



TfL
Craft Club
Part 6
Nature and
walking

Hello and welcome back to TfL Craft Club

Here at Craft Club HQ we love to explore, and nothing beats getting out and about for a walk. With so much to discover and enjoy right here on our doorstep there is no better time to take a closer look as London blooms into a beautiful new season.

We've teamed up with our friends at the conservation organisation, Worldwide Fund for Nature (WWF) and walking app Go Jauntly, to bring you a TfL Craft Club nature special. We'll explore London's wonderful plants, animals, birds and trails, and take some time for a mindful moment too.

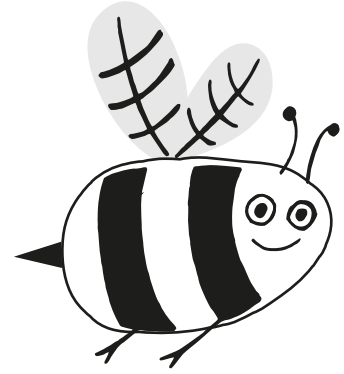
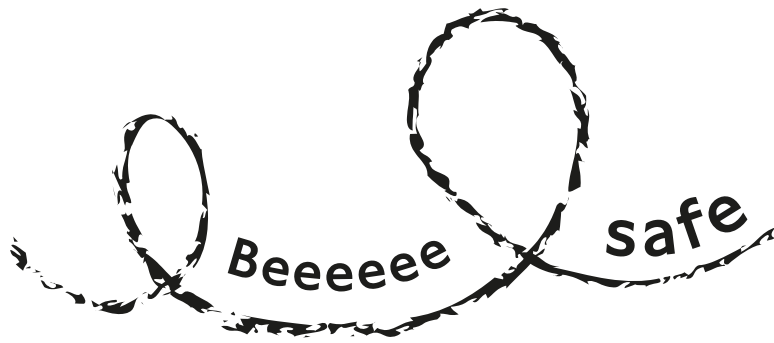
In this pack you'll find nature spotter sheets, walking tips and challenges, word search fun, how to draw a sparrow, build a bird feeder and more.

We would love to see what you create and hear about the great walks you have taken.



Safety first

It is very important we all stay safe online. Please ask a parent or carer for permission before you access any of the online activities that feature in this edition of TfL Craft Club, or sharing pics of your artwork with us online. Even better, get your grown-up involved in the activities, set up some challenges, and have fun sharing the Craft Club experience together.



Here is some safety information from our friends at Go Jauntly

Users of the Go Jauntly app must be at least 13 years of age (with supervision) and at least 18 years of age (without supervision). When using the Go Jauntly app or website, please be aware of your surroundings and walk safely. We recommend that you follow The Jaunter's Code, which you can access [here](#).

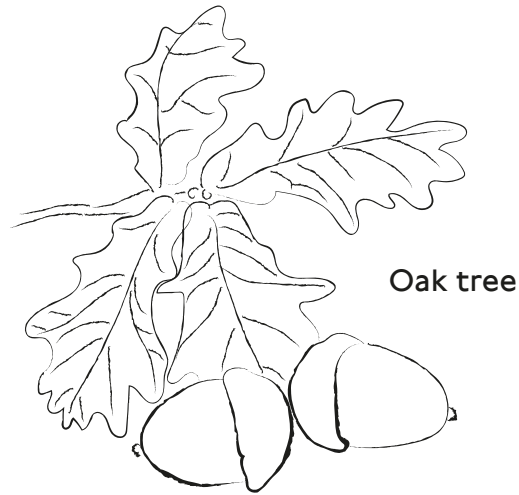


Tree-mendous

Trees are nature's superheroes, they help reduce some of the pollution generated in our towns and cities, making the environment a much healthier place for us all to live.



