



GET
INVOLVED
TODAY!

Creating Natural Connections Carbrain Gully Story Trail



WHY SPEND TIME IN NATURE AS A FAMILY?

Because it's educational, the woodlands are nature's classroom; because it's a great way to socialise and meet up with friends; because it's a brilliant way to get some exercise in the wide open spaces; because spending time outdoors as a family strengthen bonds and creates lasting, lifelong memories.

But most of all, because it's fun!

A recent study in the UK found that three quarters of children spend less time outdoors in an average week than inmates in maximum security prisons. One fifth of children did not play outdoors at all.

Research is increasingly showing how dangerous this situation is. It is becoming more and more clear that spending time outdoors amongst nature is vital for everyone's health - particularly their mental wellbeing.

This booklet is packed full of easy, fun, activities that families can try out in their local area. You don't need special equipment or training, it doesn't have to cost anything, you can just step outside into a green space and have fun!

Remember while you're out that lots of animals, birds, insects, plants and trees share these spaces with you. They are helping us to have fun, so we must look after them in return. **Never hurt or damage any living thing while playing outside, take all your litter or rubbish home with you** and practice trying to leave no trace that you were ever there at all.

FOR TODAY'S WALK IN CARBRAIN GULLY YOU MIGHT WANT TO BRING :

- A container for holding natural ingredients
- Some water
- Some natural paints or chalks (you'll find a recipe to make some natural paint at the back of the book).

You don't need to have any of these things but they can help for some of the activities.

THE STORY OF THE CUMBERNAULD STOOR WORM

Stoor Worms are gigantic magical creatures which used to live all around Scotland. The most famous one was so big that its burrows created the sea between Scotland and Norway and when it died its bones became the Orkney Islands. It wasn't the only **Stoor Worm** though, a long time ago there were others living here in Cumbernauld.

One lived down by the **Glen**, it was just a baby, it was only as long as a river, and weighed about as much as a mountain. Its tongue was enormous, it used it to pull fields full of cows into its great mouth and then swallow flocks of sheep for pudding. Afterwards it would pull up entire forests to use as toothpicks!

One day a **Nature Ranger** came to Cumbernauld and promised to help the people, who were afraid the **Stoor Worm** would eat them next. The **Nature Ranger** went around the town gathering together secret ingredients which they ground up into a special mixture. That night when the **Stoor Worm** was sleeping the **Nature Ranger** walked into its mouth, went straight down its throat, and spread the secret mixture over its heart.

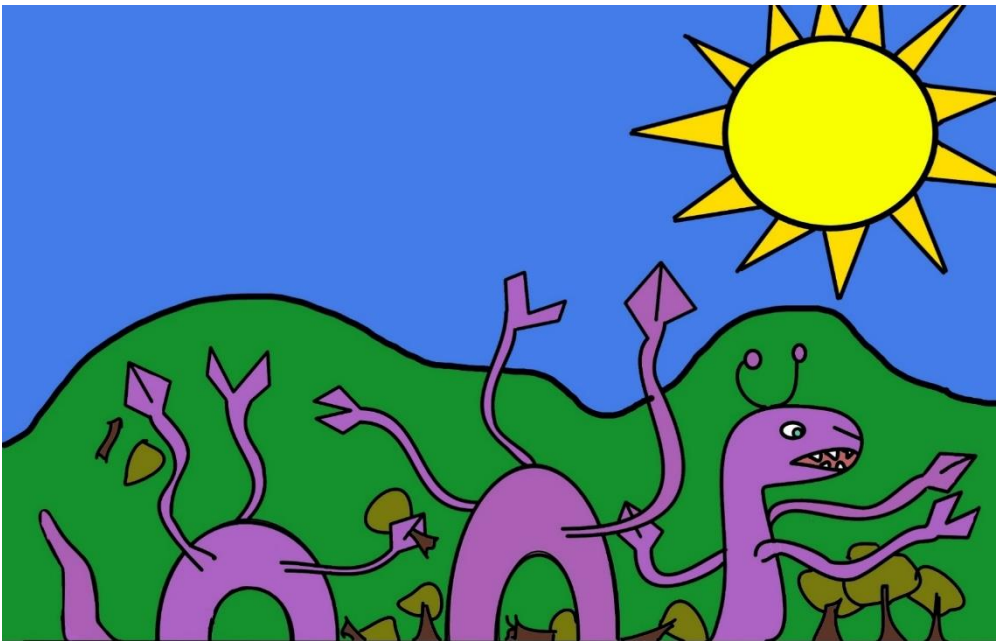
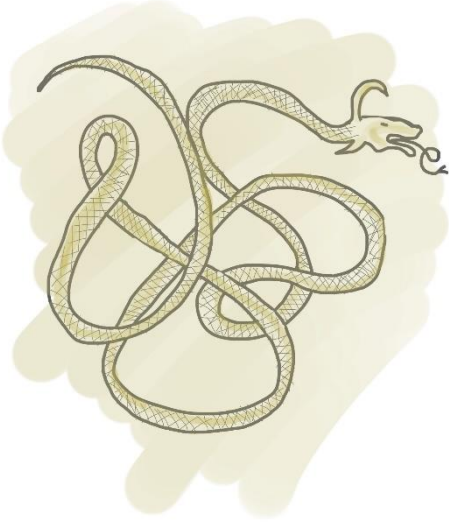
As the mixture took effect the **Stoor Worm** threw its head into the air, its great tongue came out and raised far into the sky, almost touching the moon! It leapt into the air and came crashing back down to earth fast asleep! Where it hit the ground it caused a great valley to form, twisting like the curves of a river. Its tail stretched to the North Sea in one direction, and its tongue reached the Atlantic Ocean in the other.

