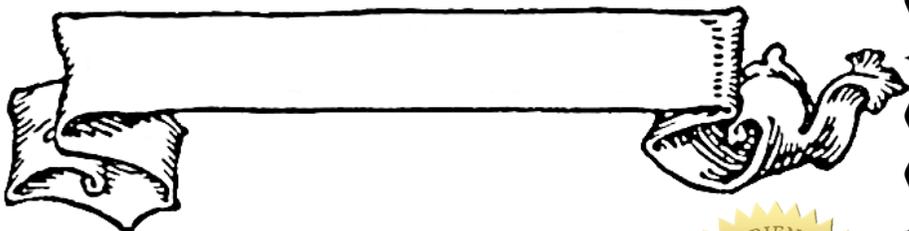


# My Achievements :

-  I made a den inside and outside using things around me
-  I ate a piece of fruit and grew a sapling from the seeds
-  I went on a walk to collect stinging nettles for cooking
-  I observed \_\_\_\_ different creatures on a dandelion
-  I made a shape out of natural things I collected
-  I made a marionette puppet with strings
-  I made a \_\_\_\_\_ out of things I recycled
-  I made a song from the natural things I collected
-  I made a stick man and called it .....
-  I wrote stories / drew pictures about my adventures with my new made friend

## Certificate



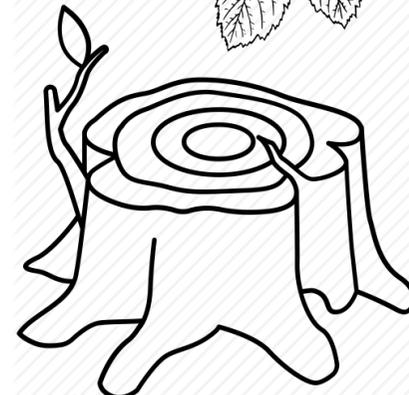
Date: \_\_\_\_\_

Signature: \_\_\_\_\_



# My Forest School Journey

## at home!



# Tree Facts



-  Trees can live for thousands of years and are made of wood.
-  Some trees can grow to around 100 metres (328 feet) in height!
-  The tallest species of trees in the world include the Coast Redwood, Giant Sequoia, Coast Douglas Fir, Sitka Spruce and Australian Mountain Ash.
-  The Giant Sequoia (Giant Redwood) is not only tall, it is also wide. Because of its amazing size, some believe that the Giant Sequoia is the largest living organism in the world!
-  Trees take carbon dioxide out of the atmosphere and make oxygen, which is why they are good for climate change.
-  The roots of a tree grow underground, helping keep it stable and providing it with water and important nutrients.
-  Water and nutrients travel up the tree trunk, through the branches and all the way out to the leaves.
-  The trunk of a tree is protected by an outside layer of bark.
-  In deciduous trees (those which lose their leaves in the winter) The way a tree grows through different seasons can be seen by growth rings in the wood when it is cut. You can count the rings to see how old the tree is.
-  Tree roots hold the soil and ground together so you can plant trees to help prevent erosion.
-  Trees are all different like people with different strengths and weaknesses. Here are some examples how we use the different strengths and weaknesses of wood to make things:
  - Rosewood - It is closely grained and hard to work on. Usually used for making musical instruments
  - Oak - strong yet bendable. It resists absorption of moisture and best used for furniture, desks, boat frames, flooring and furniture.
  - Fir - has very low resistance to rot but grows quickly and straight. Best used for doors, furniture, frames, windows and plywood.

# Simple Nettle Recipe

## Nettle Patties (**MUST** have adult help)

### Ingredients

- ♦ 2lb / 1 KG stinging Nettles
- ♦ 1 cup of boiled rice
- ♦ 1 free-range egg
- ♦ Parsley to flavour
- ♦ 2 table spoons flour
- ♦ Breadcrumbs or flour to coat the patties
- ♦ Oil to fry the patties
- ♦ A dipping sauce that you like



### Method

- \* Collect stinging nettles with thick gloves on (try to get the thinner nettles, the thicker ones can be used for string and fabric and will not be as nice to eat). Wash them thoroughly and put them in a big pan. Get an adult to add boiling water from a kettle and boil until the nettles are soft (do not over boil them)
- \* Wash your hands very carefully with soap and water.
- \* Get the adult to strain the water off the hot nettles and cut the nettles up into pieces about 2cm in length.
- \* Put the soft cooked nettles, the raw egg, black pepper, parsley, rice and flour into a big bowl and stir well.
- \* Knead the dough you have made really well in the bowl with your clean hands, give it a good mashing, pulling and pulling with your hands. It makes you feel good if you are cross and helps to change the glutens (proteins) in the flour.
- \* Divide your mixture into 8 equal pieces (if you are a bit stuck, divide it into half to make 2 pieces, then each half into half to make 4 pieces, then cut each quarter into half again)
- \* Roll your 8 bits into balls, then role them into breadcrumbs or flour so they are coated all the way round.
- \* Get an adult to fry them in a shallow pan of oil and keep covering them with the oil and turning them until they are golden brown all the way round. Drain the oil off and serve with a dipping sauce





# Twig things to make



Pinocchio is a famous wooden puppet story written by an Italian called Carlo Collodi. Carlo wrote his stories in 1883 when people used to make their own toys. Pinocchio was very naughty and had lots of different adventures. Pinocchio made a friend with a Cricket bug, who told him off when he went to do something bad.

