

# Spring into Action Toolkit



The Spring into Action toolkit is a collection of daily activities to enjoy throughout the week while you walk, wheel, scoot or cycle on your journey to/from school and during the weekend.

You can use the suggested activity on the day or mix them up to suit you and your family!

You can revisit the activities at any time too!

For further information and ideas please visit [myjourneyhampshire.com](https://myjourneyhampshire.com) or follow us on social media for regular updates (see our social addresses further down).

## Be mindful

Think about your surroundings during your walk and focus on being at one with nature.

Remember you may need a little extra time to travel if you are planning on trying one of the activities.

(Note: full website addresses of the shorter links in the toolkit are listed at the end of this document should they be required).



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## Monday 27th February

### Connect with Nature

Take time to look at the wildlife on your journey. How many different types of nature can you spot (flowers, insects, birds, squirrels)? Count them as you walk.

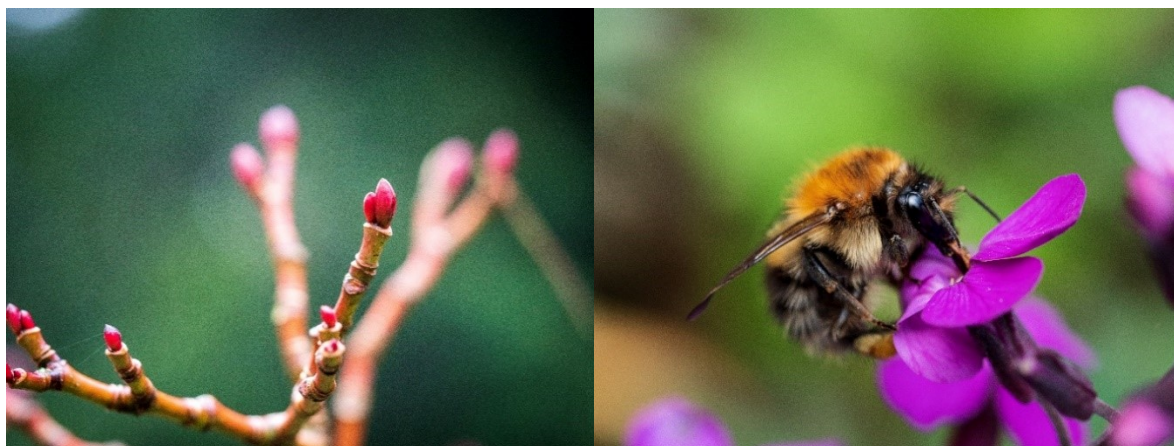
🦋 You could record your findings on a piece of paper (list, tally chart or a pie chart).

🦋 Why not draw a picture of your favourite sighting?

🦋 Is it what you expected or is there anything you have seen that is a surprise?

🦋 After school, you could take a look at The RSPB website and start planning how to make your outside space more friendly for nature:

[Connect with nature | The RSPB](#)



Above photos credit: Richard Browning

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## Tuesday 28<sup>th</sup> February

### Tree for all seasons

With the help of an adult take a photo of a tree which you would expect to change over the seasons (change colour, drop leaves, develop buds / flowers / blossom / catkins / acorns / berries).

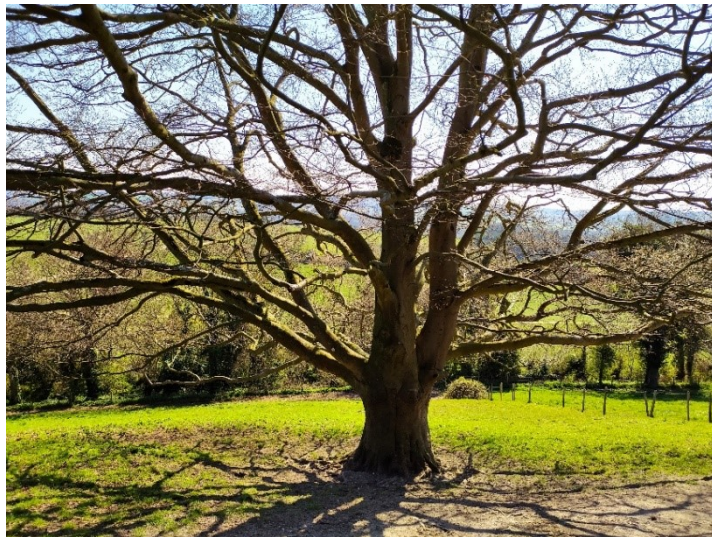
 Using your photo of the tree, imagine what it will look like in the other three seasons.