The **Nature Ranger** explained that to keep the **Stoor Worm** asleep the people of Cumbernauld must bury it, and after it was buried they must **plant trees and flowers and bring animals and birds to live in them** – only then would the **Stoor Worm** sleep on and leave the people alone.

You can still see the shape of the **Stoor Worm** now if you look – **Cumbernauld Glen** is the valley formed by the crash of its body, the **Red Burn** flows along its body all the way to the North Sea and the **Luggie** follows the course of its tongue all the way to the Atlantic Ocean. The **Nature Ranger's** descendants still look after the **Glen** and all the trees, plants and animals there keep the Stoor Worm peacefully sleeping.

IMAGINE A STOOR WORM

No one alive today really knows what the **Stoor Worm** looks like – but here are a few ideas!



IMAGINE YOUR OWN STOOR WORM

What do you think a **stoor worm** looks like?

You could draw one here, write down a detailed description, or even write a story about one!

THE STOOR WORMS OF CARBRAIN

Today we are going to walk through **The Gully**, a mysterious strip of nature right in the middle of **Carbrain**.

This is a **beautiful place** with lots of **birds, plants, trees** and **animals**. But why has this area been left for nature? Why are there no houses or buildings here? It's a bit of a mystery...

Can you see **the winding path** that goes right down the **Gully**, all the way from the top to the bottom? (or the bottom to the top if you are walking the other way!)

This winding twisty path hides a secret... underneath this path lies another Stoor Worm!

Thousands of years ago, long before **Carbrain** was built, a young **Stoor Worm** slithered through here, carving out the **Gully**, turning it into a lush green paradise where nature is able to thrive.

When Cumbernauld was built the **Stoor Worm was already asleep**, buried under the ground. The builders left this area green and full of nature so the **Stoor Worm** would stay sleeping peacefully – we hope it still is!

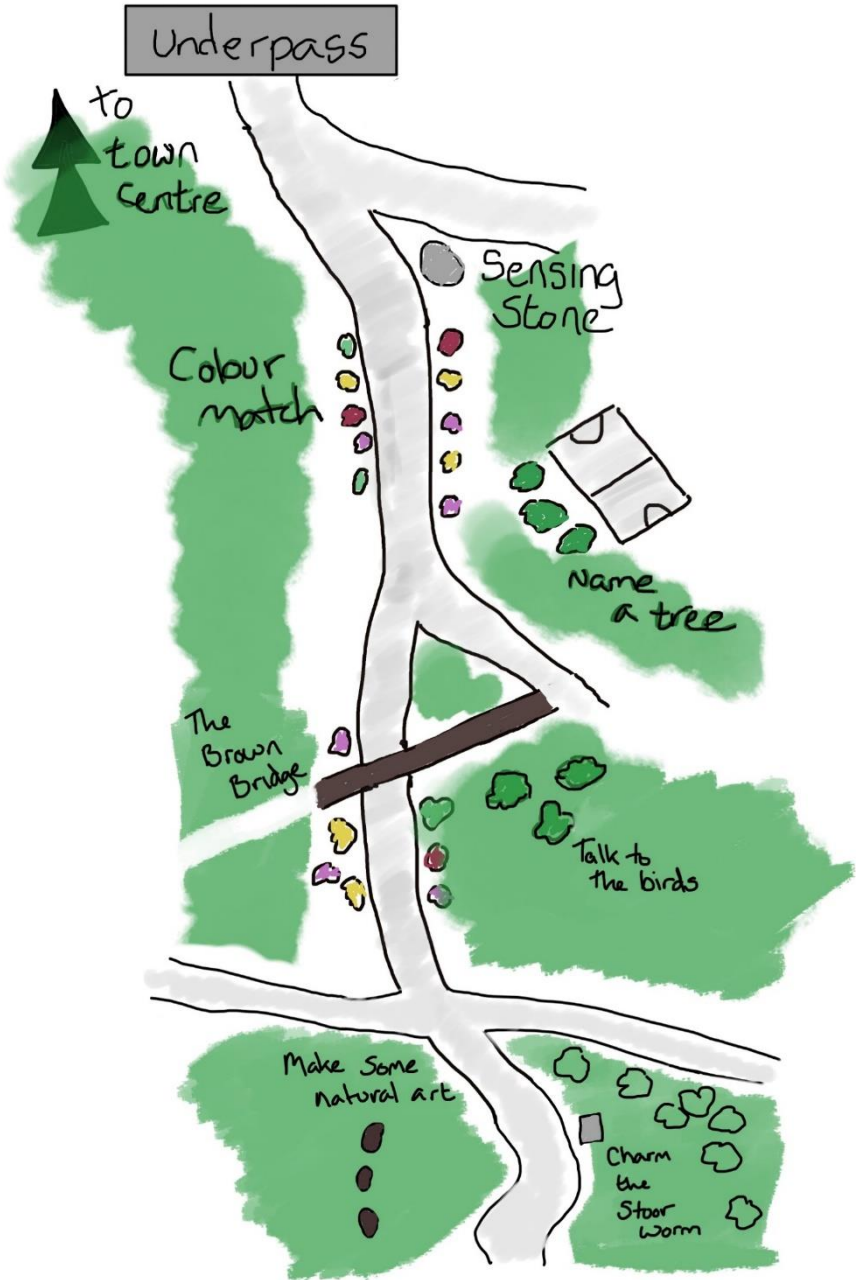
We know that natural things like trees, insects, flowers, birds and animals help to make Stoor Worms (and people!) calm and peaceful. All this nature was left here deliberately to make everyone happier.

