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

Follow the example of More Than Weeds and name in chalk the pavement plants you recognise Date __/__/____	Collect and dry press some flowers to use in card making e.g. for someone's birthday Date __/__/____	While working in the garden take a deep breath and smell the soil. Do you know this scent increases the production of oxytocin? Date __/__/____	On a walk nearby water, look out for the bright colours of marsh orchids Date __/__/____
Savour the taste of wild strawberries warmed up by the sun Date __/__/____	Make a wreath out of white clover flowers with long stems Date __/__/____	Tune into the sound of a summer downpour. How does it make you feel? Date __/__/____	Smell the intense scent of jasmine in blossom Date __/__/____
Take a moment to trace the lines made by birds hunting before the rain Date __/__/____	Join a nature workshop, bioblitz or an event in your area. Search the offer of libraries, nature reserves or webinars Date __/__/____	Learn to recognise different bumblebee species that live locally Date __/__/____	Go on an evening walk and enjoy the symphony of sounds and the smells that attract night pollinators Date __/__/____
When clearing out, consider donating unwanted items to a local charity e.g. Lochee PDSA Charity shop Date __/__/____	Pick gooseberries and some mint leaves to make a gooseberry lemonade. Search: BBC Gooseberry lemonade Date __/__/____	Notice the colours of grasses: the cream, pink, purple and brown shades Date __/__/____	Smell the wild rose in blossom 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.

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