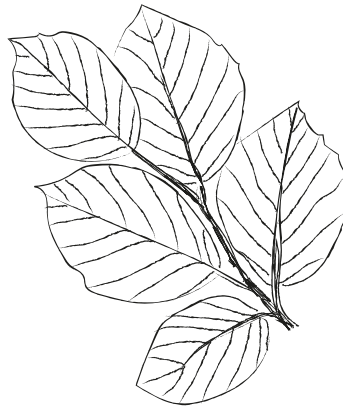
Sweet chestnut tree



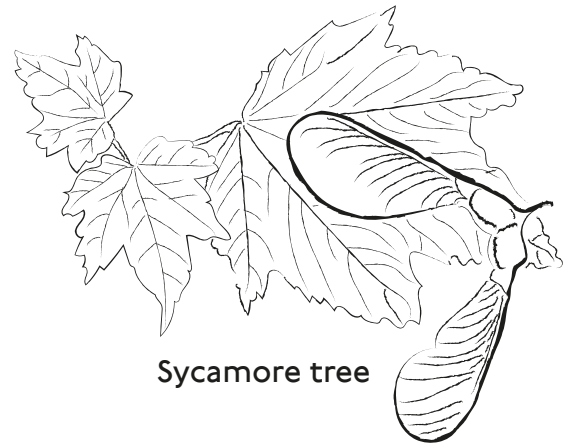
Oak tree



Cherry blossom



Beech tree



Sycamore tree



Silver birch tree



Holly tree



Have a go at creating a Tree-mendous picture, model, cross-stitch, or collage of a superhero tree you love. We'd love to see the wonderful art you create. Share it with us on social media.

How to draw a sparrow

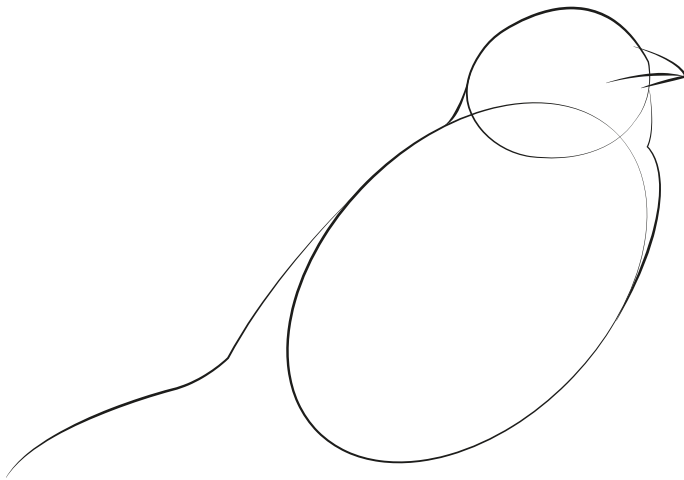
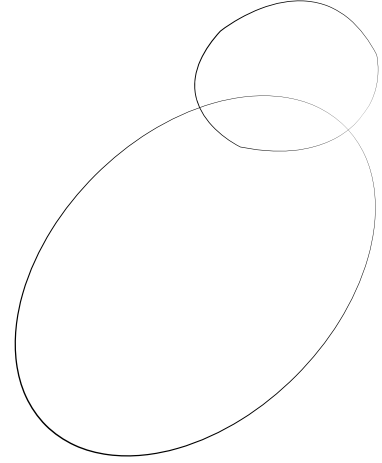
This little bird can be seen in London throughout the year, the original 'cockney-sparrow'. Have a go at drawing your own sparrow, all you need is a pencil and a sheet of paper. Here's a guide to help you along.



Adult house sparrows will feed caterpillars and aphids to their young

Step one

Start by drawing two egg-shaped circles, the large one for your sparrow's body and the smaller one for its head.

