

Independent Visitor Summer nature challenge!

SUMMER
IS HERE

NATIONAL INDEPENDENT VISITOR NETWORK

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The sun is high in the sky
The tree leaves are lush and green
Summer blooms bursting with colour
Fledging birds are learning to fly

We invite children, young people and befrienders to take part in a **SUMMER NATURE CHALLENGE!** Being outdoors in nature is great for our mental health helping us feel happy and relaxed.

FACT! Being around nature slows your heart down, helping you feel relaxed!
Trees produce oxygen which helps clear your head!

Please take photos of your activities and let us know how you felt. Send them to ivnetwork@barnardos.org.uk. All contributions will receive a £10 voucher and get posted to our website and social media with your agreement!
Share by end of August



**Complete as many outdoor challenges
as you can!**

Challenge 1! Plan a picnic with your favourite snacks! Take care of nature and go plastic free!

Challenge 2! Make a summer crown with leaves, flowers and twigs. You'll need to first make a plait with thick string or raffia

Challenge 3! Go on a bug hunt! Insects are amazing and everywhere! There are 27,000 different types in the UK. How many kinds can you spot? We'd love to see a sketch

<https://www.woodlandtrust.org.uk/blog/2017/11/common-uk-insect-identification/>

Challenge 4! Follow your nose! How many different flowers can you smell and identify? Draw a picture and name the flower!

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/>

