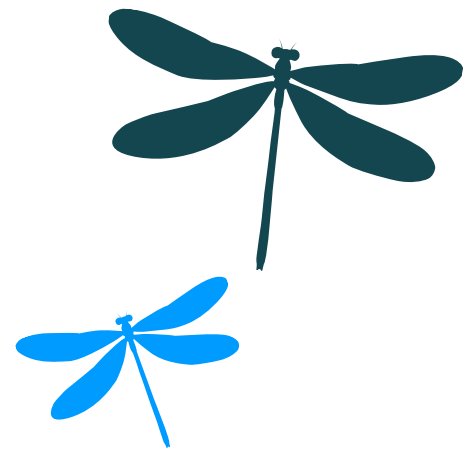


Growing up wild with the RSPB

Get outdoors and into nature with the help of the RSPB. Explore and enjoy our world of wildlife and plants that is waiting to be discovered on your doorstep and beyond. Be inspired to take action to help nature thrive.



- You can do these activities in an outdoor space where your unit meets, or at a local park or other green space. You could also visit a Girlguiding campsite or a nature reserve
- With your unit, choose 3 activities to enjoy.
- Click on the links for instructions, materials lists and resource downloads for each activity.
- Go outdoors and have fun! Remember to spend at least 30 minutes on each activity.



Ideas for all sections

- Go [birdwatching](#) and join in with the RSPB's [Big Garden Birdwatch](#) in January.
- Listen to the [sounds of nature](#) in spring and learn to recognise birdsong.
- Hunt for [bugs and minibeasts](#).
- Find the [native trees](#) which grow in the UK and learn how to identify them.
- Explore [animal tracks and signs of wildlife](#).
- Go [pond dipping](#).
- Have a [wild sleepout](#) and notice all kinds of wildlife that wakes up when it gets dark.
- Put out [food and water for birds and animals](#).
- Grow [wildlife friendly flowers](#).
- Be a nature conservationist: [spread the word](#) to inspire friends and family.

Did you know?

The RSPB is a charity for the conservation of birds and nature. They bring people together who love birds and other wildlife and who want to take action to restore the health and diversity of the natural world.



Rainbows

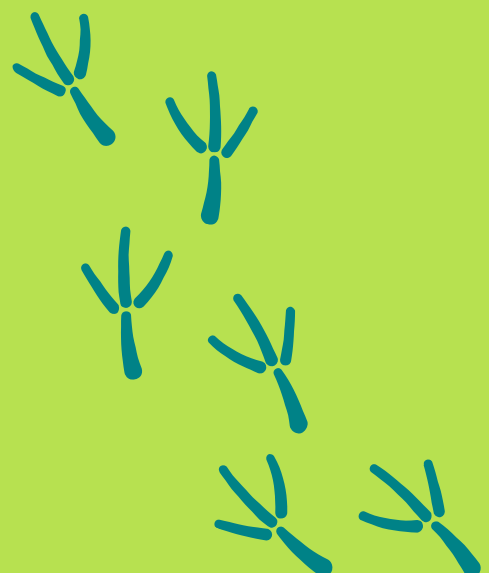
- See how many signs of spring you can spot by playing - Springo Bingo!
- Listen to the sounds of spring, can you hear different birds singing and insects buzzing?
- Grow sunflowers in a pot in spring and save the seeds to feed to the birds later in the year.
- Discover wildflowers in spring or summer. How many colours can you match on the 'Wildflower Foray' colour chart?
- Find different types of tree leaf in the spring and summer or look for nuts, berries and seeds in the autumn.
- Go on a bug hunt in the spring, summer or autumn. You can make a potato trap and put out your traps the week before to attract minibeasts. Or try shaking a tree and see which minibeasts fall out.
- Go pond dipping in the spring or summer and discover a secret world full of incredible creatures.
- Explore animal tracks and signs of wildlife in autumn, see what can you find using the seasonal activity sheets.
- Put out food for birds by making a pinecone bird feeder.
- Make a smelly cocktail and use all your senses to experience the sights, sounds and smells of nature.

Programme links

Tree-mendous senses UMA

Nature neighbours UMA

Rainbow survey UMA



Brownies

- See how many [signs of spring](#) you can spot by playing Springo Bingo!
- Listen to the [sounds of spring](#) – check out step 1 and learn how to recognise the song of 6 birds.
- Grow [wildlife-friendly flowers](#) in the spring – download the guide to creating a butterfly garden.
- Discover [wildflowers](#) in spring or summer. How many colours can you match on the colour chart? Use the ID sheet to identify them.
- [Go pond dipping](#) in spring or summer and discover a secret world full of incredible creatures. Make a pond dipping net before you go and count the legs of pond creatures to help you identify them.
- No ponds nearby? Make your own [mini pond](#)!
- Find some of the [50 species of native tree](#) that grow in the UK and identify what you see using the ID sheet.
- [Go on a bug hunt](#) in the spring, summer or autumn. Make a sweep net before you go to catch bugs in long grass in the summer. Identify what you find using the minibeasts ID sheets.
- [Attract amazing moths](#) and notice their shapes and patterns in the spring or summer.
- Go on the hunt for [fabulous fungi](#) in autumn. How many different shapes, colours and sizes can you spot using the activity sheet?
- Look for [nuts, berries and seeds](#) in autumn.
- Explore [animal tracks and signs of wildlife](#) use the 'animal tracks activity sheet' so that you can identify what you see. You can also try making your own animal tracker.
- Put out [food and water for birds and animals](#) and make a bird kebab or self-filling water tray.
- Use all your senses to experience the [sights, sounds and smells of nature](#).
- [Investigate the weather](#): watch clouds, capture rain and see which way the wind blows.