A tree fairy from the forest made Pinocchio's nose grow every time he told lies. The fairy saves Pinocchio when he is in danger.

Go for a walk to collect twigs and things. Find some string or wool. You can now make your own puppet, music, pictures and friends.



# Things to look for!

Bumblebees, solitary bees and honeybees all visit dandelions for food, along with hoverflies, beetles, and butterflies such as the peacock and holly blue. Goldfinches and house sparrows eat the seeds.

Find plants and flowers below and see what creatures are around them:



## Dandelion

Bumble Bee



Honey Bee



Solitary Bee



Hoverfly



Beetle



Peacock



Holly Blue



Goldfinch



Sparrow



## Daisies

Black Bird



Robin



Great Tit



Frog



Toad



Speckled Wood



Gatekeeper



Worm



Snail



## Stinging Nettle

Ladybird larvae



Ladybird



Aphids



Blue Tit



Red Admiral caterpillar



Red Admiral



Painted Lady



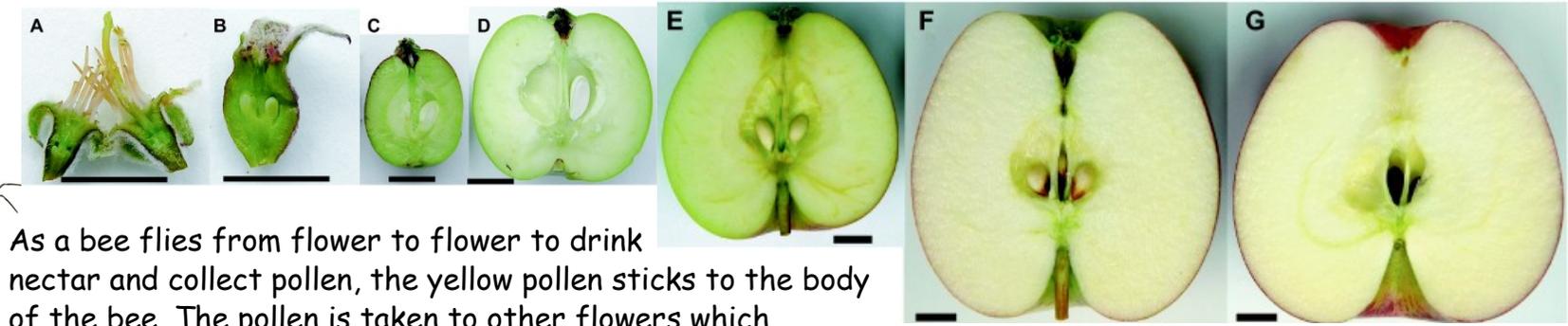
Painted Lady caterpillar



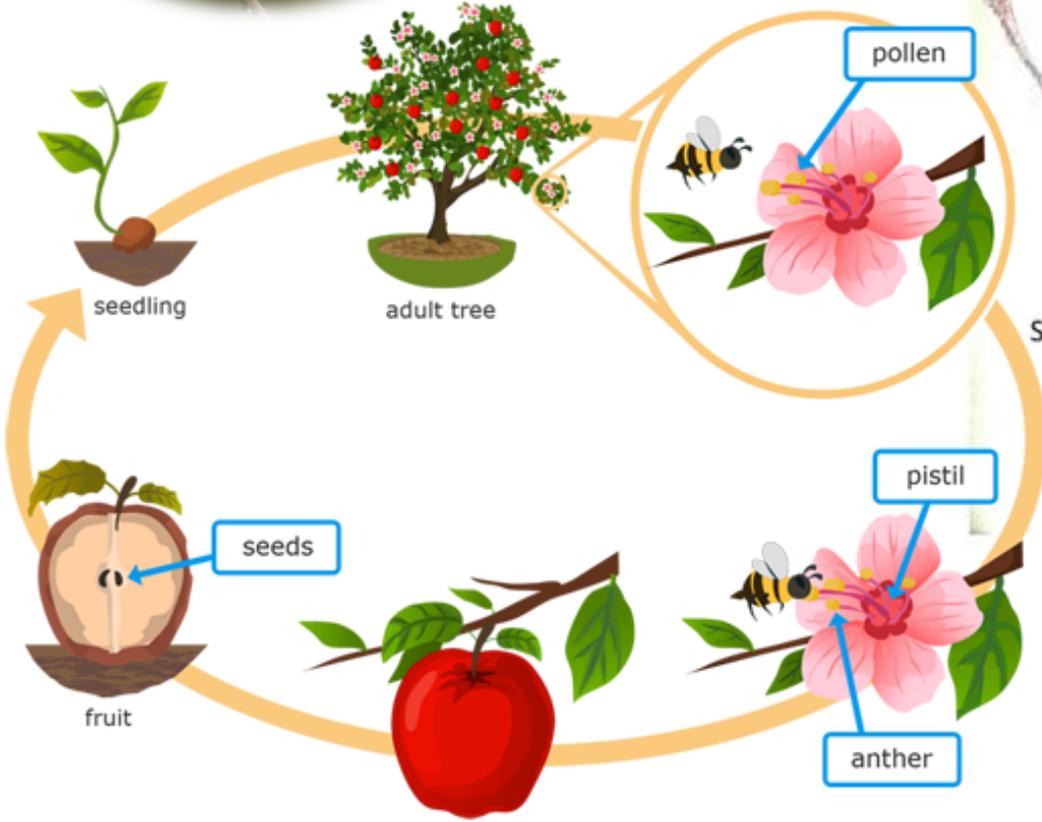
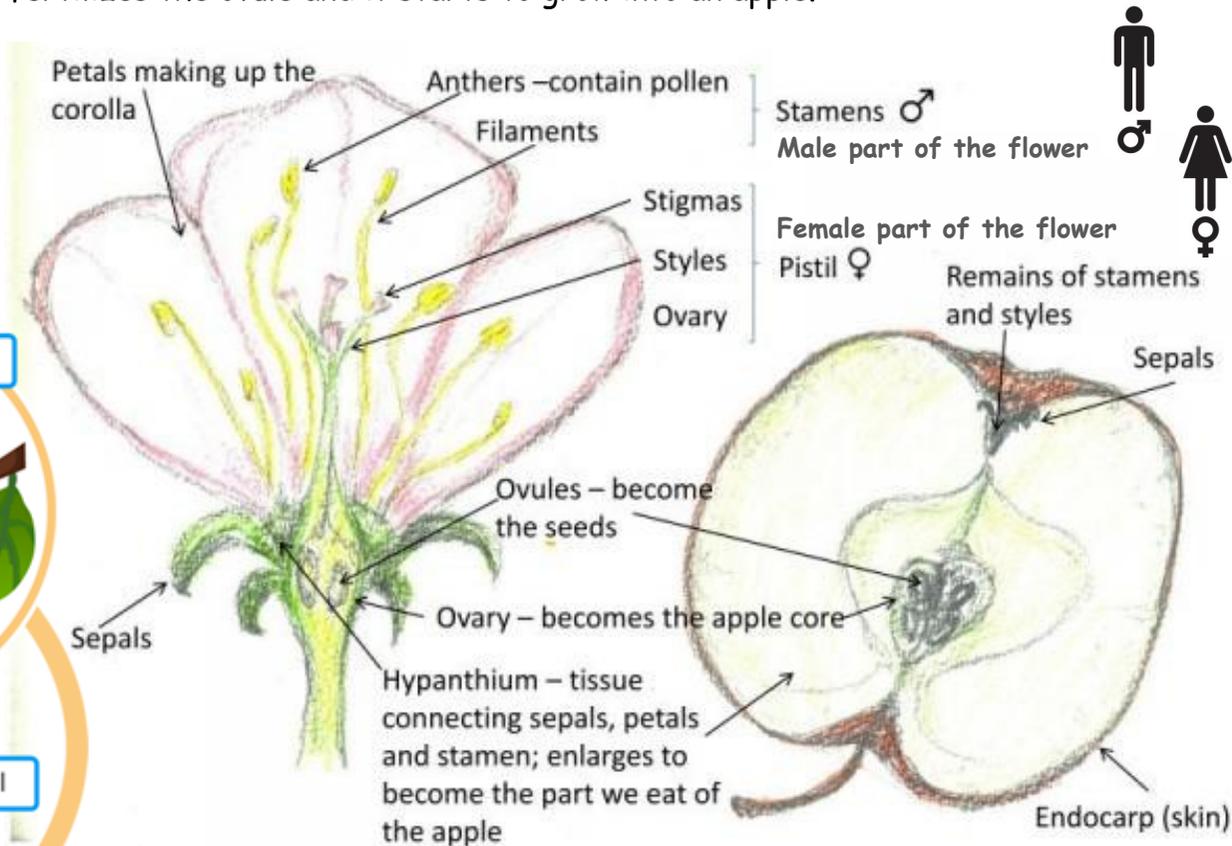
Small Magpie Moth



# The Apple Life Cycle



As a bee flies from flower to flower to drink nectar and collect pollen, the yellow pollen sticks to the body of the bee. The pollen is taken to other flowers which fertilizes the ovule and it starts to grow into an apple.



**Activity:**  
 Eat an apple. Take the seeds from the apple and put them either on a piece of damp tissue or in a bit of soil. Make sure that you keep the soil damp and in sunlight. When the seeds start to grow, move them gently to a pot of soil and keep looking after them. Keep a record of the weather and how they are growing.