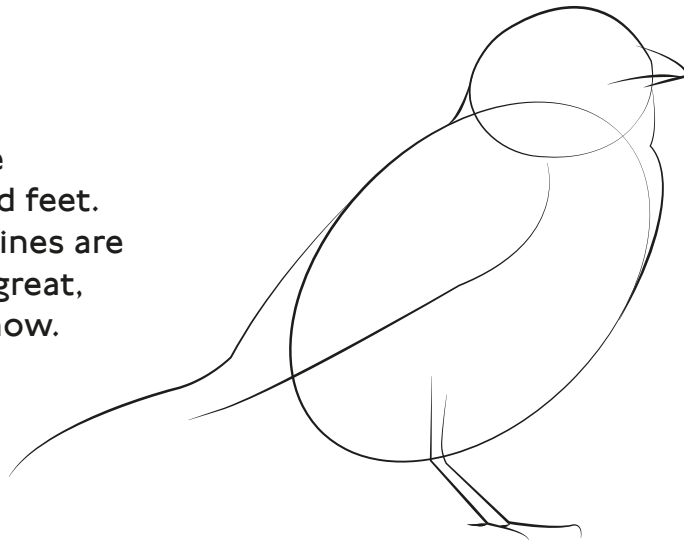


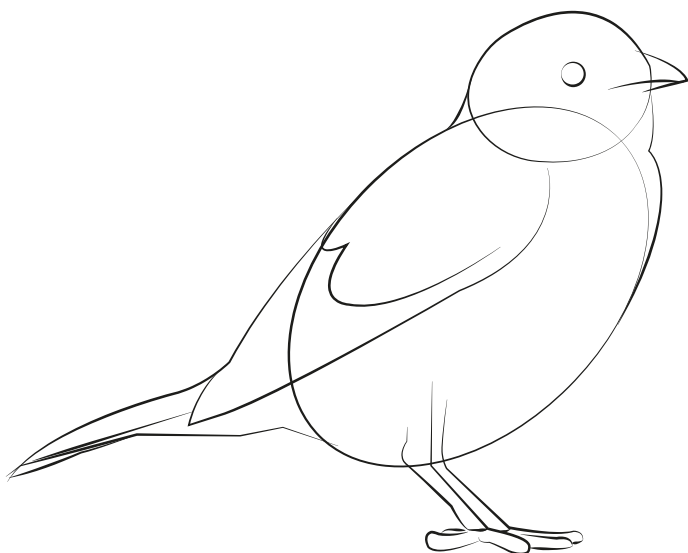
Step two

Let's start building up the detail by sketching in lines for the beak, breast and tail.

Step three

Now draw another line for the wing and some for the legs and feet. Have you noticed a lot of the lines are nice and curved. You're doing great, your sparrow is taking shape now.





The male sparrow has a cap of dark grey feathers on his head

Step four

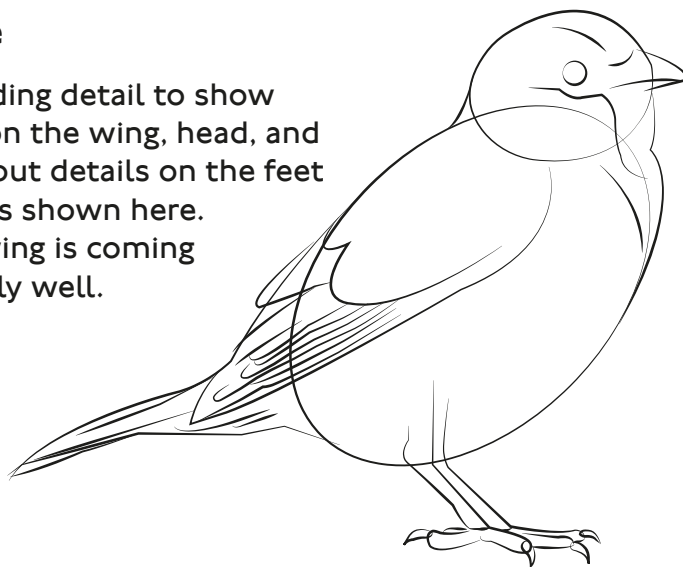
Draw in some more detail for the feet, wings and tail, add a small circle for the eye.



The female sparrow has evenly coloured brown and grey feathers

Step five

Keep building detail to show feathers on the wing, head, and body, fill out details on the feet and legs as shown here. Your drawing is coming along really well.



Step six

To complete your drawing, rub out some of the guide lines you made at the beginning. Add some light pencil strokes to show feathers. Shade the eye and finish the tiny talons on your sparrow's feet. It's up to you if you'd like to add colour or just enjoy your pencil drawing. Great work!



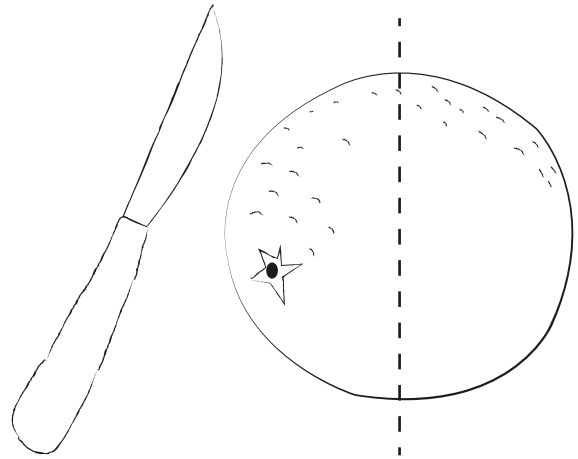
If you'd like to share your drawing; 'tweet' us a pic on social media!

