

Exploring and Enjoying Nature on your Doorstep



Nature Walks

Getting out and about in nature is good for us on so many levels. Research has been done into the positive effects on our bodies, as a result of being outside in wild or natural spaces. In general, immersion in nature, in natural soundscapes and the natural blue-green light, calms our senses and improves our mood and promotes wellbeing overall. So one simple way to avail of this natural boost is to take a nature walk. Check out the video link below to see what kinds of things you can look out for whilst out and about in your local area. [NATURE WALK VIDEO](#)



Activity – Biodiversity Week Resources and Spotter Sheets

If you like the sound of this, you might like to take a look at the other resources that we currently have available online, that we promoted during [Green-Schools' Biodiversity Week](#). Check out the “Outdoor Activity” pdf.s (there is one per day) for spotter sheets, activity ideas and further information on how to explore and engage with the nature on your doorstep.

Action – Audit Flowering Plants

Conduct a weekly (or fortnightly) walk around your school, noting (and taking photographs if possible) of what, if anything, is in bloom each week. This can be done as part of the Monitoring and Evaluation Step on the Biodiversity theme and will help to populate the repeat Habitat Map. More importantly however, the information recorded will inform your community of any gaps, in terms of food availability for pollinators, on your school grounds.

Cross-reference the flowers that you find against the lists in the All-Ireland Pollinator plan resources or other online information such as www.wildflowersofireland.net , The Royal Horticultural Society or a good wildflower guidebook, to ascertain if there are pollinator-friendly plants blooming for each survey. Not all flowers are nectar-rich so it is important to differentiate where possible.

If you notice any weeks are particularly low in flowering plants, decide what actions you can take to address that – e.g. are the particular flowers that you could grow that would bloom at that particular time of year, or are there landscape management changes that could rectify the situation e.g. letting lawns grow for a few weeks at a time might allow daisies and dandelions to bloom and feed the insects.

Good luck with your actions this month!

