



# Wild Ways Well



**BE ACTIVE** – Take part in health walks and practical outdoor activities. Explore your local paths, woods and greenspaces.

Spending time outdoors, amongst nature, makes people feel better about their lives.

**CONNECT** – Meet new people. Connect with the people, the wildlife and the nature that's all around us.



The Wild Ways Well project encourages people suffering from, or at risk of, poor mental health to get outside for some daily exercise.



**GIVE** – Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks.

Whilst out amongst the trees, parks and reserves you have a chance to slow down, relax and take your attention away from current events.

**TAKE NOTICE** – Note the changing cycles of life. Use your senses. Listen to birds, smell the flowers, live in the moment.



This guide will help you to try out some environmental and conservation related activities designed to fit in with the internationally recognised Five Ways to Wellbeing mental health framework.



**LEARN** – Identify plants and wildlife, try new crafts, learn new skills. Discover things about nature and about yourself.





# Wild Ways Well

Today's Wild Ways Well task is to go for a walk in your local greenspace and look out for the signs of Spring!

You'll **Be Active** by carefully walking outdoors (observing social distancing) keeping your mind busy and occupying your time with nature related tasks and activities.

We can **Connect** with the outdoors simply by looking out of a window, studying a tree or discovering the huge amounts of life we can see just beyond the window panes—or we can use the internet to access a huge variety of options for interacting with wildlife all over the world. You could comment on our social media pages to let others know how you got on with these activities.

We can **Keep Learning**, there are thousands of web pages devoted to the outdoors and an equal number of books and television programmes. This week we are looking at daffodils in our local space, why not look online and find out more facts once you're back indoors?

This week we're colour matching in nature, this will require us to really concentrate and **Take Notice** of everything around us. It's amazing how much we miss out in nature when we just walk through without paying attention to what is around us.

We can **Give** by giving ourselves a break from the drama of the current events and focusing on the little things around us that give us pleasure and by sharing these with others, in person or online. This week we're making some natural art, as long as we're careful about what we make and the materials we use we can leave this art in place for someone else to find and – hopefully – give them a smile when they come across your work.







