



Wild Ways Well – Bringing the Outside in

The Wild Ways Well project is built around the idea of getting outside and experiencing nature to improve our health. Sometimes however, for a variety of reasons, getting outside just isn't possible. But just because we can't get out it doesn't mean we can't experience nature! Studies have shown that even interacting with nature without going outdoors can be beneficial.

We can still **Be Active** by exercising indoors and in our gardens and by keeping our minds busy and occupying our 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. We can also use the internet and social media to connect to other people doing the same thing.

By the same means we can **Keep Learning**, there are thousands of web pages devoted to the outdoors and an equal number of books and television programmes. We can also learn by studying what we can see ourselves in our gardens or from our windows—perhaps we'll even discover something no-one else has seen before!

By **Taking Notice** we can even contribute to the body of scientific work that exists, wildlife recording is something we can all do and which has the potential to be a great asset to scientific researchers. We can also exercise our artistic talents or expand our senses utilising the nature that is all around us.

We can **Give** by contributing to Citizen Science projects, by sharing our art or our writings or by engaging with others, in person or over social media. We can also directly give by simple actions like feeding birds in our neighbourhood or by lobbying politicians to improve our environment.





Wild Ways Well and the Five Ways to Wellbeing



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

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



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

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



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

Spending time with nature improves wellbeing

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

Wild Ways Well gets people suffering from, or at risk of, poor mental health out into the greenspaces of Cumbernauld.

Whilst out amongst the trees, parks and reserves participants get a chance to slow down and relax and enjoy being in the company of other like-minded people.

We'll also spend time trying out a variety of environmental and conservation related activities designed to fit in with the internationally recognised Five Ways to Wellbeing mental health framework.





Nature is intrinsically beneficial to wellbeing

Access to nature makes us feel better, it's as simple as that. There is now irrefutable evidence provided by scientific studies from all over the world that show that interacting with nature makes people feel better about themselves and their lives.

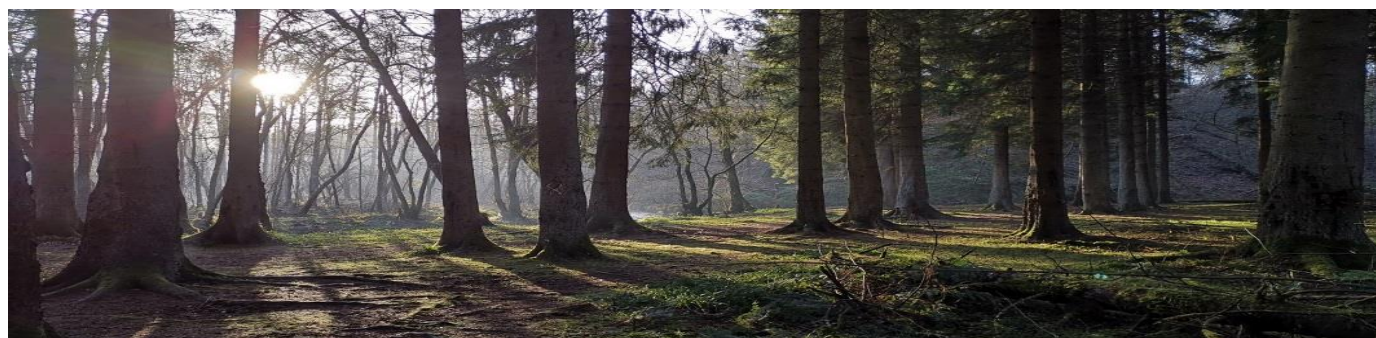
Nature has been shown to reduce stress and improve moods and confidence levels—in fact improvements to positive affect and lower depression and anxiety have been observed from just 10 minutes simply sitting in a natural setting.

Interacting with nature has also been shown to improve memory, attention span and even creativity levels—and you don't even have to go outdoors to experience the benefits, a University of Michigan study shows memory and attention spans improved by 10% after looking at a picture of a tree, and it's also been shown that hospital patients with a view of greenspaces recover faster from operations and require less medication and pain relief than those that don't have a window.

Spending time studying and immersing yourself in the natural world, even from the comfort of your own home, really does help reduce levels of depression, anxiety and stress. And studies have even shown that this effect works on people who don't believe they have an affinity for nature—you don't even have to like being in nature to receive the cognitive benefits of being there.

Over the next pages you'll find ideas and projects for you to try in your own time, and in your own space. Have a look through to find something that interests you and simply have a go—there are no rules, and no one will judge you!

You can do all of these activities indoors or in your local area, it might surprise you to discover what is out there on your doorstep.





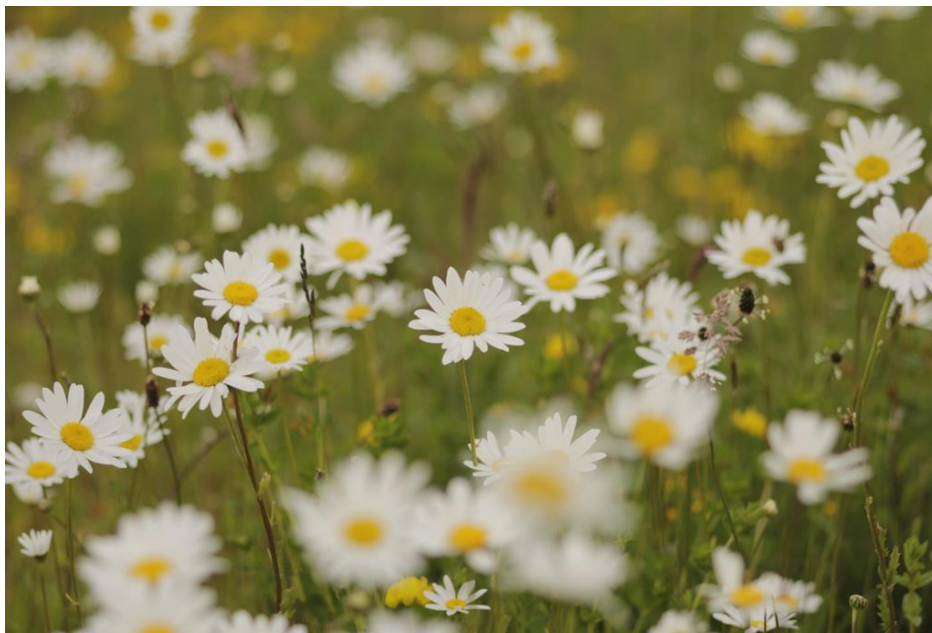
Why does nature make people feel better?

