



# NATURE ACTIVITIES

## TREE TRAIL

These sheets can be adapted for use in different woods. You will need to make a map for the wood trail that you walk in. Included in this Nature Activities pack is an example of the Tree Trail for Summerfields Wood in Hastings. These sheets can be adapted for different ages by including less trees, less questions in the quiz.

### TREE TRAILS CAN BE USED FOR:

A lovely walk

A walk to learn to identify trees

A walk to measure and calculate the age of trees

A walk and bird watching (Invite a local bird watcher / RSPB member)

A walk to collect rubbish and learn about the harmful affects of rubbish on animals. See story, 'Badger Says No to Rubbish', included in this pack )

A walk combined with other activities, example making animal habitats

A walk and art using mud to make sculptures, leaves for landscape art

A walk and story/drama adventure

Games like Hide and Seek, Grandmother's footsteps



### REFERENCES

Id charts (FSC) see list of web sites/information

Woodland Trust Nature Detectives (buds/leaves ID) downloadable

### EXCELLENT BOOKS

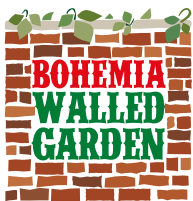
Collins Tree Guide Owen Johnson & David Moore

Dr Owen Johnson is the national Tree registrar he lives in Hastings

Pocket book Collins gem Trees

Nature's Play ground Fiona Danks and Jo Schofield

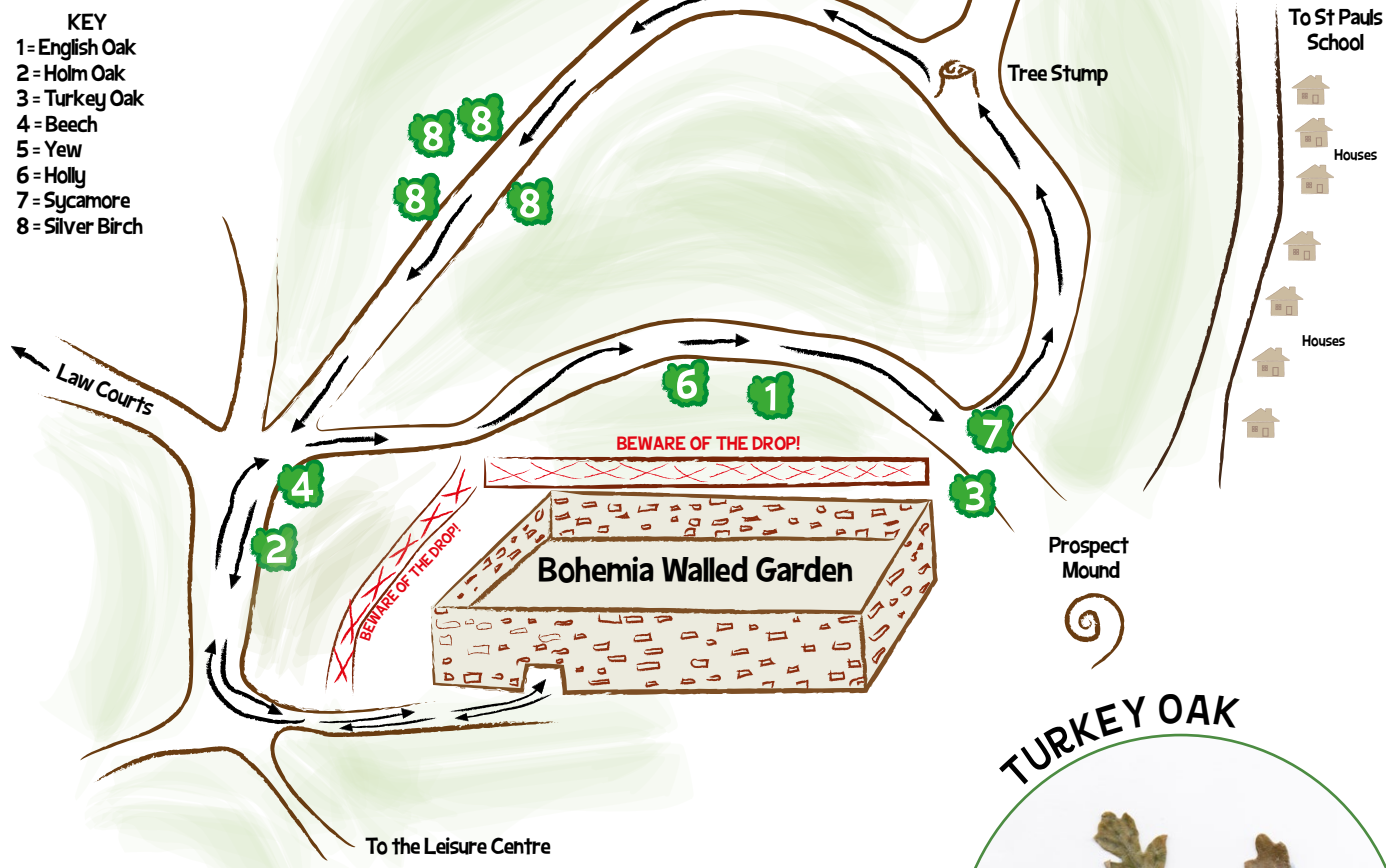




# NATURE ACTIVITIES

## TREE TRAIL: SUMMERFIELDS WOOD

### Summerfields Wood Trees



### HOLM OAK



The usual lifespan of an oak is about 200 years, but some live over 1,000 years. Other trees like Yews can live even longer

A mature Oak can will be a home for up to 500 creatures

### ENGLISH OAK



### TURKEY OAK



Humans need trees to live. A mature and leafy tree produces enough oxygen ( that we need to breathe) in one season for 10 of us for one year

### USEFUL TO AID TREE ID

Woodland Trust Nature Detectives (Buds/leaves ID) downloadable  
Pocket book Collins gem Trees