Lately however we have been getting reports of strange goings on in the **Gully**. People have been hearing noises and feeling strange rumblings under their feet. **Could the Stoor worm be waking up?**

This is where you come in! **We need to check that the Stoor Worm is still peacefully sleeping and we need your help!**

Are you brave enough to become a **Carbrain Nature Ranger** and help to make the **Gully** safe for wildlife and people?

GULLY MAP



MAKE A POTION

In our story about the **Cumbernauld Glen Stoor Worm** a **Nature Ranger** used a **special natural potion** to put it to sleep. If it turns out the **Carbrain Stoor Worm** is awake then you'll need to make one too!

As you walk around the Story Trail look out for natural objects that you think might be good for your potion. Some examples might be **leaves, berries, acorns, twigs or stones. Remember not to pull up any plants or hurt anything living.** As you walk keep an eye out for a good magical wand sized stick too!

You could use a **container** to carry them in and some **water** to mix them up with too. An old jam jar or a food box would work really well. Don't worry if you don't have a container, you could always use your pockets to collect materials and add the water later!

Here are the things you have to find – you can collect them as you walk!

- ☐ **Lots of leaves**
- ☐ **A few small sticks - not too big!**
- ☐ **Some flower petals - be careful not to pick too many from any one area. Leave lots behind for other people - and for bees!**
- ☐ **Some pine cones, seeds or nuts that have fallen from the trees**
- ☐ **Some small stones - pebbles, not boulders!**
- ☐ **Some moss**
- ☐ **Some long grass**

Keep a hold of your objects – store them in your container as you go - we'll need them at the end of the walk.



THE SENSING STONE

Start your walk at the top of the Gully (at the Town Centre side). Walk very slowly and quietly down the Gully until you come to a big stone by the left side of the path. This is a special stone called **The Sensing Stone**.



It has **magical properties** and **Nature Rangers** use it to help monitor the Stoor Worm. It amplifies all of your senses, making them very sensitive to all the nature in the Gully.

To use it you need to stand next to the stone very quietly, touch its surface, and reach out with all your senses to detect as many natural things as you can.

What senses do you have? Can you name some?

Sense 1 _____

Sense 2 _____

Sense 3 _____

Sense 4 _____

Sense 5 _____

Sense... 6? _____

Do you think you can sense more **natural** or **non-natural** things in the Gully? **Touch the Sensing Stone and use the page opposite to help you decide.**

This is an important task – if there are too many non natural things here the Stoor Worm might wake up!

USING OUR SENSES

Sight Can you see **2 natural** and **2 non-natural** objects?

Object	Natural	Non-Natural
1		
2		

Sound - Can you hear **2 natural** and **2 non-natural** sounds?

Sounds	Natural	Non-Natural
1		
2		

Touch – Can you find **2 natural** things and **2 non-natural** things with different textures within just a few steps? (hint: are there things that are soft, hard, smooth, bumpy?)

Texture	Natural	Non-Natural
1		
2		

Smell – Can you smell a leaf or a flower? Find **2 different natural smells**. Can you smell anything **non-natural**? (hint: smoke, paint, traffic)

Smell	Natural	Non-natural
1		
2		

Taste – Some animals – like snakes – taste by sticking their tongue out into the air. They can tell lots about their environment by doing this! **Stick your tongue out – do you think you can taste anything?** (you could always cheat by bringing along a piece of chocolate!)