For more top tips on sketching nature all around you, have a look at our great field sketching guide by clicking here.

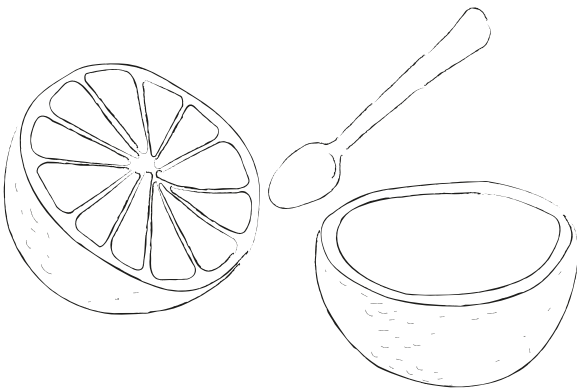
Make a bird feeder

You will need:

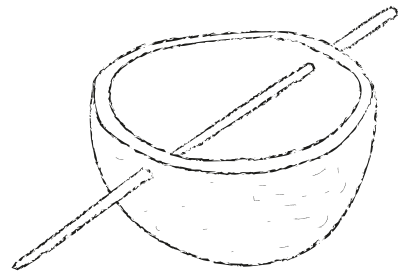
- An orange
- A knife (you must ask your grown-up to help you here)
- A spoon
- 2 x lengths of string, about 30cm long each
- 2 x wooden skewers
- Bird feed of your choice: pumpkin or sesame seeds, crushed peanuts, dried fruit, mild grated cheese or uncooked oats are all great



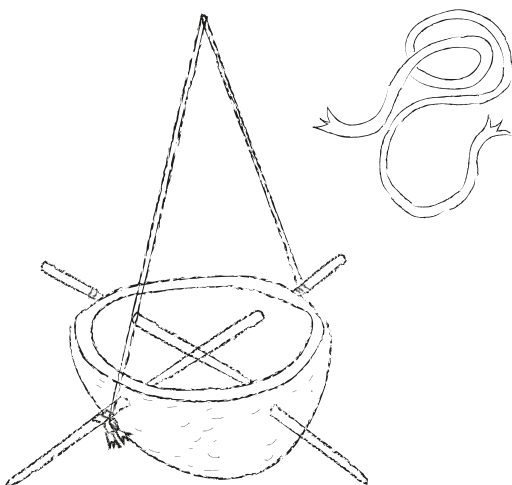
Cut your orange in half, ask your grown-up to help you do this safely.



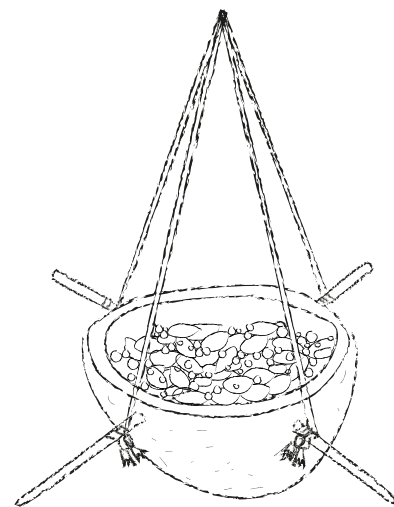
Use your spoon to carefully scoop the juicy fruit out from one side of your orange. You can gobble this up, yum! The other half you can save for later, or gobble that up too - it's not just birds who need healthy snacks!



Using your wooden skewer, and your lovely grown-up assistant too, pierce the pointed end of the skewer into the orange skin about 1cm below the rim and out the other side, do the same with the other skewer so they cross over each other.

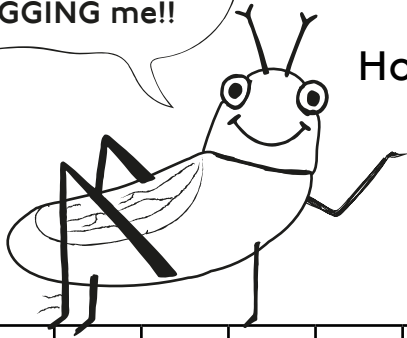


Tie one length of string securely to each end of skewer one, repeat on skewer two.



Fill the feeder with your chosen bird feed and hang up in your outside space; balconies and gardens are great spots.

I can't find primrose!!
It's BUGGING me!!