 Do you know what the 4 seasons are? Which is your favourite and why?

 Why not draw a picture of it now and then again in the other seasons?

 You could try the Woodland Trust common tree identification quiz:

[Tree Identification | Woodland Trust](#)



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## Wednesday 1<sup>st</sup> March

### Free as a Bird

How many different types of bird can you spot when you are walking to and from school?

- 🦋 Can you name the types of bird you see?
- 🦋 If you see one you don't recognise, make a note of it/take a photograph. Use your notes or photograph to research and identify any you don't know.
- 🦋 Which bird makes the best sound?! Can you make the same sound?
- 🦋 You could listen to the different types of bird song at: [Bird Song Identifier | RSPB](#)



Above photo credit: Richard Browning

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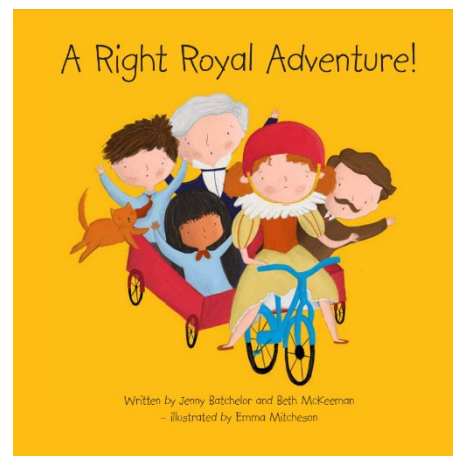
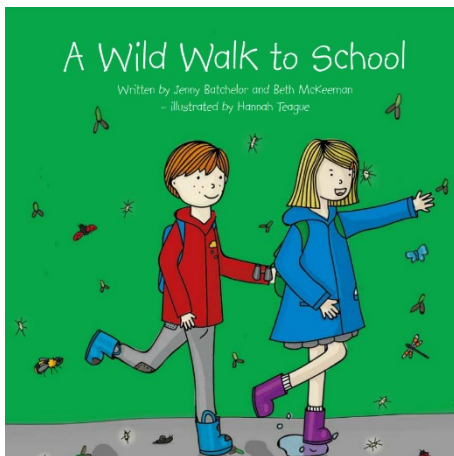


## Thursday 2<sup>nd</sup> March

### World Book Day

Today is 'World Book Day'! The theme for 2023 is "You Are a Reader".

- If your school is dressing up as book characters today, how many different characters can you spot on the way to and from school?
- On the journey to and from school, chat about which books you have read.
- Why not make up a story using the sights and sounds around you, particularly looking for signs of Spring? – Perhaps you can think of a word that rhymes with something you have spotted or some fun alliteration.  
For example: 'The busy bee buzzing around the buddleia bush.'
- Why not read one of our online air quality books:  
[A Wild Walk to School | My Journey Hampshire](#) (Key Stage 1)  
[A Right Royal Adventure | My Journey Hampshire](#) (Key Stage 2)



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## Friday 3<sup>rd</sup> March

### **World Wildlife Day!**

Today is World Wildlife Day! The event is designed to raise awareness of the diversity of wildlife and marine life we have today. It also aims to help people understand how to help conserve the planet.

👁️ On your walk to and from school, try and spot an animal/insect/plant or tree that is unique to the United Kingdom. You can always take a photo or make a sketch!

👁️ Can you think of animals/insects/plants or trees that children in other parts of the world might see that you don't, for example, a coconut tree?!

👁️ With your adult or a friend, chat about whose responsibility it is to protect our natural world.