There are three main theories put forward to explain the benefits to health and wellbeing of spending time outdoors in green spaces.

Attention Restoration Theory (ART) (Kaplan, 1995): ART suggests that nature provides an opportunity to recover from attention fatigue by providing fascination, a sense of being away, and a broadening of horizons.

Psycho-evolutionary Stress Recovery Theory (SRT) (Ulrich, 1983). SRT focusses on stress reduction both physiologically and psychologically and suggests that in the presence of resources that would have been beneficial to our ancestors we experience reduced negative affect and increased positive affect.

Biophilia hypothesis (Wilson, 1984): According to this hypothesis, because humans evolved in natural environments and have lived separately from nature only relatively recently in our evolutionary history, people have an innate need to affiliate with other living things. Satisfaction of this need and feeling connected to the natural world are thus predicted to produce broad psychological benefits, including increases in positive affect and decreases in negative affect.





Windows on Wildlife

If you can't get outdoors to see wildlife then why not bring the outdoors in to you! All over the world there are thousands of internet connected cameras (webcams) which have been set up to watch wildlife. Many of these are easily accessible online and watching them and the animals they monitor can be great fun. Many of the cameras will also have an attached forum or chatroom where people can discuss what they are watching so it can be a great social activity too.

At some times of the year the action can become quite intense and the drama can rival any soap opera. You can witness the tension as we wait on an Osprey to come back to her nest and then the drama as she rekindles her bond with her mate and settles down to raise a family—with all the twists and turns of a Hollywood film along the way!

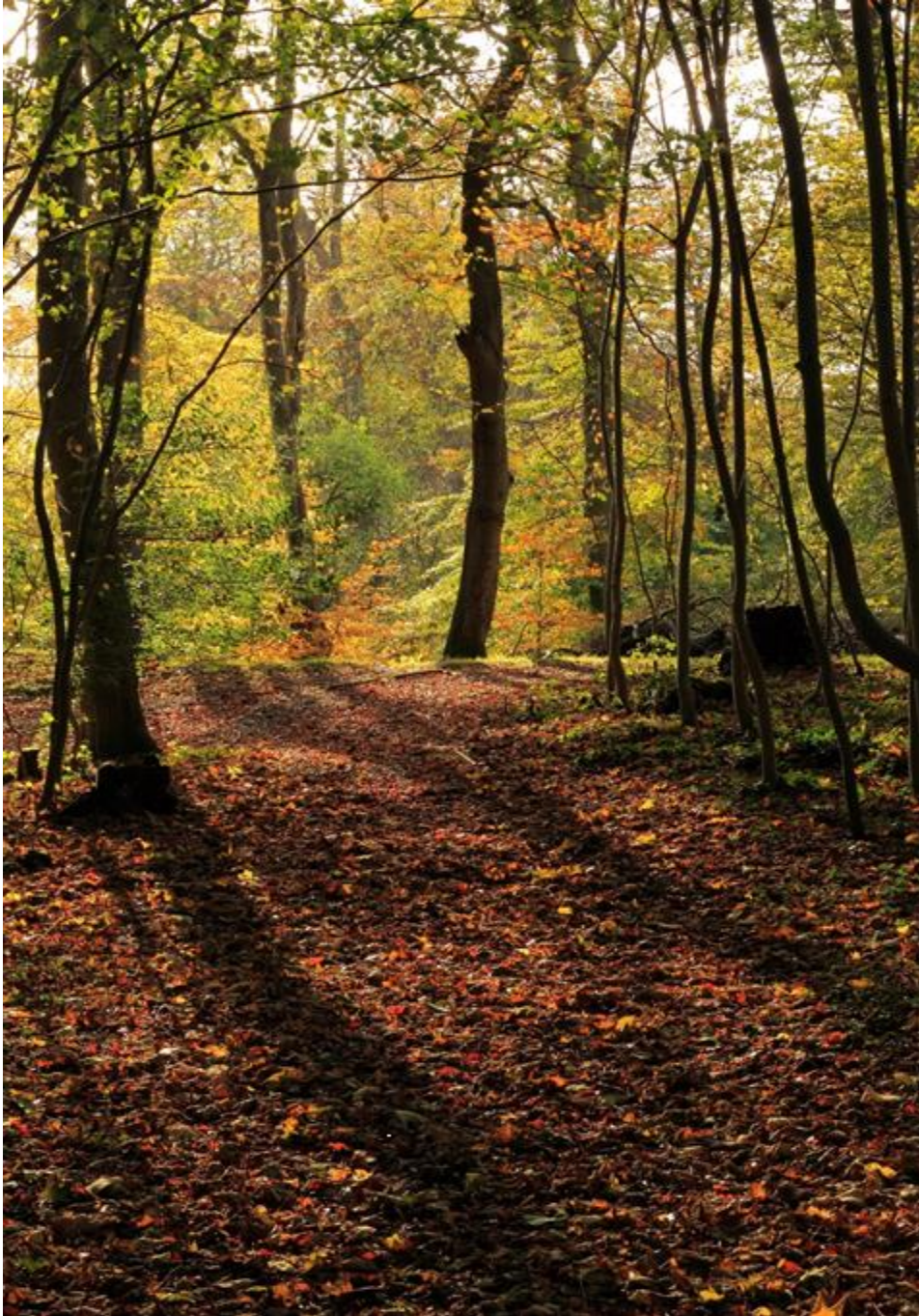
Or perhaps you'd prefer watching the daily affairs of a family of mice living in a tree stump or a badger clan playing around their sett. You might be able to watch a bait station in the Highlands of Scotland and see what animals come to visit for a meal -or watch a scratching post in the Highlands of Canada where bears come to scratch an itch!

