

Growing up wild

In the Woods

Escape the hustle and bustle and spend time among the trees. Forests are a rich and abundant habitat for nature, so there is a lot to discover.



Ideas for all sections

- Follow a trail through the woods
- Take a moment to sense the world around you
- Take part in conservation work
- Climb a tree safely
- Go to an event organised by a local nature organisation
- Use binoculars to spot wildlife
- Identify leaves and trees
- Go birdwatching
- Build a den
- Hug a tree
- Go on a scavenger hunt
- Have a picnic in the woods
- Go on a fungi safari
- Look for hidey holes and wildlife homes

Programme links

Rainbows

A race against time UMA

Brownies

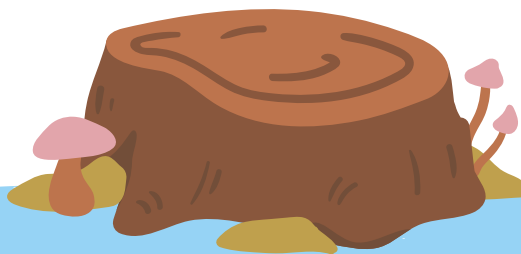
Nature noises UMA

Guides

Biodiversity blitz UMA

Rangers

Speedy scavengers UMA



- Go on a teeny tiny treasure hunt, finding natural materials that fit in a matchbox
- Build a nest or a den
- Choose a tree and see how many living things you can find on it
- Go on a sensory walk to discover sights, sounds and smells
- Make a bark rubbing
- Find 10 leaves that have different shapes
- Make your own binoculars and use them to spot wildlife
- Create a story trail

Programme links

Tree-mendous senses UMA

Trails and trackers UMA

Birdie builders UMA

A race against time UMA

Story trail UMA

Hidden nature UMA

Bug Hunt UMA



- Go on a teeny tiny treasure hunt, finding natural materials that fit in a matchbox
- Build a nest or a den
- Make a nature bracelet
- Make a forest guardian
- Decorate a tree or make a leaf stack
- Go on a sensory walk to discover sights, sounds and smells
- Take part in a scavenger hunt
- Learn to identify a tree by its leaf shape.
- Identify tracks and signs
- Catch a falling leaf
- Learn about nocturnal animals with a torchlit tour
- Know what to do if you get lost in the woods
- Make some land art
- Play hide and seek

Programme links

Nature noises UMA
 Torchlit tour UMA
 S.T.O.P UMA
 Find my friend UMA
 A country walk
 (Explore stage 2)



Guides

- Make a forest guardian or a journey stick
- Build a shelter in the woods
- Make a nature mandala or do some nature weaving
- Look for evidence of animals and birds
- Take part in an organised nature walk
- Learn to identify birds from their song
- Take part in a biodiversity blitz Survey
- Identify different lichens and find out how their condition tells you about pollution in the area
- Learn how to use trees as a compass
- Go on a sensory walk to discover sights, sounds and smells
- Who's been there? Learn how to track elusive woodland animals
- Learn how squirrels compete for resources to be on top with the Red vs Grey UMA
- Do some forest bathing
- Do a forest clean-up
- Find A-Z in nature
- Make some land art

Programme links

Biodiversity blitz UMA
 Litter lotto UMA
 A-Z in nature UMA
 Red vs grey UMA
 Adventure Sounds UMA
 Explorer's handbook
 (Explore stage 5)
 Shelter sleepover
 (Camp stage 5)
 Uncover and discover
 (Explore stage 4)
 Root out the way
 (Explore stage 5)

- Collect leaves to make a leaf skeleton
- Make a bird hide and see what you can spot
- Build a bat box and seek permission to install it
- Make a forest guardian or a journey stick
- Do some forest bathing
- Build a shelter with branches and leaves
- Follow a night trail through the woods
- Look for evidence of animals and birds
- Take part in an organised nature walk
- Learn to identify birds from their song
- Identify different lichens and find out how their condition tells you about pollution in the area
- Learn how to use trees as a compass
- Know what to do if you got lost in the woods
- Create some land art
- Take part in a discussion about conservation
- Take part in a scavenger hunt
- Play hide and seek

Programme links

Land art UMA
Destructive discussion UMA
Speedy scavengers UMA
Hidden figures UMA
Explorer's handbook
(Explore stage 5)
Shelter sleepover
(Camp stage 5)
Root out the way
(Explore stage 5)
Tech-NO-logy
(Explore stage 6)

Forest facts

Studies have shown that spending time near trees can lower blood pressure and stress levels, boosting our health and wellbeing.

Not only do trees capture and store carbon, they also help to reduce pollution and temperature, prevent flooding, enrich soil and increase biodiversity. Wouldn't it be great if we had more trees?

The English oak can live for over a thousand years and supports more native wildlife than any other tree species in ancient woodland.



Did you know?

We have rainforests in the UK. They are called temperate rainforests and they create a very special habitat. However, they are very rare and thought to be more threatened than tropical rainforests.

Our ancient woodland

In England, Ancient Woodland is woodland that has been there since 1600. At this time, maps started to become fairly accurate, so we can see which areas have had tree cover throughout the centuries.

Years of undisturbed soils and accumulations of decaying wood have created unique habitats for invertebrates, insects, fungi, birds and mammals, who all rely on ancient woodland.

[This inventory](#) identifies over 52,000 ancient woodland sites in England. Have a look and see where your local ancient woodland is!



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

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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.