



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 which have been set up to watch wildlife.

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.

Some good places to start looking for cameras are...

- www.scottishwildlifetrust.org.uk/things-to-do/watch-wildlife-online
- explore.org/livecams
- www.wildlifetrusts.org/webcams
- www.visitscotland.com/see-do/wildlife/webcams
- www.africam.com/wildlife/index.php

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.

If you find a great wildlife webcam why not tell us on our social media pages to let others know? We're on twitter as **@WildCumbernauld** and Facebook as **Cumbernauld Living Landscape**

