

Hello everyone!

This month has felt a bit shorter because of the Christmas holidays, but we hope you explored the outdoors over the break and enjoyed being out in the cold!

On the weekend of 23rd-25th January you can take part in the RSPB's Big Garden Birdwatch where you can sit for an hour and count the birds you see in your garden or at school.

It's lots of fun and helps you work out which bird is which, and they are all very beautiful. Lots of people from all over the UK take part and the results help the RSPB keep track of how many birds there are so they can help protect them. You can find out about the event on the RSPB's website now.

If you want to learn how to make bird feeders to attract birds to your garden or balcony, come and speak to us and we can share the instructions with you. This month we have also been thinking about how to get people outside when the weather isn't great.

A really good way to do this is to collect items from nature that can be used in an indoor craft project. This can include leaves, sticks and tree nuts.

For example, this month we have instructions on how to make an animal mask out of a leaf! It's great to spend some time outdoors collecting the materials, say as part of a longer walk, and then to come back into the warm and make use of what you have found. Again, if anyone would like to know how to make an animal leaf mask, please come and talk to one of us.

Remember, even though the weather isn't always great, it is really important for our bodies and brains to spend time outdoors in every season to stay healthy and happy.

Thank you for listening!