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

Take part in The Big Butterfly Count Date __/__/____	Collect some seeds from a wildflower meadow to start a future meadow or share with others Date __/__/____	Prepare a fireweed lemonade: steep dried flowers in warm water with lemon juice and sugar to taste Date __/__/____	Rub pineappleweed flowers between your fingers and inhale the citrusy scent Date __/__/____
Pick some linden tree flowers, dry and steep in hot water to enjoy a soothing herbal tea Date __/__/____	On a walk notice the shades of pink and purple in flowers: thistle, clover, red campion, woundwort Date __/__/____	Blend lavender flowers with sugar and use to make seasonal shortbread. Search: BCC lavender shortbread Date __/__/____	Spend a moment feeling the softness of moss and then touch a rough tree bark. How do they make you feel? Date __/__/____
Go on an evening walk noticing the colours of the sunset sky Date __/__/____	Make a ranch dressing using herbs you have grown or foraged. Search: BBC ranch dressing Date __/__/____	On hot dry days prepare a muddy salty puddle for butterflies. Search: DIY butterfly puddler Date __/__/____	Compare two sites with the same plant e.g. self-heal in cut and long grass, in sun and shade. What do you see? Date __/__/____
Stand still on a warm day and feel the wind caress your skin. Which side of your body does it touch first? Date __/__/____	Savour a green pea taken straight out from a shell Date __/__/____	Celebrate the National Meadows Day by visiting a meadow and adding your observations to iNaturalist Date __/__/____	Use the young carrot leaves to make a pesto. Search: Simply Carrot top pesto Date __/__/____

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.

SWAN earthself

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