There are other cameras to be found all over the world watching behaviours like orcas scratching their backs on sandbanks, hippos guarding their patch of river or chimpanzees living in social groups. Interacting with nature in this way is good for our minds, we have an instinctive fascination for the lives of other natural living things and connecting with nature, even through a video screen, has been shown to really benefit our mental health.

A quick Google search will reveal hundreds of cameras but some good places to start looking are

- explore.org/livecams
- www.wildlifetrusts.org/webcams
- www.visitscotland.com/see-do/wildlife/webcams
- www.africam.com/wildlife/index.php





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What is a Tree?

An interesting mental exercise to spark your imagination and exercise your curiosity is to ask yourself this very question... What is a tree?

13% of the UK is wooded (the European average is 25-35% and Cumbernauld is around 23%). Trees are all around us, but can you define what one actually is?

Different people could have many different answers—a tree can be a home, a source of pride, inspiration or awe. It could be timber, a foodsource, a living monument, a link to the past or to the future. Surprisingly there is no universally agreed right answer!

In the strict biological sense trees are perennial plants, usually with a long woody trunk supporting branches and leaves. They are not a single taxonomic group but include a variety of plants that have independently formed the same growth habits in order to compete for sunlight. They have existed for about 400 million years. There are around 50 native species in the UK plus many more introduced non-natives.

For most trees the thick woody stem is surrounded by a layer of bark which protects the vascular tissue below. This tissue carries water and nutrients around the tree from the underground root system. The leaf system converts sunlight into sugars by photosynthesis and each tree has its own particular leaf, adapted to the preferred growing conditions.

Most trees reproduce by seed, some have flowers and fruit but one particular group—the conifers—have pollen and seed cones.

Trees are also sometimes defined by height, with smaller species called shrubs.

Others define them by use—trees in this sense being any plant which produces useful timber.

Trees are part of our 'natural capital' they perform a variety of valuable roles in the wider ecosystem, many of which directly benefit humans. They reduce erosion, slow flooding, remove carbon dioxide from the atmosphere and store carbon. They provide shade, shelter, timber, fuel and food.

Trees have been revered by many cultures around the world. In the UK there is a rich mythology surrounding trees with most species having a range of stories, superstitions and traditions associated with them.





What does a tree mean to you? Write a description, a story or make a sketch.





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The Humble Bumble

Bumblebees are some of our most colourful and charismatic insects. They have round bodies covered in soft hair like setae giving them a 'fuzzy' appearance.

Bumblebees (except cuckoo species) form colonies of 50 -250 individuals made up of a single queen and lots of non-breeding female workers. These use smooth patches on their hind legs, called pollen baskets, to collect pollen which they then bring back to feed the colony.



Only female bumblebees can sting – and they don't die when they do so – but most bumblebees are totally non-aggressive unless severely provoked. Their colouring is aposematic—designed to warn other animals that they are dangerous.

Only queens survive the winter, often hibernating underground. They emerge in Spring already fertilised after mating the previous year. They choose a nest site and raise a generation of workers before retreating into the nest to lay more worker eggs. Later they produce male and queen eggs. Once these hatch they disperse and mate, only the newly fertilised queens will survive the winter.

Males don't contribute to the colony and their arrival is usually the signal for the colony to begin dying off as it cannot support the extra mouths. The bees people see 'swarming' around nests are usually males, waiting on a queen to appear. Male bees have hairy legs, without the smooth pollen baskets of the females.

As recently as the 19th century they were commonly referred to as 'humble-bees' even Charles Darwin calls them this in *On the Origin of Species*.





Identify and Colour a Bumblebee

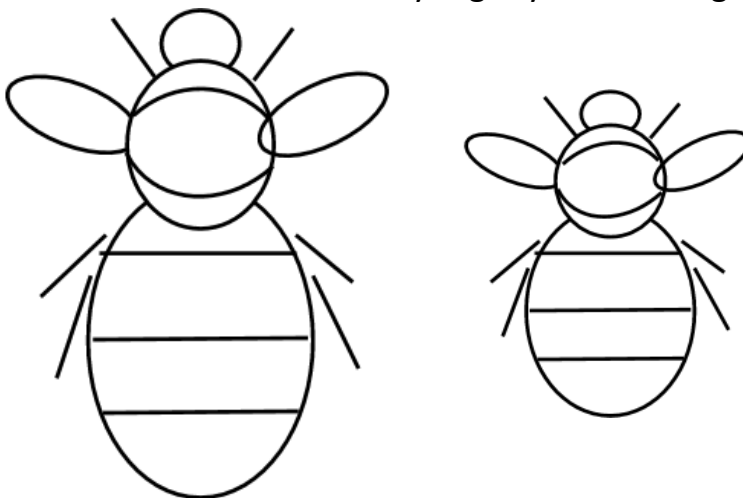
There are lots of different species of bee that visit our gardens and greenspaces and with a bit of practice anyone can learn to identify at least the most common types

There are 19 species of bumblebee found in Scotland but 7 of these are especially common and are likely to be found in almost any garden or green space.

The best way to tell these species apart is to look for the pattern of stripes on their bodies – paying especially close attention to the colour of their tail stripe.

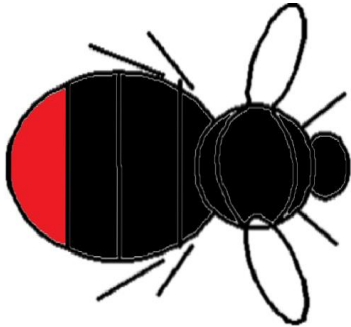
We've drawn and coloured some pictures on the next few pages showing the patterns to look for – and we've given you some blank templates for you to fill in with the colours of the bumblebees you find! We've also included the Blaeberry Bumblebee which is a bit less common but may be seen in Cumbernauld

We've shown the Queen and the Worker for each species. Queens are the large bumblebees you often see in early Spring, workers are generally smaller and seen all summer. The Males do not appear until late summer and are usually slightly different again.