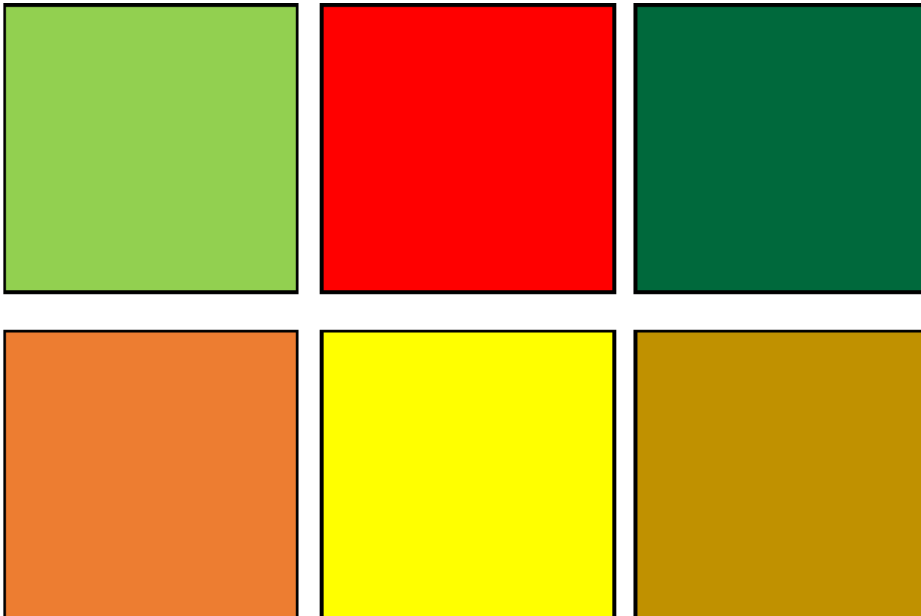
# Colour Matching

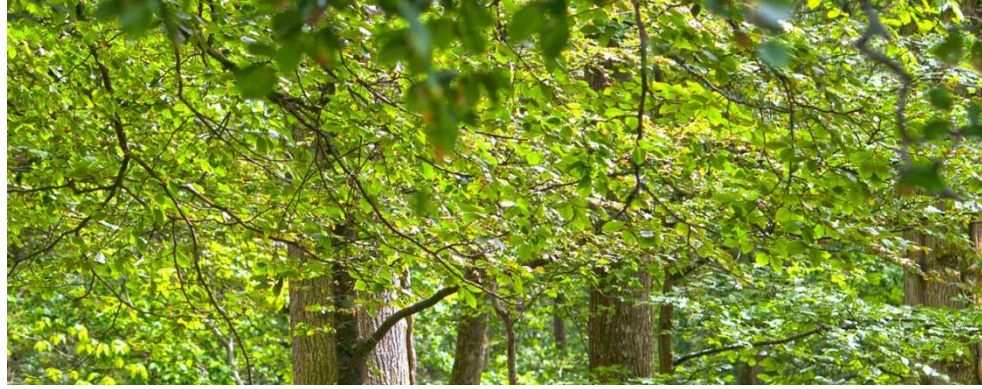
Practice taking a bit more notice of the world around us. Look for different colours in the woodlands, there might be some you will be surprised to find!

Pick a colour and then go out for a walk. Once outside you have to find your colour in the 'green' space – you have to find exactly the right shade! If you can't print these colours out you could always cut something out of a magazine, or a colourful object from round the house.

Once you've found your colour photograph it in place, or if its appropriate, you can collect it and bring it back home. Once its back you could see if you can make a rainbow out of all the colours you've found.

Please be careful not to pick up anything 'nasty' on the ground. Don't colour match with anything that's sharp or anything man made, only natural objects.





## Daffodil (*Narcissus pseudonarcissus*)

Daffodils are not native to Scotland but there are wild varieties growing here. The wild daffodil is smaller than most garden varieties (about 25cm tall). The flower has a deep yellow trumpet with pale yellow petals behind.

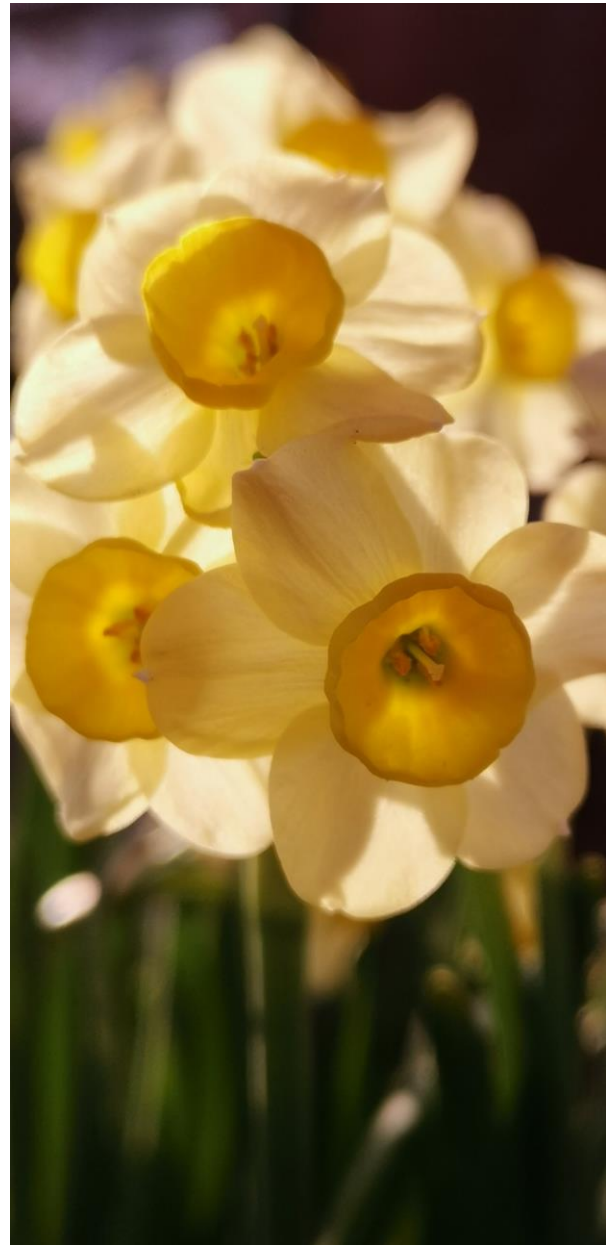
Other names for daffodils are the Easter Lily or Mary's Star.

