

# Growing up wild

# In the Winter

Wrap up warm and head outdoors in winter to top up on Vitamin N: nature!



## Ideas for all sections

- Wrap up and enjoy a winter walk
- [Spot winter wildlife](#)
- Go on a torchlit tour
- Cook and eat outdoors
- Listen to nature sounds by the campfire
- [Make a winter nature mandala](#)
- Listen to winter birdsong to identify birds
- Visit a winter lights trail
- [Take part in the RSPB Big Garden Birdwatch](#)
- Visit a nature reserve
- Toast marshmallows
- Play in the snow
- [Make nature ice decorations](#)

## Programme links

### Rainbows

Hot and cold UMA

### Brownies

Torchlit tour UMA

### Guides

Warm in the wild UMA

### Rangers

Winter feast-ival UMA



- Go welly wandering
- Build a shelter, nest or den
- Learn how to keep warm and dry when you're outside in the cold
- Go muddy puddle jumping
- Discover the trees in your local area
- Go on a winter bug hunt
- Go exploring with binocular bingo
- Take part in a winter sensory trail
- Collect natural materials to make seasonal decorations
- Go on a torch trail and see if you can spot nocturnal wildlife
- Feed the birds
- Discover wild animal clues

## Programme links

A race against time UMA

Birdie builders UMA

Diddy dens UMA

Hot and cold UMA

Bug hunt UMA

Tremendous senses UMA

Binocular bingo UMA

Hidden nature UMA

Nature neighbours UMA

Rain or shine

(Camp stage 1)

Keep warm

(Explore stage 1)

A country walk

(Explore stage 2)

Happy feet

(Explore stage 2)



- Go welly wandering
- Learn how to protect your eyes in the snow
- Learn how to deal with a winter survival situation
- Go stargazing
- Make a hedgehog home
- Build snow animals
- Listen out for nature noises
- Enjoy a walk in nature on a winter's day
- Learn how to keep your feet dry
- Follow footprints in the mud or snow
- Go on a torch trail in the dark and see if you can spot nocturnal wildlife
- Make a plastic bottle bird feeder
- Make a wild winter scene with shadow puppetry.
- Collect natural materials to make a table decoration on a winter's day
- Go icicle spotting
- Discover wild animal clues

## Programme links

Snow vision UMA  
S.T.O.P UMA  
Night sky observers UMA  
Hedgehog home UMA  
Let it snow UMA  
Nature noises UMA  
Torchlit tour UMA  
A country walk  
(Explore stage 2)  
Happy Feet  
(Explore stage 2)



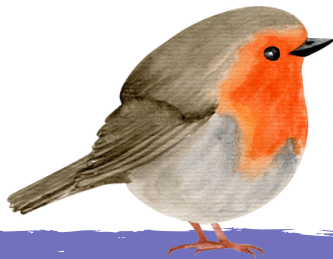
## Guides

- Collect natural materials to make a festive wreath or natural decorations
- Find out what you can plant in the winter
- Keep warm by a campfire
- Learn how to light a fire in winter conditions
- Jump in muddy puddles
- Do a biodiversity survey
- Get outdoors to find A-Z in nature
- Help birds over winter by making a citrus feeder
- Go on a penny hike in a natural setting
- Take a moment to enjoy nature sounds
- Make hot chocolate or mulled apple juice to enjoy after being outside
- Cook jacket potatoes in the embers of a campfire
- Go out for a torch tour in nature
- Go stargazing to spot constellations - are they different or in different locations to other seasons?
- Try winter nature photography
- Collect natural materials and make an ice lantern

## Programme links

Warm in the Wild UMA  
Two match challenge UMA  
Biodiversity blitz UMA  
A-Z in Nature UMA  
Citrus feeder UMA  
Snowballs and shields UMA  
Penny hike UMA  
Adventure sounds UMA  
Best fire for the job  
(Camp stage 3)  
Campfire playlist, fireside feast  
(Camp stage 4)  
Wild cooking  
(Camp stage 5)  
Uncover and discover  
Written in the stars  
(Explore stage 4)

- Play a wide game outside with a nature focus
- Try seasonal vegetables
- Have a winter feast
- Find out what you can plant in the winter
- Make hot chocolate or mulled apple juice to enjoy after being outside
- Try camping out in the winter
- Cook a 'hearty' meal on a campfire
- Make a festive wreath with natural materials
- Try winter nature photography
- Start a winter nature journal
- Collect natural materials and make an ice lantern
- Do some sketching in nature
- Use natural materials to make winter land art
- Go hiking in winter
- Learn how to recognise the symptoms of hypothermia
- Take part in a winter scavenger hunt
- Build a shelter



## Winter facts

One of the coldest winters on record was in 1963, the coldest since 1740. Temperatures reached lower than  $-20^{\circ}\text{C}$  with blizzards, snowdrifts and the sea even froze around the coast!

1 December marks the meteorological winter, but astronomical winter is defined by the Earth's orbit around the Sun and begins on the winter solstice, which falls on 21 or 22 December.

## Programme links

Hidden figures UMA  
Winter Feast-ival UMA  
Sow it, grow it! UMA  
Campfire cookout UMA  
Climate Control UMA  
Land art UMA  
Speedy scavengers UMA  
When the lights go out UMA  
Diversify your garden UMA  
Fireside games UMA  
Shelter sleepover  
(Camp stage 5)  
Wild cooking  
(Camp stage 5)  
No pans, no problem!  
(Camp stage 6)  
Tech-NO-logy  
(Explore stage 6)

## Did you know?

It might be surprising, but in the northern hemisphere the Earth is closest to the Sun during winter!

There is a different reason for the seasons, and it's all about the Earth's tilt!



## Bird Cafe

Give our feathered friends a hand in winter when food is harder to find, by making your very own Bird Café!

- [Make bird food cakes](#)
- [Make a loo roll feeder](#)
- [Make a citrus feeder](#)
- [Make an apple feeder](#)
- [Make a feeder using a pine cone, coconut or yoghurt pot](#)

Some birds prefer to look for their food on the ground. [Find out how to feed ground feeding birds.](#)

### Note to leaders

When you are choosing bird feed for the activity, make sure it's safe for everyone to handle by checking for any allergens it contains.

## Big Garden Birdwatch

Every year in January, we look forward to helping our friends at the RSPB conduct the world's largest wildlife survey. By taking part in the Birdwatch, you and hundreds of thousands like you, play an important role in helping the RSPB understand how UK birds are faring.

To sign up and get your free pack, [visit the RSPB website.](#)

## How did you go wild? Share your story with us!

Write to us:  
[www.girlguidinglaser.org.uk/volunteers/submit-news](http://www.girlguidinglaser.org.uk/volunteers/submit-news)

Tag us:  
#LaSERGrowingUpWild



## We'd love to know what you think

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## Thank you

Thank you to our team of Queen's Guides who contributed to these resources.