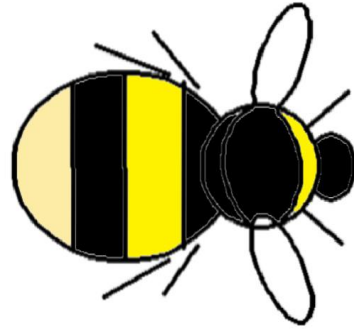




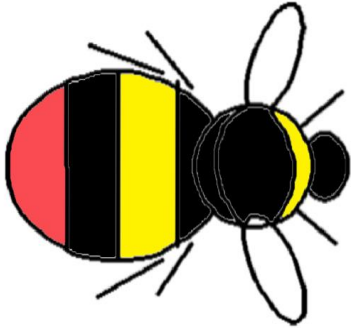
Red Tailed



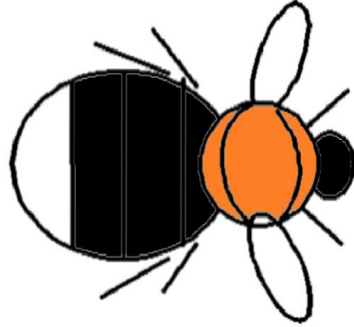
Buff Tailed



Early



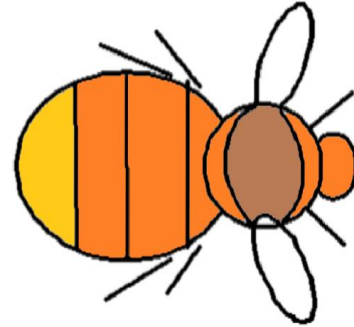
Tree



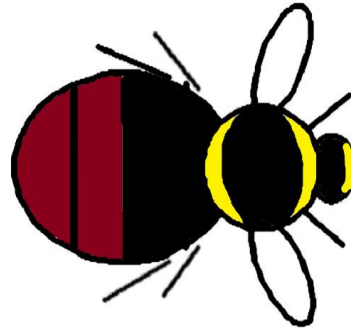
White Tailed



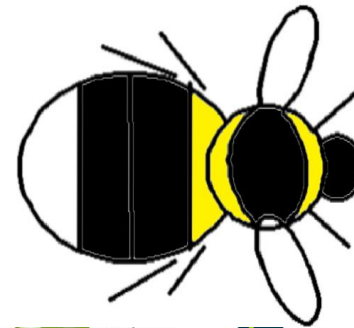
Common Carder

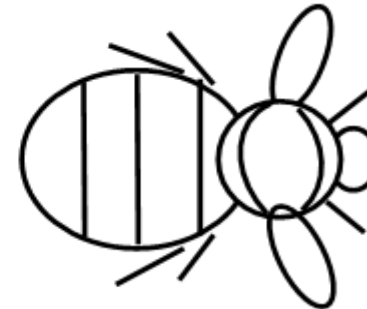
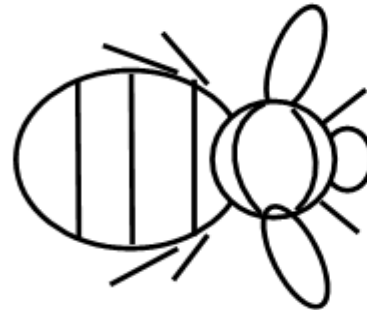
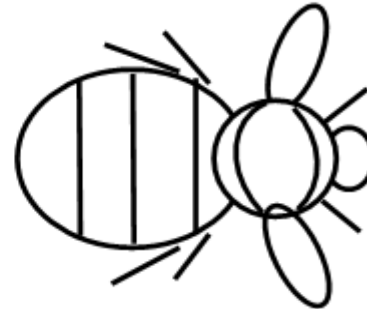
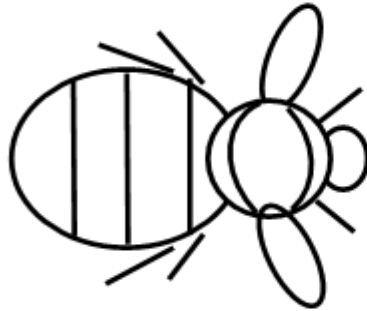
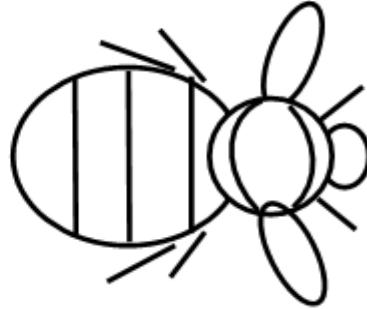
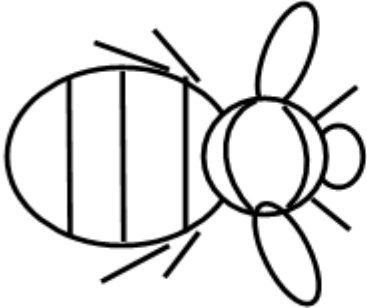
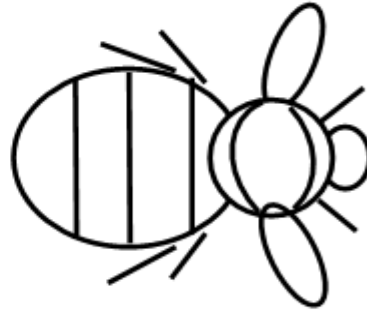
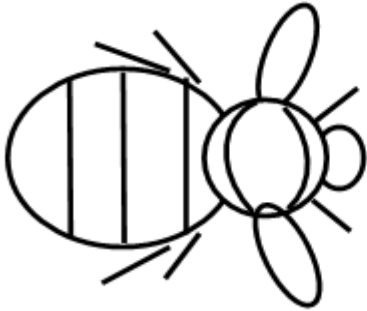


Blaeberry



Garden





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Micro Greens

You don't need a huge garden or an allotment to get growing healthy nutritious veg—in fact you don't even need an outside space!

Growing micro greens—sometimes called micro herbs—is a great way to get started. Micro greens have become very fashionable lately, turning up in fine dining restaurants and farmer's markets. Far from being only for Michelin starred restaurateurs however they're actually really easy to grow yourself.

