeds popping from cones</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.