



# TEaM Up!

Issue 1  
27th March 2020

Bringing people, wildlife and wellbeing together

## Nature Thoughts...



Hilary White

I can hear myself now saying to my Son, 'too much screen time isn't good for you' and telling myself that too much social media isn't good for me. And that is still true, but my goodness am I glad we have those technologies now to help us all stay connected. It is showing me, and many others, how these things can be used for good!

This is a very strange time for us, wanting as a project to connect people with nature and each other when we can't bring you together. So, using technology as our new friend, we have set up this newsletter, as a way to keep in touch and share things we can all be doing to still enjoy and interact with nature as much as we can.

I watched a massive pigeon devouring the bird seed I left out for the smaller birds this morning, and usually that would make me cross (I might even knock on the window on occasion to scare them off). This morning I watch him (or her?!) waddling around for a while and I smiled instead. I smiled that he was just going about his business, unaware of how chaotic our world was.



Hilary White

I smiled as I watched him turn over a stone a few times to check if it was edible. I smiled when he took off in his own wobbly way. I smiled when I realized he had made me smile, as I knew then nature was helping me keep going. I smiled even more when I knew I would share this story with others.

Nature has a way of giving us moments of joy, happiness, stillness, comedy and much more if we make time to let it. So in the next few weeks we will share more stories, smiles and challenges with you all and we hope you will do the same.

Stay well.

Anna

## Nature Grounding

Find some quiet space, in your garden or by a window.

Take three deep, grounding breaths into your belly, noticing and letting go of the tension in your body with each long, slow exhale. Now notice.

Pick the first living thing your eyes are drawn to. It may be big or tiny, near or far. Watch the way it moves, if it moves. Notice it's shapes, the outline, the patterns. Notice its colours, shades and tones. Breathe.

Ponder how it speaks to you; why you were drawn to it; how does it reflect you?

Allow nature to ground you, to be your 'normal'.

Breathe

## Spot it!

If you're able to get out and are making your daily exercise a walk or run, make your focus nature. You can also use your garden or look out from an open window to 'Spot it!'

Theme of the week...

## Look up.

Spend time looking at the sky.

What do you notice?



# WILD-WORDSEARCH!

## BIRDS OF PREY

SPARROWHAWK

BUZZARD

RED KITE

KESTREL

OSPREY

HOBBY

MERLIN

GOSHAWK

SEA EAGLE

GOLDEN EAGLE

HEN HARRIER

PEREGRINE FALCON



Erin Green

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

Challenge... Find the two hidden words that hint at next week's puzzle theme!

### Quote of the week...

Hope is not optimism, which expects things to turn out well, but something rooted in the conviction that there is good worth working for.

Seamus Heaney

## Name it!

1.



Man Lan Adams

Can you identify the wildlife in these pictures?

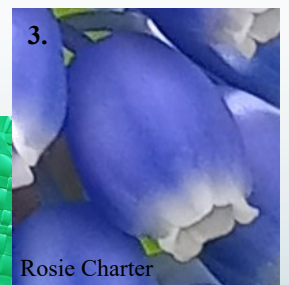
Answers in the next issue...

2.



Rosie Charter

3.



Rosie Charter

You can also follow TEaM on social media for a Daily Dose of Nature...



The Environment and Me



theenvironmentandme



TheEnviroandMe