You'll need

- a growing tray—a plant pot or plastic a plastic food container would work, but a seed tray (available from supermarkets and garden centres) would be even better.
- A water tray that your growing tray can fit inside to catch the drips.
- A cover for the growing tray—again this could be an old food tray, a clear cloche, or even just some clingfilm.
- Potting soil
- Seeds
- Spray bottle mister

Make sure your growing container has some holes for drainage and place it inside your water container.

Add an inch or so of damp potting soil to the growing tray and flatten it out.

Scatter your seeds as evenly as possible over the soil

Cover your seeds with a thin layer of soil and gently push it down. Mist the surface of the soil with your spray mister.

Cover the whole thing with a cover or clingfilm, this is to create humidity in the growing tray.

Put it somewhere warm and bright and keep it moist, mist it daily.

Once the seeds sprout (around a week) remove the cover and begin misting twice daily. Make sure the young plants get plenty of daylight

Harvest as soon as the first two leaves form!





Microgreens are really just vegetable seedlings harvested while the plant is still in its primary growing stage.

Though the plants are still tiny at this stage some research has shown that they are still packed with nutritional value, at concentration levels up to 40 times that of their mature forms.

Many of these nutrients are vital for our health—and the link between eating well and good mental wellbeing is well established—but even if you're not concerned about the nutritional value microgreens can also be a great addition to your meals for their delicate flavours and bright colours.

Micro Green Varieties

Why not get started with some of these—you'll find seeds in supermarkets and garden centres, or you can order them online.

Radish—tall and colourful, harvest after 7 days and sprinkle into a stir fry

Peas—remember to pre soak the seeds before planting, harvest after 12 days

Swiss Chard—another colourful one, harvest after 10 days

Coriander—flavour packed when stirred into soup, harvest after 14 days

Broccoli—a great spicy addition to an omelette, harvest after 10 days

Beetroot—add a splash of colour to your salad, harvest after 10 days

Fennel—powerful aniseed flavour, harvest after 10 days





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Telling Tall Tales

Story telling is a tradition that probably stretches back as long as humans have been... well, Human! When our first prehistoric ancestor sat with their friends around the campfire and wondered just what was going on out there in the dark, or when a hunter returned empty handed and said to their fellows “Listen up folks, you should have seen the size of the Mammoth that got away!”

In more modern times George Mackay Brown, the great Orcadian storyteller talked of tongues “touched to enchantment by starlight and peat flame”. Families would gather round the hearth to be thrilled by stories and to be a good storyteller was a highly prized skill.

There are no rules to telling stories, you can make up you own from scratch or you can adapt existing folklore—often one of the great beauties of a traditional story is seeing how it changes through the years as each generation gives a new twist to an old tale.

A lot of traditional stories are concerned with the natural world, with animals and plants but also with natural phenomena like rivers, tides, seasons and harvests. It is human nature to seek an explanation for everything that happens in the world—and if we can’t find one then... tell a story!





Story Stones

Story stones are a great way of kickstarting your story telling skills. Each stone has a symbol or drawing on it and the idea is to randomly pull them out one at a time, making up a line or a paragraph of a story using each symbol in turn.

You can make your 'stones' out of anything, they can be physical objects like old toys or decorations, they could be cuttings out of a magazine, or random words scribbled on pieces of paper. The fun is using your imagination to assemble the story—and getting a different one each time!



An example from the arrangement above might be...

It was a beautiful sunny day so we went for a walk along the riverbank. As we walked in the sunshine we saw a bumblebee buzzing along the riverbank. The bee stopped us and asked for help. It said that nearby was a high tree with beautiful red flowers growing in it, the bee wanted to visit the flowers but they were too high! We agreed to help the bee by climbing the tree and carrying it up to the flowers.

We climbed and climbed until we were so high we could almost touch the sky. In fact we were so high we weren't sure how we would get down. Suddenly we heard some beautiful music, it was a bird singing! we listened to the song and realised it was a message, the bird's song told us we were sitting on its nest and endangering its eggs. We immediately apologised and the bird agreed to fly us back down to the ground where we could enjoy telling all our friends the story around the fire.





Father Wren

The wren is a beautiful bird, it is one of the smallest birds in the forest and some people think it looks rather dull. Father Wren does not go in for bright colours and fancy displays as many other male birds do, instead he has perfected his singing, with one of the loudest, clearest and sweetest voices of all the birds, shouting to all who can hear that he is the greatest, the cleverest, the handsomest and, above all, hardest working of all creatures. If you have ever been walking through the woods and heard him singing at the top of his voice, you won't be surprised to hear that Father Wren is famous amongst all the birds for his song and for his boastfulness.

One day Father Wren and his children were in the barn, working hard to collect food and materials for their nest. They scurried this way and that, each wishing to be the bird that could truthfully boast that it had worked the hardest. There is always competition like this amongst wrens for they love to proclaim how hard their life is and how much work they do but they would never tell a lie. On this day however the sly Old Fox came into the barn and saw them all working there.

"Father Wren" said the Old Fox "I have you trapped in this barn with your children and I am very hungry. I think I am going to gobble you up for my supper tonight."

"Which one of us are you speaking to Old Fox?" said the wrens in unison "For you know the law, you cannot kill anyone whom you cannot name and you cannot tell us apart by looking"

The wrens were right and the Old Fox knew it, he could not tell one wren from the other by sight and it would be a terrible crime to kill and eat a stranger.

"Ah you are a wise old bird Father Wren" said the Old Fox " But I can easily tell you from the others, I need only to look for the hardest worker among you as none of these young birds could possibly compete with you!"

"I'm the hardest worker... I work hardest of all... No one works harder than me" came a jumble of voices as all the wrens shouted back in unison so that the fox could not tell one from the other. But one voice rose above all the others, so loud and pure in its song.

"I'm the hardest worker in this barn today" said the voice "but that's nothing, you should have seen how hard I worked when I was younger!"

And with that the Old Fox knew which bird was Father Wren and he leapt and gobbled him up in one bite.





Write. Sit in a quiet space and imagine a natural scene around you. Write a description of it. Note the colours, the features, the terrain. What animals (real or imagined) might live here? Describe them. What do they eat, how do they live?