Programme links

Life cycle survival UMA
Bottle mansion UMA
Hedgehog home UMA
Insect invaders UMA
Environmental detectives
Make Change, stage 2



Guides

- Listen to the sounds of spring and learn how to recognise the song of 6 birds. To help you, listen to some common birdsong on the RSPB website before you head outdoors.
- Grow wildlife friendly flowers in Spring by making a mini-meadow.
- Attract moths and notice their shapes and patterns, in spring and summer. Use Butterfly Conservation Trust's online ID guide to identify what you see.
- Make a pond dipping net and go pond dipping in spring and summer and discover a secret world full of incredible creatures.
- Go on the hunt for fabulous fungi in autumn. How many different shapes, colours and sizes can you spot using the activity sheet?
- Build a nest box. This can be done at any time and put up in the autumn.
- Put out food for birds, by making an apple birdfeeder.
- Investigate the weather: watch clouds, capture rain and see which way the wind blows.
- Build a bee house or minibeast hotel.
- Build a hedgehog home.

Programme links

Plastic planting UMA
Go wild! UMA

Take action

Choose an 'action for nature' theme for the following skills builders:

- Big changes start with small steps (Make change stage 4)
- Money and a message (Make change stage 4)
- Testing out tactics (Make change stage 4)
- Wear your heart on your sleeve (Make change stage 4)

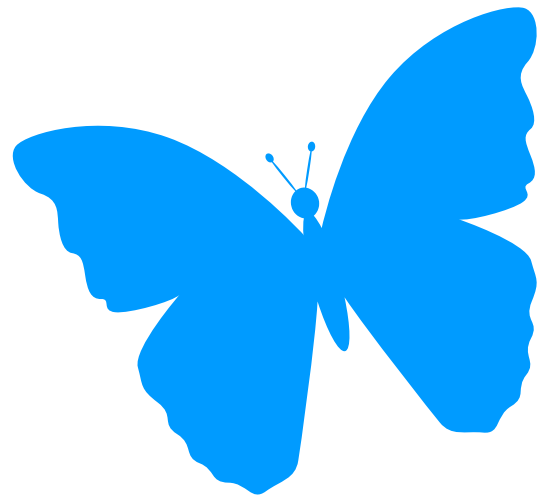


Rangers

- In spring, set your alarm clock and head out early to listen to the dawn chorus, see if you can identify birdsong. To help you, listen to some common birdsong on the RSPB website before you head outdoors.
- Grow wildlife friendly flowers in spring by making a mini-meadow or grow plants to attract moths.
- Build a nest box. This can be done at any time and put up in the autumn.
- Take time to experience a natural space, then write a song, story or poem inspired by nature, use the RSPB writing frame.
- Try forest bathing to de-stress and boost your health and wellbeing in nature. Check out these tips from the National Trust and Forestry Commission websites to help you.
- Go on a nature walk and collect wild seeds; you can then try growing them!
- Build a minibeast hotel.
- Make a bird bath.
- Build a hedgehog home.
- Grow a tree for wildlife or plant trees and shrubs.
- Design a wildlife garden.
- Fundraise to save nature.

Programme links

Sow it, grow it UMA
Land art UMA
Converse to reverse UMA



Take action

Choose an 'action for nature' theme for Be zine, be heard (Make change stage 5)



Looking after nature when you're out and about

When exploring, be mindful of where you are walking so as not to trample plants and flowers. If picking up minibeasts, handle them gently and always return them carefully to where you found them.

If doing a scavenger hunt, stick to collecting natural items which have fallen on the ground, e.g. fallen leaves, twigs, fruits or seeds. Don't pick mushrooms or fungi.

RSPB Wild Challenge

As well as earning your badge, completing these activities can count towards a bronze, silver or gold Wild Challenge award. Register at [RSPB Wild Challenge](#).



We'd love to know what you think

[Please complete our feedback form.](#)

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

- [Submit a news a story via our website](#)
- Tag Girlguiding London and South East England and the RSPB on social media, using the hashtag #LaSERGrowingUpWild

Our partnership with the RSPB

We've been working with the RSPB, the UK's largest nature conservation charity, since 2015 to help girls connect and take action for nature.

Order your badges

Badges cost £1 plus postage and packaging, and can be ordered on our [online shop](#).



www.girlguidinglaser.org.uk/growingupwild



 **Girlguiding**
London and
South East England