



# 40 NATURE ACTIVITIES TO EXPLORE THIS LENT

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Tick off the activities you complete



positive difference to the world and all those we share it with. Amen

"care for the fish in the sea and the birds in the sky, the wild animals

<b>Ash Wednesday</b> Draw the shape of a cross in some soil	Get up early to hear the dawn chorus	Discover how many petals a daffodil has	Be still & listen to the sound of the rain	Go on a litter pick around your area	Draw your favourite wild animal & find out where it lives	Keep a look out for plants growing in a pavement or a wall	Look for a rainbow after the rain
Dance & splash in puddles	Find a spiderweb & take a closer look	Create the first letter of your name using stones	Find 6 flowers that match these colours	Plant some seeds to help the bees	Feel the wind on your face on a windy day	Collect rainwater to water plants	Can you find an evergreen tree?
Go on a blossom hunt	Search a patch of soil for earthworms	Create a Hedgehog Hotel with sticks & leaves	Grow some cress seeds in the shape of a cross	Make a nature card for someone special	Hang apple slices on a tree for the birds	Go on a sound walk. What nature sounds can you hear?	Lie on the ground & watch the clouds
Wrap up warm & go stargazing	Make a bird bath from a recycled container	Go on a bug hunt	Make some mud to help the birds build their nests	Treat your feet & walk barefoot on clean grass	Smell three different Spring flowers	Water plants with recycled washing up water	Hug a tree
Find 4 leaves. Did you know each leaf is unique?	Have a picnic tea or breakfast outdoors	Read the Easter Story together under a tree	Create an outdoor den	<b>Maundy Thursday</b> Wash your wellie boots	<b>Good Friday</b> Make a cross with two twigs	Decorate an Easter Tree for Easter Day	<b>Easter Day</b> Celebrate with an Egg Hunt

and all creatures that move along the ground." (Genesis 1:28) creator God, May our everyday actions make a