Nature spotter word search

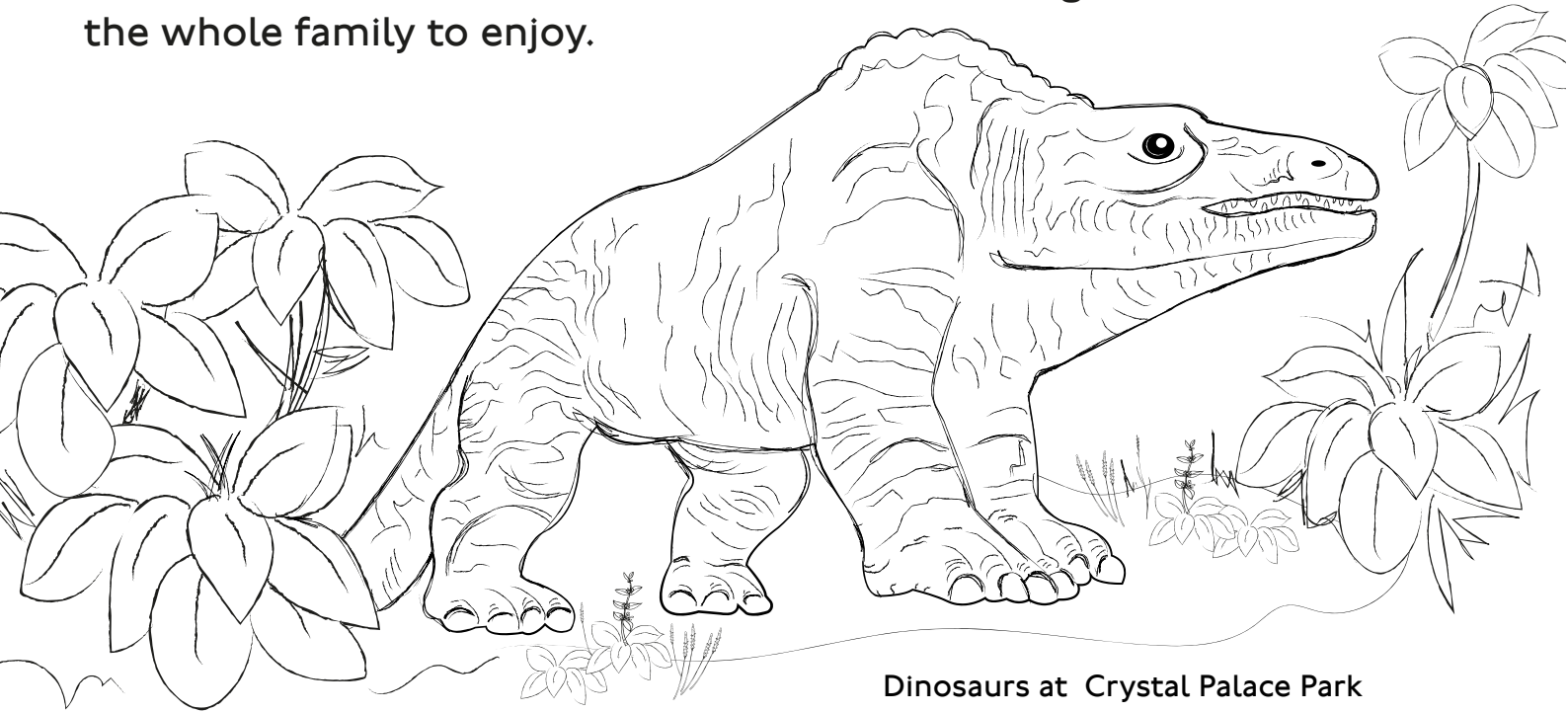
How many of these wonderful flowers, trees, plants and animals have you spotted on your walks? Can you find them all?