# NATURE ACTIVITIES

## TREE TRAIL QUIZ: SUMMERFIELDS WOOD

Adapt for your wood  
you may not have 3  
different oaks

Put the laminated  
tree clue on front  
and answer on the  
back, tie to the tree

Best to use one clue  
only for each tree

Give a map & clue  
sheet to each  
child/family

### WHO AM I?

#### 1 ENGLISH OAK

There are 3 different trees of my family in the wood

I am called the English...

I can live for 1,000 or more years

I am often called the King of the wood and many creatures live on me

#### 2 HOLM OAK

I am in the same family as English ...

I came from far away and I like to be near the sea

My bark is very dark almost black

My leaves are ever-green (do not drop in Autumn)

Leaves are dark green and soft to touch on the underside

#### 3 TURKEY OAK

My name tells you which part of the world I came from

The name is also a type of bird that some people eat at Christmas

My acorns have no stalks but the acorn cup has wiggly whiskers

My leaves are deeply lobbed (indented)

#### 4 BEECH

My bark is smooth and shiny silver / grey

My leaves feel silky

I have nuts that have prickly husks that squirrels love to eat

#### 5 YEW

I can live many many years and am often found in old churchyards

My leaves are very thin and my red berries are poisonous so beware!

#### 6 HOLLY

My red berries are food for birds in winter

I am in a Christmas song the ..... and the Ivy

My bark is often dotty and my leaves are prickly

#### 7 SYCAMORE

There are a lot of these trees in Summerfields wood

I am in the Maple family and can grow very big

My leaves are very colourful (red/yellow) in Autumn

I have 'keys' that children call helicopters and use them as spinners

#### 8 SILVER BIRCH

My bark is silvery/white

I have catkins in spring and small leaves

I am often tall and thin

I am often called the 'Lady of the wood'



# NATURE ACTIVITIES

## MEASURE YOUR TREE

### HOW OLD IS YOUR TREE?

With a tape measure .....measure the circumference (around the trunk)