Keep on Learning

There's nothing wrong with taking an interest in nature just for its own sake but if you are enjoying learning why not take the next step and formalise your learning by enrolling in a distance learning course?

There are lots of options online but one of the best places to start is with The Open University. Many of the courses are free and by studying you can gain a recognised qualification.

www.open.edu/openlearn/free-courses/full-catalogue

Other options might be

www.futurelearn.com

www.edx.org

www.nationalgeographic.org/projects/exploring-conservation

You can also find many online educational resources and guides by checking the major conservation organisations

www.rspb.org.uk/fun-and-learning

www.wildlifewatch.org.uk/educational-resources

www.naturedetectives.woodlandtrust.org.uk/naturedetectives

Expanding our knowledge in this way is a great thing to do for our mental health—and you needn't be all that academic to take part. There are lots of courses and opportunities out there for you to learn in your own way.



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Citizen Science

A great way to help conservation is to get involved in Citizen Science. This is a term for when ordinary members of the public help scientists by collecting or processing the huge amounts of data that studies often require.

Zooniverse

www.zooniverse.org

Zooniverse is a website which was set up to help scientists advertise their research projects and attract volunteers to help them. It's a really easy to use website with some fascinating projects.

These projects change all the time but an example would be the **'Snapshot Elephants for Africa'** project which has camera traps placed in a National Park in Botswana to study elephant behaviour. They are simply asking volunteers to help them look at the thousands of images they have taken and identify which pictures contain elephants! This would be a really long and time consuming task for an individual researcher and is something that computers are still not very good at—but by harnessing the power of hundreds of Citizen Scientists they can get the job done much faster.

Other projects currently on the website include exploring chimpanzee behaviours, identifying wildflowers, listening to whale songs and measuring the height of giraffes!

You don't need any previous knowledge or special skills, all instructions are given and are aimed at complete beginners.

There are many other citizen science projects closer to home, every year the RSPB hold their Big Garden Birdwatch which involves people sitting watching their garden (or any other outside space) for an hour and counting the birds they see.

The British Trust for Ornithology (BTO) conducts a similar survey all year round

www.bto.org/our-science/projects/gbw

and the People's Trust for Endangered Species (PTES) have a Living with Mammals survey which looks for sightings of these furry creatures in our urban areas.

www.ptes.org/get-involved/surveys/garden/living-with-mammals



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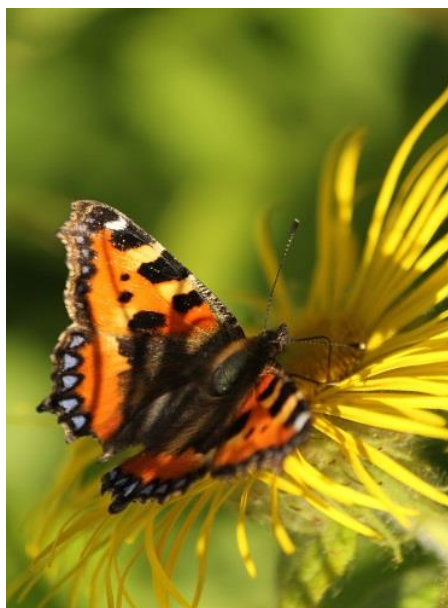
Wildlife Recording

Recording wildlife is easy to do and it makes a real contribution to science and conservation – as well as improving your own knowledge of the species that surround you and your identification skills. You don't need to be a wildlife expert to be a recorder, we want records of all the species that live in Cumbernauld, even the most common and easily identifiable – if you can recognise a robin or a squirrel, then you can take part. In fact common species are often very under-recorded as most people don't realise that the records are wanted - think about it, if you saw a Golden Eagle in your garden you would tell everyone... but who do you tell if you see a Sparrow?

If the conservation and scientific community don't know which species can be found where then they don't know which areas should be protected and which species are thriving – or in need of help. By regularly contributing records you'll be adding to this information, building up a picture of the wildlife all across Cumbernauld and providing early warning of its status.

There are a whole host of organisations out there running recording schemes for members of the public to take part in, the information gained in this way is one of the most important resources in conservation. If you've ever seen a news report about the decline of bumblebee numbers, or the appearance of a new species in a particular area – then it's likely the information will have come from wildlife recorders just like you!

You don't need any specialist skills or equipment; a pen and a notebook will do for starters.





Making a Wildlife Record

Making a Nature Record couldn't be easier. All you need are four basic pieces of information, the 4 W's—**Who**, **When**, **Where** and **What**.

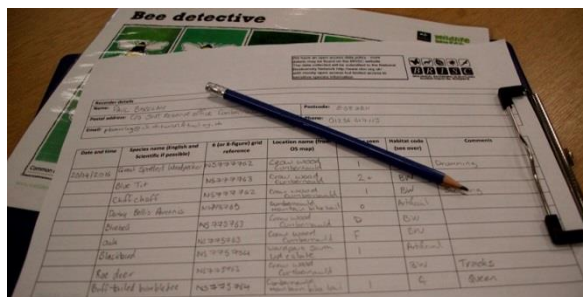
Who - The easiest one, the person who made the sighting, usually this will be yourself!

When - The date on which you made your sighting, this can provide vital clues to issues such as species migration and even climate change

Where – So that anyone interested in your records can find where they were made you need to supply two pieces of information. The first is a common name – not “my garden” or “a field”, but a name others will recognise; for example the nearest town, river or landmark. The second piece of information is a bit more precise, the Ordnance Survey Grid Reference. There's lots of advice online about to how find a grid reference – or even apps for your smartphone that will do it automatically.

What – This is the exciting bit, what did you see? All you need is the name of the species for a good wildlife record. You should only record things you're sure of, but it is fine to simply write down “crow” or “bumblebee” if you can't identify the exact species. As you begin to record wildlife regularly you'll soon start to notice the differences between species and it won't be long before you're able to note down more details. There are all sorts of guides and apps available online to help you – a photograph might be useful too.

And that's it! With these four basic pieces of information you've made a wildlife record that can be passed on to national recording bodies to be verified and then added to the National Biodiversity Network.