W	W	D	A	F	F	O	D	I	L	H	F	S	B	C	H
C	H	I	C	H	S	H	E	E	J	H	P	W	R	V	O
I	G	O	L	T	T	N	E	G	F	D	R	A	K	E	A
N	H	F	V	S	P	A	R	R	O	W	F	N	S	G	O
E	O	R	O	W	L	O	L	A	X	E	L	E	F	N	A
S	T	O	W	L	A	L	I	G	V	X	I	W	I	T	K
T	S	G	R	C	R	E	A	T	U	E	Y	A	N	A	T
B	E	A	E	R	K	O	R	C	O	B	N	G	C	A	M
E	L	H	N	O	P	A	R	A	K	E	E	T	K	N	O
E	A	M	E	C	L	R	E	T	Z	E	T	A	L	B	R
C	A	A	W	O	P	D	I	M	A	G	P	I	E	B	O
H	D	L	D	A	I	S	Y	M	E	M	I	L	P	I	I
A	Y	L	T	I	G	R	R	R	R	U	N	N	P	R	V
T	B	A	B	L	E	I	N	S	K	O	C	O	L	C	E
C	D	R	A	G	O	N	F	L	Y	Y	S	W	E	H	I
H	D	D	T	O	N	C	O	N	C	E	U	E	S	F	D

Daffodil, Swan, Deer, Fox, Drake, Sparrow, Oak, Frog, Raven, Owl, Wren, Wagtail, Nest, Beech, Parakeet, Primrose, Magpie, Birch, Daisy, Mallard, Pigeon, Bat, Dragonfly.

Family-friendly nature walks

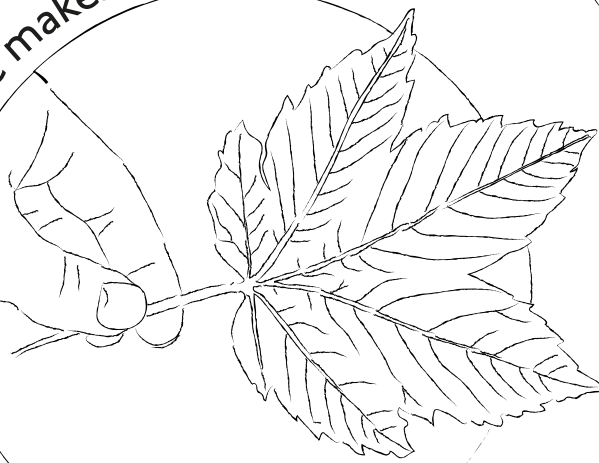
Looking for some family-friendly walks around London this spring and summer? We've teamed-up with our friends at walking app Go Jauntly who've created a collection of nature walks throughout London for the whole family to enjoy.



Dinosaurs at Crystal Palace Park

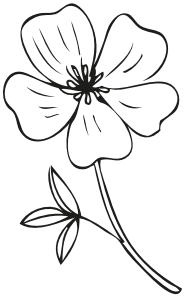
Find dinosaurs in Crystal Palace Park, take in the city views from Hampstead Heath, explore the trails at Forest Hill's Horniman Museum, and have fun in the many parks, playgrounds and nature reserves, all found at the touch of a button. Download Go Jauntly's app and give one of these family-friendly London walks a try.

Spending time in nature makes us feel good




Deer at Richmond Park

**Want to find a walk near you? You are only one step away.
Click here for your next adventure.**




Next time you are out for a walk try this simple mindfulness practice




Relax and walk at a comfortable pace

Pay attention to the lifting and falling of your feet



Whatever captures your attention,
come back to the sensation of walking



Be aware of the environment around you,
taking it all in, staying safe and aware



Be aware of the sounds buzzing around you




Now shift your awareness to your sense of smell

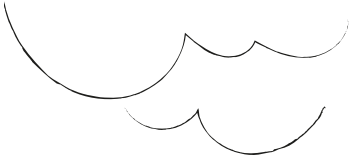


Stay aware and relaxed without daydreaming
or allowing your thoughts to drift

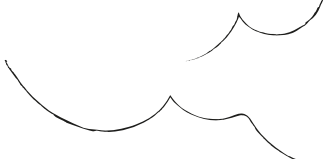
In the last moments, come back to
the physical sensations of walking



Choose when to end your practice, stop walking,
have a wiggle, take a deep breath in and out



Think how you can carry this calm
and awareness into the rest of your day



Mindfulness



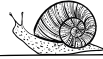


Thrive with nature



Drawing or writing about the good things we see in nature can have a positive effect on our well-being and help us feel calm and joy.

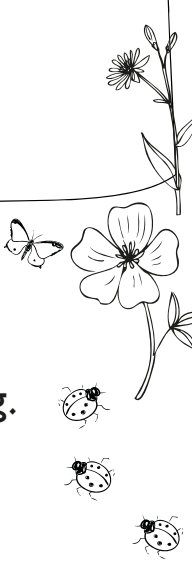
Why not spend a few moments here drawing or writing about the birds you hear, the sound of the wind rustling in the leaves, or the colours of the flowers or trees you see.