Use this formula: Circumference x 4 and divide by 10 = the age

#### Examples

Circumference = 250cms x 4 = 1000 divide by 10 = 100, tree is 100 years old

Circumference = 60cms x 4 = 240 divide by 10 = 24, tree is 24 years old

### HOW TALL IS YOUR TREE?

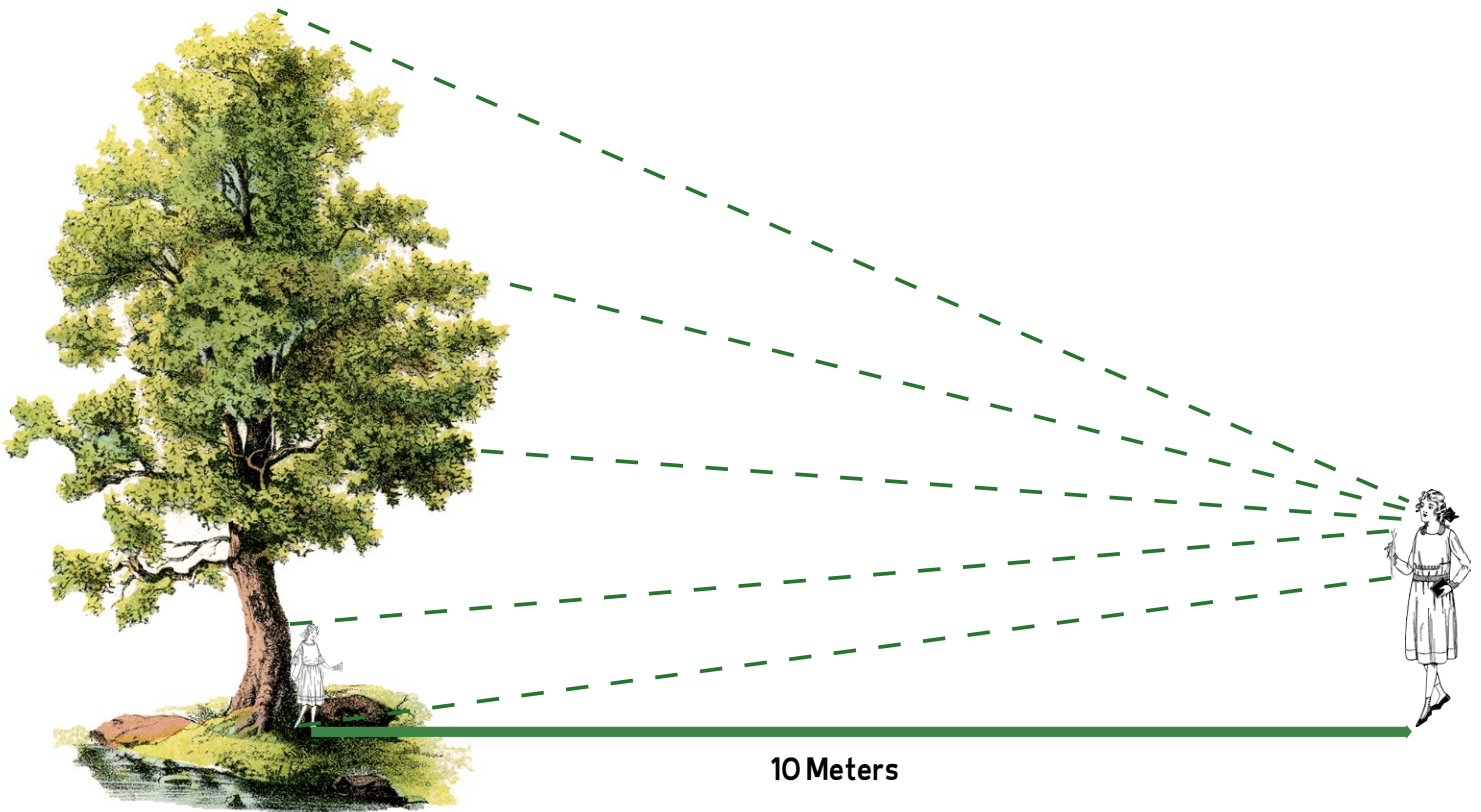
1. Child 1 or adult stands next to the tree. Measure that child's or adult's height
2. Child 2 or adult walks 10 metres away (measure with tape, 1 metre x 10) and faces the tree
3. Find a straight twig
4. With a twig and the arm straight, line up the twig with child 1 or adult HEAD (who is by the tree)
5. Mark or break twig where it lines up with child or adults FEET
6. Then count how many times the twig's marked length fits into the height of the tree

#### Formula

Child or adults height x the number of times the twig fits into the height of the tree = tree height

#### Example

Child is 1.5 metres x 4 = 6 metres tall







# NATURE ACTIVITIES

## RESOURCES

### MOTHS

[sussexmothgroup.org.uk](http://sussexmothgroup.org.uk)  
Information about local species as well as Sussex Moth Group and local Hastings branch events

[rx-wildlife.squarespace.com](http://rx-wildlife.squarespace.com)  
Events and wildlife sightings from Dungeness to Hastings

[mothscount.org](http://mothscount.org)  
Lots of information about moths

[nationalmothnight.info](http://nationalmothnight.info)  
An annual national counting scheme

[ukmoths.org.uk](http://ukmoths.org.uk)  
Help identify British moths

[hantsmoths.org.uk](http://hantsmoths.org.uk)  
Great site to help identify moths and a handy 'What's flying now' guide which lists 100 most common moths for any week of the year