Share Your Sightings

While there's nothing wrong with recording wildlife just for your own interest there are also lots of other organisations that would love to hear about your sightings. A national database called the **National Biodiversity Network** stores all of the species data collected in the UK and makes it available via the internet for anyone to see and use.

Schemes such as this where members of the public contribute data are called 'Citizen Science' and they are vital to conservation. Scientists, conservation groups and policy makers will use the data YOU have collected to analyse how nature is doing in the UK, where help is needed and what policy decisions will make the most impact.

To help with this we want you to add the records you make into a national recording website called **iRecord**. iRecord is run by the Biological Records Centre and the records you provide to it will be passed to local record centres, national recording schemes, the National Biodiversity Network and the Atlas of Living Scotland (www.scotland.nbnatlas.org) You'll have to create an account, but doing so is easy and free.

Once you've joined, to upload your records go to www.brc.ac.uk/irecord login, head to the 'Activities' page and select the Cumbernauld Living Landscape Wild Walks activity. Fill in the Who, What, and When on the first page, on the second page you'll fill in Where – there is a handy map that you can click on and zoom into to show exactly where you made the sighting.

After you're done make yourself a cup of tea, sit back, and give yourself a pat on the back for doing your bit for nature by becoming a citizen scientist!





Name			
Location		Date	

[illegible]



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Art and Mental Health

There's an artist inside everyone, but sometimes it takes a lot of courage to let that artistic side out. Taking part in creative activities can be very good for our mental health. Expressing yourself can be relaxing and inspiring and can allow you to express emotions and process complex feelings. Studies show that taking part in artistic activities can be very valuable in treating issues like depression and anxiety.

We needn't be afraid of art, there really is no such thing as 'good' or 'bad' it's all down to the interpretation—in fact some would say the more weird and outlandish an artwork is, then the more deep its significance must be! Whatever your feelings on this, or whatever your feelings about yourself as an artist, it is undeniable that the process and experience of creating something unique and beautiful can be very good for us.

It can even just be for yourself, there is no need to show anyone else what you create—and a Wild Ways Well session will always respect this. But if you want to share then that's great too and we can all benefit from seeing or hearing what you have created. Every artist began as an amateur.

There are so many forms your art could take, and most of these can be facilitated by being outdoors. Think how many landscape paintings or photographs you've seen. How many artists have used wildlife or plants as their inspiration? You can aim for the fantastical and the artistic—or you can make detailed, meticulous copies of what's in front of you. Some of the best wildlife art is to be found in ID guides. You can write, fiction like Jack London's incredible descriptions of the Arctic landscape in novels such as *White Fang* or factual like John Muir's poignant heartfelt writings about the condition of nature. Write about how you feel, what you see, or what you can imagine, each is just as valid. You could try some classical poetry, or just come up with a limerick!

You can sculpt using clay or balance your mind as you balance rocks like Adrian Gray. You can make huge pictures with natural materials, geometric shapes like Andy Goldsworthy or depictions of nature that can only be seen from above like the ancient Nazca peoples. The choices are endless and they're yours to make.





Draw—whatever inspires you. You could also try some group tasks... ask a friend to nominate a title for you to create an artwork around. Or try some 'back to back' art, find a partner and each then draws a scene that the other describes





I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.
Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.
The waves beside them danced; but they

Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had
brought:
For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

William Wordsworth

Among the heathy hills and ragged
woods
The roaring Fyers pours his mossy floods;
Till full he dashes on the rocky mounds,
Where, thro' a shapeless breach, his
stream resounds.
As high in air the bursting torrents flow,
As deep recoiling surges foam below,
Prone down the rock the whitening
sheet descends,
And viewless Echo's ear, astonished,
rends.
Dim-seen, through rising mists and
ceaseless showers,
The hoary cavern, wide-surrounding,
lowers:
Still thro' the gap the struggling river
toils,
And still, below, the horrid cauldron
boils.

Robert Burns

What is this life if, full of care,
We have no time to stand and stare.
No time to stand and stare.
A poor life this if, full of care,
Enrich that smile her eyes began.
No time to wait till her mouth can
And watch her feet, how they can dance.
No time to turn at Beauty's glance,
Streams full of stars, like skies at night.
No time to see, in broad daylight,
Where squirrels hide their nuts in grass.
No time to see, when woods we pass,
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight,
Streams full of stars, like skies at night.
No time to turn at Beauty's glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began.
A poor life this if, full of care,
We have no time to stand and stare.

W.H. Davies

Two roads diverged in a yellow
wood,
And sorry I could not travel both
And be one traveller, long I stood
And looked down one as far as I
could
To where it bent in the
undergrowth;
Then took the other, as just as fair,
And having perhaps the better claim, way,

Because it was grassy and wanted
wear;
Though as for that the passing there
Had worn them really about the
same,
And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to

I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and
I—
I took the one less travelled by,
And that has made all the difference.

Robert Frost





Haiku

A haiku is a Japanese poem of seventeen syllables, in lines of three, seven and five.

"No one travels /Along this way but I /This Autumn evening" Matsuo Basho

"An old silent pond.../A frog jumps into the pond/splash! Silence again" Matsuo Basho

"Toward those short trees/We saw a hawk descending/On a day in spring" Masaoka Shiki

Try writing your own Haiku or any form of poem





Nature Writing

John Muir was born in Dunbar in 1838. He emigrated to America when he was 11 and immersed himself in the American frontier – though he never lost his Scots accent or his love for Scotland. In 1867 an accident led to him losing his sight for six weeks. During this period he determined that should his sight return he would live a life of exploration and always look for new wonders of nature.

His sight did return and later that year he walked 1,000 miles across the USA, often through uncharted wilderness. He had many adventures along the way - he climbed a 100ft tall tree during a thunderstorm and crossed an ice bridge only a few inches wide over a vast drop whilst lost in the mountains with his dog Stickeen. He was also the first person to propose that Yosemite valley was created by glaciers.

Throughout his journeys John became more and more concerned about the impact of people on nature and wild places. He campaigned to have areas set aside for nature and was instrumental in the creation of America's National Parks

Today John Muir is celebrated worldwide for his writing and is regarded as one of the World's first, and greatest, conservationists.