BEE AWARE
Britain has
around 200
species of
solitary bees

You can also download the Thriving with Nature guide, created by WWF in partnership with the Mental Health Foundation. It's a resource for everyone, making the most of the UK's natural spaces for our mental health and well-being.

[Click here to download the guide.](#)





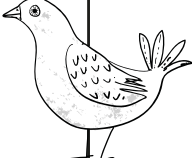











Walking wildlife challenge



Up for a challenge? Try a 10, 20 or 30 minute walk every day for a week and log the birds, mini-beasts, plants and animals you see. Sadly, it's estimated more than one in seven UK species are facing extinction – but our friends at WWF are helping in the fight for our world. You could ask friends and family to sponsor you while you're doing your challenge and fundraise to help support WWF's work! If you'd like, you can make a donation, or even create your own fundraising page [here](#).

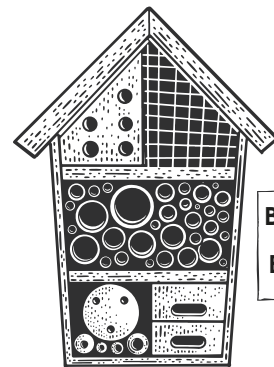
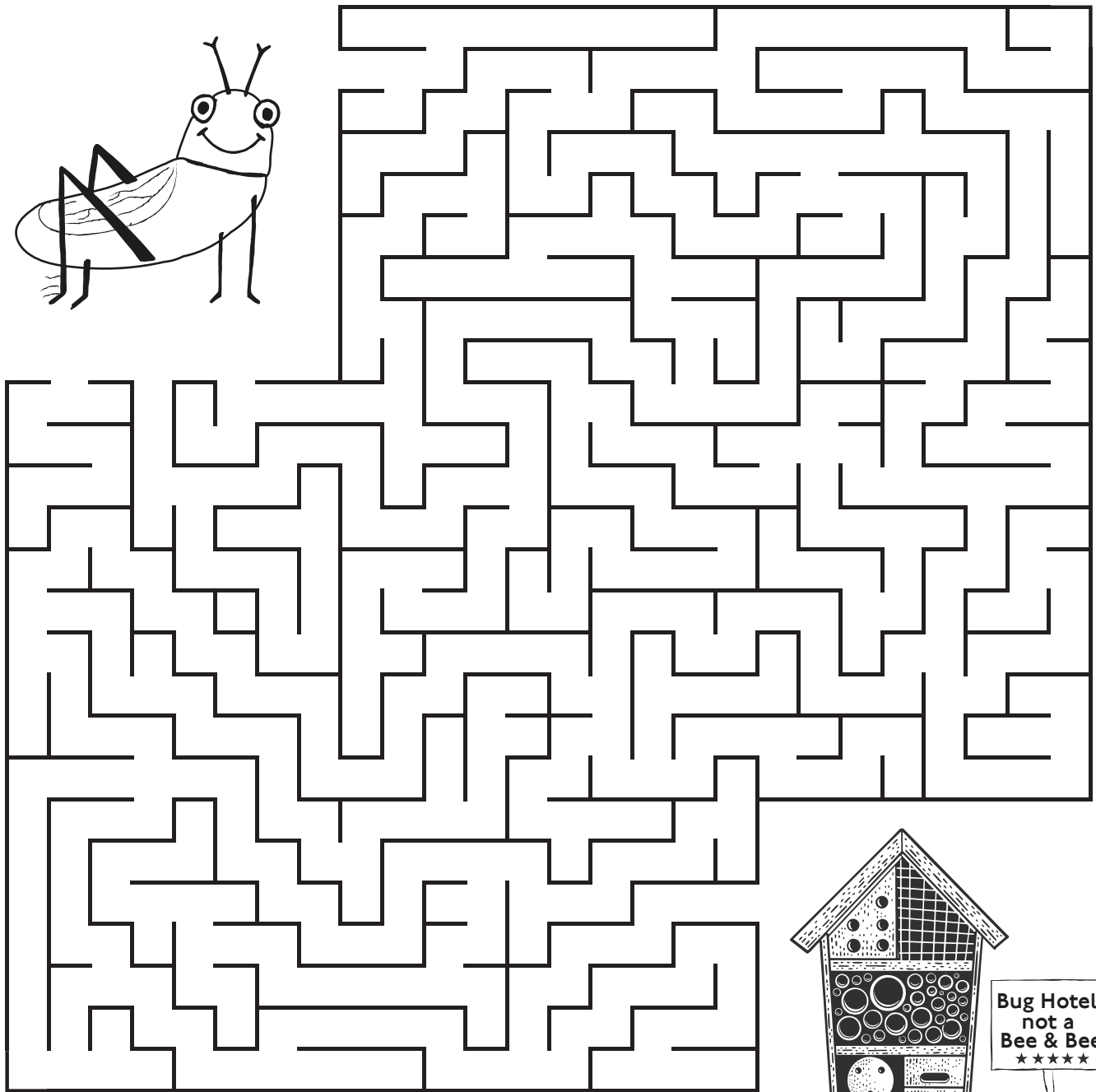
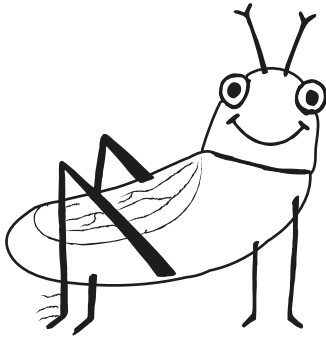