[ukleps.org](http://ukleps.org)  
Dedicated to identification of eggs, larva and pupa of many British moths and butterflies

### BUTTERFLIES

[butterfly-conservation.org](http://butterfly-conservation.org)

### BUGS

[buglife.org.uk](http://buglife.org.uk)

### BEEES

[bumblebeeconservation.org](http://bumblebeeconservation.org)  
[beewalk.org.uk](http://beewalk.org.uk)

### BATS

[bats.org.uk](http://bats.org.uk)

### LADYBIRDS

[ladybird-survey.org](http://ladybird-survey.org)

### DRAGONFLIES

[british-dragonflies.org.uk](http://british-dragonflies.org.uk)

### AMPHIBIANS AND REPTILES

[arc-trust.org](http://arc-trust.org)

### GENERAL SITES

[rspb.org.uk](http://rspb.org.uk)

[wildlifetrusts.org](http://wildlifetrusts.org)

[gov.uk/government/organisations/natural-england](http://gov.uk/government/organisations/natural-england)  
Government's adviser for the natural environment in England. Information and policies

[plantlife.org.uk](http://plantlife.org.uk)  
British conservation charity working nationally and internationally to save threatened wild flowers, plants and fungi

[woodlandtrust.org.uk](http://woodlandtrust.org.uk)

[rspca.org.uk/adviceandwelfare/litter](http://rspca.org.uk/adviceandwelfare/litter)  
Raising awareness of how littering and rubbish affects animals

### LOCAL SITES

[sussexwildlifetrust.org.uk](http://sussexwildlifetrust.org.uk)  
[sussexwildlifetrust.org.uk/rye harbour](http://sussexwildlifetrust.org.uk/rye-harbour)  
Forest School, Nature Tots, bird watching, beach cleans etc

[rspca.org.uk/mallydams](http://rspca.org.uk/mallydams)

[educationfuturetrust.org](http://educationfuturetrust.org)  
Forest and beach school

### EDUCATIONAL RESOURCES & ACTIVITIES

[muddyfaces.co.uk](http://muddyfaces.co.uk)  
Resources for children

[field-studies-council.org](http://field-studies-council.org)  
Resource of environmental field studies papers available as pdf downloads. Aimed at non-specialists

[rbkc.gov.uk/subsites/wildlife.aspx](http://rbkc.gov.uk/subsites/wildlife.aspx)  
The Ecology Centre at Holland Park runs a series of events, activities, educational visits and workshops for schools

[woodlandtrust.org.uk/naturedetectives/](http://woodlandtrust.org.uk/naturedetectives/)  
Discover exciting wildlife activities to help kids explore nature!

[outdoorstudiosarts.com](http://outdoorstudiosarts.com)  
Artist-led workshops for creative experiential learning that explores environments, landscape, and place

### GARDENING ADVICE

[rhs.org.uk/science/conservation-biodiversity/.../plants-for-pollinators](http://rhs.org.uk/science/conservation-biodiversity/.../plants-for-pollinators)  
Pollinator advice and downloadable lists from Royal Horticultural Society

[gardenersworld.com](http://gardenersworld.com)  
Practical gardening advice on what to do in your garden and greenhouse

### SPOTTER GUIDES, IDENTIFICATION SHEETS & APPS

Helping you to spot & identify wildlife and nature

[wildlifewatch.org.uk/spotting-sheets](http://wildlifewatch.org.uk/spotting-sheets)

[nationaltrust.org.uk/lists/summer-wildlife-spotter-guides](http://nationaltrust.org.uk/lists/summer-wildlife-spotter-guides)

[rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/](http://rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/)

[plantlife.org.uk/uk/discover-wild-plants-nature/spotter-sheets](http://plantlife.org.uk/uk/discover-wild-plants-nature/spotter-sheets)

[reading.ac.uk/Herbarium/KiteSite/hrb-KSppidguides.aspx](http://reading.ac.uk/Herbarium/KiteSite/hrb-KSppidguides.aspx)

[opalexplornature.org/identification](http://opalexplornature.org/identification)

[nhm.ac.uk/take-part/identify-nature/](http://nhm.ac.uk/take-part/identify-nature/)

[buglife.org.uk/bugs-and-habitats/bug-identifier](http://buglife.org.uk/bugs-and-habitats/bug-identifier)

[ispotnature.org/](http://ispotnature.org/)