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves. "

"When we contemplate the whole globe as one great dewdrop, striped and dotted with continents and islands, flying through space with other stars all singing and shining together as one, the whole universe appears as an infinite storm of beauty."

"This grand show is eternal. It is always sunrise somewhere; the dew is never all dried at once; a shower is forever falling; vapor ever rising. Eternal sunrise, eternal sunset, eternal dawn and gloaming, on seas and continents and islands, each in its turn, as the round earth rolls."

"Nature is always lovely, invincible, glad, whatever is done and suffered by her creatures. All scars she heals, whether in rocks or water or sky or hearts."

His books include "The Yosemite", "My first Summer in the Sierra", "The Mountains of California", "Wilderness Essays", "The story of my Boyhood and Youth" and "Travels in Alaska".





Other great nature writers include

Nan Shepherd Scottish author of “The Living Mountain”

“This is the river. Water, that strong white stuff, one of the four elemental mysteries, can here be seen at its origins. Like all profound mysteries, it is so simple that it frightens me. It wells from the rock, and flows away. For unnumbered years it has welled from the rock, and flowed away. It does nothing, absolutely nothing, but be itself.”

Jack London author of “The Call of the Wild” and “White Fang”.

“Deep in the forest a call was sounding, and as often as he heard this call, mysteriously thrilling and luring, he felt compelled to turn his back upon the fire and the beaten earth around it, and to plunge into the forest, and on and on, he knew not where or why; nor did he wonder where or why, the call sounding imperiously, deep in the forest.”

Rachel Carson author of “Silent Spring”

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature -- the assurance that dawn comes after night, and spring after winter.”

Gavin Maxwell author of “The Ring of Bright Water”

“There is something deeply awe-inspiring about the sight of any living creatures in incomputable numbers; it stirs, perhaps, some atavistic chord whose note belongs more properly to the distant days when we were a true part of the animal ecology; when the sight of another species in unthinkable hosts brought fears or hopes no longer applicable.”

Mike Tomkies author of “Wildcat Haven”, “A Last Wild Place” and “On Wing and Wild Water”.

“As I drove round a bend the road suddenly opened out on to a view so magnificent, right down the sea loch and over the islands of Eigg and Rhum, that its beauty hit me like a stroke in the soul. Entranced, I stopped the Land Rover and impulsively knelt down to kiss the ground, to touch the rocks on the shore. A strange excitement grew within me for I felt in some odd way that I was actually coming home.”

Why not search online and see what others you can find?





Crocheting a Daisy

Bring a little sunshine into your home by creating a simple daisy, this task is suitable for a beginner — you can also find more crocheting ideas and advice online

You will need

4mm crochet hook

2 colours of yarn (we used yellow and white)

Crochet terms

ch – chain stitch; **dc** – double crochet; **rep** - repeat; **slst** – slip stitch; **fo** – finish off



Begin with yellow



Round 1: create a magic circle by - ch2 (= 1dc), dc into first chain *rep6 (6 stitches)



Round 2: 2dc into each stitch, fo with slst to first stitch of round, leave a tail for threading or knotting into design later (12 stitches)





Change to white yarn



Round 3: ch 10, (slst into same stitch, slst into next stitch ch 10)*rep 11, slst to fo



Tie ends together and leave tails to attach to a twig

Your daisy is complete! Why not go online and find some patterns to make a full wildflower meadow?





Photography

There's no reason why nature art or photography can only take place outdoors... have a look around your home what items could you repurpose, what, with a bit of imagination, could be seen in a different way?



Photo Challenges

Without leaving your home photograph...

- Something alive next to something that has never lived.
- Hot and cold
- Grass
- A natural landscape—without looking out the window!
- A tree
- The wind





Links

Wild Ways Well www.cumbernauldlivinglandscape.org.uk/project/wild-ways-well

Cumbernauld Living Landscape Activities Page www.cumbernauldlivinglandscape.org.uk/get-involved/activities

Cumbernauld Living Landscape Twitter www.twitter.com/WildCumbernauld

The Conservation Volunteers www.tcv.org.uk/scotland

The Scottish Wildlife Trust www.scottishwildlifetrust.org.uk

iSPot—online Nature ID www.ispotnature.org

iRecord Wildlife Recording www.brc.ac.uk/irecord

Atlas of Living Scotland www.scotland.nbnatlas.org

Glasgow Hogwatch www.tcv.org.uk/scotland/discover/citizen-science/glasgow-hogwatch

Citizen Science www.tcv.org.uk/scotland/discover/citizen-science/get-involved-citizen-science

Nature Photography www.flickr.com/photos/tags/nature

Nature Poetry www.bbc.co.uk/poetryseason/poems/nature

Nature Writing www.goodreads.com/shelf/show/nature-writing

Nature Art www.audubon.org/birds-of-america ; www.artnet.com/artists/andy-goldsworthy ; www.stonebalancing.com.





TRACS—Traditional Storytelling www.tracscotland.org

John Muir Trust www.johnmuirtrust.org/

Bumblebee Conservation Trust www.bumblebeeconservation.org

Woodland Trust www.woodlandtrust.org.uk

TCV Activity Pack www.tcv.org.uk/wp-content/uploads/2020/04/citizen-science-activity-guide.pdf

Connect with Nature www.elament.org.uk/media/2229/19-ways-to-stay-connected-2.pdf

Wildlife Trusts Wildlife Watch www.wildlifewatch.org.uk

Scottish Seabird Centre Webcams www.seabird.org/wildlife/webcams/12/28

Nature Programming www.bbc.com/earth/world

How Bee Friendly is Your Garden www.beekind.bumblebeeconservation.org

Growing Microgreens www.gardenersworld.com/how-to/grow-plants/how-to-grow-microgreens

Bella Coco Crocheting Tips www.youtube.com/channel/UCQEzmjboJ_6-uG8-1j4coNw

The Five Ways to Wellbeing www.gov.uk/government/publications/five-ways-to-mental-wellbeing

SamH Mental Health Resources www.samh.org.uk

Mind - Staying Mentally at Home www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/

NHS Staying Mentally Health Indoors www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips



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