👁️ You could find your inner animal using the WWF quiz:

[What's Your Inner Animal | World Wildlife Fund](#)



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## Saturday 4<sup>th</sup> March

### **Make a Bird Feeder Activity**

Making a bird feeder is one of the simplest ways of supporting local wildlife, whilst also finding new uses for old rubbish.

🐦 With the help of an adult, try and identify a suitable place to hang a bird feeder.

🐦 You will need: a plastic bottle or yogurt pot or milk carton, some wire or string, some bird seed \* and some scissors.

🐦 Follow the step-by-step guide at: [Make a Recycled Bird Feeder | The RSPB](#)

🐦 Why not then sit and watch and record the different types of birds that come to feed?

*\*If you have a nut allergy ensure you are using a peanut-free bird seed.*



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## Sunday 5<sup>th</sup> March

### Nature chest

As it's the weekend, you may have a little more time to go for a longer family walk or find somewhere new to explore. Why not take a small box with you and find some precious nature treasures to fit inside?

 Find a suitable box such as a shoe box, egg box or raisin box (check with an adult that it is OK to use).

 On your walk find nature treasures to put in your box – such as a stick, a beautiful stone, a fallen leaf, pinecone, acorn etc. (Remember to look after nature by not picking anything living). Always get your adult to check that the area around your item and the object you are picking up is clean and safe (for example, no sharp objects nearby).

 Perhaps you can research the items that you have found, make a collage, create a scrapbook/journal or write a story involving all the items!



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We hope that you have fun using our Spring into Action Toolkit!

The toolkit can be found at:

[Spring into Action | My Journey Hampshire](#)

There are lots more wellbeing activities and ideas at:

[Wellbeing | My Journey Hampshire](#)

For more information about active travel, visit:

[Parents: Active travel and Wellbeing Information | My Journey Hampshire](#)

Do feel free to share your activities on social media. You can tag us using the @ symbol and our social addresses below! (If you are under 13, ask an adult).

To find out the latest active travel news from My Journey Hampshire, like and follow our social media pages as below to receive updates.



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## Full links to supporting websites mentioned above:

My Journey Hampshire | Resources for Primary

<https://myjourneyhampshire.com/education/primary-schools-in-hampshire/resources-for-primary-schools/>

Connect with nature | The RSPB

<https://www.rspb.org.uk/get-involved/activities/nature-on-your-doorstep/garden-activities/connect-with-nature/>

Tree Identification | Woodland Trust

[https://www.treetoolsforschools.org.uk/activities/labelling/?act=lbl\\_common\\_tree\\_ID&id=0&col=D2232A&light=0&lcol=891C23&title=Common%20tree%20ID](https://www.treetoolsforschools.org.uk/activities/labelling/?act=lbl_common_tree_ID&id=0&col=D2232A&light=0&lcol=891C23&title=Common%20tree%20ID)

Bird Song Identifier | RSPB

<https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/>

A Wild Walk to School | My Journey Hampshire

<https://myjourneyhampshire.com/media/1745/a-wild-walk-to-school.pdf>

A Right Royal Adventure | My Journey Hampshire

<https://myjourneyhampshire.com/media/1744/a-right-royal-adventure.pdf>

What's Your Inner Animal | World Wildlife Fund

[https://www.worldwildlife.org/pages/find-your-inner-animal?utm\\_campaign=wild-classroom&utm\\_medium=web&utm\\_source=partner-site&utm\\_content=teaching-resources](https://www.worldwildlife.org/pages/find-your-inner-animal?utm_campaign=wild-classroom&utm_medium=web&utm_source=partner-site&utm_content=teaching-resources)

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Make a Recycled Bird Feeder | RSPB

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-recycled-bird-feeder/>

My Journey Hampshire Spring into Action page:

<https://myjourneyhampshire.com/springintoaction>

Wellbeing | My Journey Hampshire

<https://myjourneyhampshire.com/education/parents-active-travel-and-wellbeing-information/wellbeing-activities-and-ideas/>

Parents: Active Travel and Wellbeing Information | My Journey Hampshire

<https://myjourneyhampshire.com/parents>



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