Because it isn't native there isn't much Scottish folklore associated with Daffodils – however they get their latin name from the Greek myth of Narcissus.

Narcissus was the son of a river god who rejected the love of the mountain nymph Echo. To punish Narcissus for breaking Echo's heart, Nemesis (the god of revenge) caused him to see his reflection in a mountain stream. Narcissus fell in love with his own reflection and could never look away from it. He stayed on the river bank so long, staring, that he eventually fell in, exhausted, and drowned.

Daffodils now are said to represent hope and unrequited love.

Why not head out and see how many daffodils you can find?







# Make Some Natural Art



There's an artist inside everyone, but sometimes it takes a lot of courage to let that artistic side out. Expressing yourself can be relaxing and inspiring and can allow you to express emotions and process complex feelings.

Using only natural materials why not create your own artwork in the woods? You could collect colourful leaves, make frames out of sticks, paint with mud, arrange stones or flowers (you can carefully pick a few flowers but only where there are lots of them.)

Please don't damage or disturb living things. As long as you use only natural materials you can leave your piece of art behind for others to find and enjoy.





# Look Out For Spring

All over Cumbernauld Spring is springing! For many people, as for nature, Spring is a time of change and new beginnings as the warmer temperatures and longer daylight hours bring energy and growth. Use this sheet to look out for the signs of Spring as you walk.

• Birds Singing	1pt
• Male and female bird together	2pts
• Birds building a nest	10pts
• Daffodil	1pt
• Crocus	2pts
• Primrose	5pts
• Tree with buds about to burst	1pt
• Tree covered in blossom	5pts
• Broadleaf tree with green leaves	20pts
• Bumblebee	5pts
• Butterfly	10pts
• Frogspawn	20pts

Total \_\_\_\_\_

Award yourself an extra point for each multiple you get (e.g. 2 birds building a nest would be 11 points)

Double your tree points for each separate species of tree (e.g. 2 Oak trees with green leaves = 21 pts; an Oak tree and an Ash tree = 40pts)







# Links

Go further with your Wild Ways Well activity by trying these links once you come home

## Cumbernauld Living Landscape

[www.cumbernauldlivinglandscape.org.uk](http://www.cumbernauldlivinglandscape.org.uk)

## Wild Ways Well

[www.cumbernauldlivinglandscape.org.uk/project/wild-ways-well](http://www.cumbernauldlivinglandscape.org.uk/project/wild-ways-well)

## Activities

[www.cumbernauldlivinglandscape.org.uk/get-involved/activities/](http://www.cumbernauldlivinglandscape.org.uk/get-involved/activities/)

## Facebook

[www.facebook.com/CumbernauldLivingLandscape](http://www.facebook.com/CumbernauldLivingLandscape)

## Twitter

[twitter.com/wildcumbernauld](https://twitter.com/wildcumbernauld)

## TCV

[www.tcv.org.uk/scotland](http://www.tcv.org.uk/scotland)

## Scottish Wildlife Trust

[www.scottishwildlifetrust.org.uk](http://www.scottishwildlifetrust.org.uk)

## Daffodils

[www.plantlife.org.uk/uk/discover-wild-plants-nature/plant-fungi-species/daffodil-wild](http://www.plantlife.org.uk/uk/discover-wild-plants-nature/plant-fungi-species/daffodil-wild)

## Andy Goldsworthy

[www.artnet.com/artists/andy-goldsworthy](http://www.artnet.com/artists/andy-goldsworthy)

## Adrian Gray

[www.stonebalancing.com](http://www.stonebalancing.com)



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