Day	How long did you walk for?	Birds, mini-beasts, animals, and plants you saw
		 
		
		
		
		
		
		

Click [here](#) for a great spotter sheet from our friends at WWF to help you identify the wonderful wildlife on your doorstep.

Snug as a bug in a rug at the bug hotel

Can you help our bug buddy check in at the bug hotel?



Bug Hotel
not a
Bee & Bee
★★★★★

Bug hotels are great, they encourage more insects into our gardens and school playgrounds. The more insects that come to stay, the healthier and happier our gardens will be. Here at TfL Craft Club we've had a go at making our own bug hotel with a little guidance from our friends at WWF.

To find out how to build your own bug hotel you can click on this link for all the info you need.

[Click here to start building your bug hotel.](#)



A ladybird can eat more than 5,000 insects in its lifetime

Dragonflies have been on earth for over 300 million years



Glorious technicolour!

A caterpillar
has 12 eyes

The tortoiseshell is one of our most familiar butterflies, appearing in parks and gardens throughout the UK. You can find out more about this beauty by downloading Seek, a free app that identifies plants, animals and insects by picture. Enjoy a relaxing moment colouring their stunning wings.





**FOR
YOUR
WORLD**

WWF is a conservation organisation that works to shape a future where people and wildlife can thrive together. We work all over the world - everywhere from the Amazon rainforest to the Arctic ice sheets! We work to save endangered species, protect precious habitats and come up with new solutions to tackle huge global challenges like climate change, deforestation and plastic pollution. We want to inspire young people to explore the wonders of the natural world and learn about how you can take action to protect our amazing planet.

To find out more visit wwf.org.uk

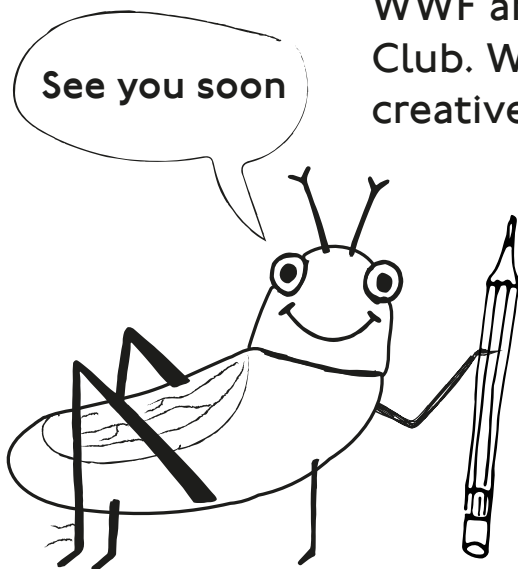


Go Jauntly is a free award-winning walking, wayfinding and nature connection app. Discover green walking routes straight from your door or further afield. You can even add your own favourite trails to help to spread #HappinessOutdoors!

We are a growing community with thousands of walks. Download the app on iOS or Android.

Find out more at gojauntly.com

We have really enjoyed working with our friends WWF and Go Jauntly on this edition of TfL Craft Club. We hope you have fun creating some of the creative projects and enjoy the wonderful walks.



Don't forget to share your amazing creations with us on social media. We are really looking forward to seeing them.