Taste	Natural	Non-natural
1		

Count up your finds. Can you sense more natural or non-natural things in the Gully?

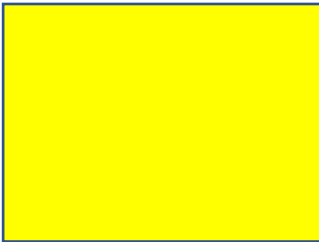
MATCHING COLOURS

It seems like there are lots of natural and non-natural things to be found in the Gully. We'll have to keep investigating.

A great way to check for different natural objects is to look for different colours.

As you walk through the next section of the Gully find some colours that **EXACTLY** match the ones below. You'll find different colours at different times of the year so use the correct page for whichever season you are in.

SPRING/SUMMER



MATCHING COLOURS

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AUTUMN/WINTER



CHOOSE A SPECIAL TREE

Walk down through the Gully until you see **a patch of trees above the path to the left.**

These trees were planted here to help us control the **Stoor Worm**. Their power helps to hold it below the ground.

To be a **Nature Ranger** you need to choose one of these trees to be your **special tree** and follow these secret instructions to bond with it.

1. **Choose your special tree** – pick your favourite tree.
2. **Walk all around your tree and get to know it. Close your eyes and feel the surface of the trunk, the leaves and branches.** Are they rough or smooth? Warm or cold? Is it the same all over?
3. **Look for three different colours on the tree** – check its leaves, twigs and bark.
4. **Look for anything else that might be living on the tree.** Are there any birds, nests, insects, or moss? These are all great things to keep the tree healthy!
5. **Look for things growing underneath the tree.** Are there any plants or flowers?
6. **Use all these facts to make up a secret name for your tree.** Don't tell anyone! This is your secret name.

Once you think you know everything there is to learn about your **special tree** you need to **seal in the magic** to finish making your bond with it.

There is another magical stone here which will help. **Look for a stone with a handprint in it lying flat on the ground at the base of the trees.**

Press your hand into the stone and say the tree's secret name in your head.
You and the tree are now one!



TALK TO THE BIRDS

Walk on along the path, past the football field and stop just before you get to the bridge. We need you to stand in a spot on the hill here where you can see trees and green things all around you.

This is a special area, it is where birds come to hold their meetings.



Stand quietly, listening for a few moments, the longer you listen, the more you will hear.

**Can you hear birds singing and talking in the trees around you?
What do you think they are saying?**

Listen carefully to the bird songs, every species of bird has its own song, with a little bit of practice you can tell them apart just by listening.

Give every different bird sound you hear a name based on how it sounds.

In future you'll know if you hear that sound again that it's the same type of bird.

Try singing back to the birds. Can you make the same sounds they do? Can you have a conversation?

If the birds are singing then it's a good sign that they know that the Stoor Worm is still sleeping.

BIRD SPOTTING

Can you see or hear all of these birds in the Gully? Tick them off as you find them. You don't have to use their 'real' names – maybe you could make up your own?



Real Name: Blue Tit

Your Name

☐



Real Name: Chaffinch

Your Name

☐



Real Name: Blackbird

Your Name

☐



Real Name: Great Tit

Your Name

☐

THE BROWN BRIDGE

We need to walk on down the Gully now, under The Brown Bridge. If you were listening closely to the birds however you probably heard them give you a warning... **this bridge is more than it seems!**



This bridge was built here to mark a spot where the **Stoor Worm** has been known to come up above the ground!

The birds hopefully gave you the secret to get past though (and if they didn't then don't worry I'll tell you now).

Stoor Worms are terrified by Brown Bears!

Brown Bears used to live in this part of the world but they are all gone now. The **Stoor Worm** doesn't know that though...

It's time to stomp your feet, stand as tall as you can with your arms in the air and growl like a Brown Bear.

If your impression is good enough the **Stoor Worm** won't dare stick its head up! Show it you are not afraid!

LISTEN FOR THE STOOR WORM

After you cross under the bridge you'll come to a fork on the path. Keep walking down the middle path and look for a raised square piece of metal on the left hand side.



Stand still next to it and listen...

Can you hear **water** running?

A long time ago there was a river here and some people can still hear the water running deep below the earth.

This explains the rumbling sounds people have been hearing! Perhaps the **Stoor Worm** is deep below playing in the water?

Most of the people who live in Carbrain have **forgotten** that there is a **Stoor Worm** sleeping below the path and they might not know that the best way to keep it sleeping and make everyone happy is to **protect and look after the nature** here.

This is a great spot to try out some natural art techniques that might remind people about the Stoor Worm!

MAKE A NATURAL ART STOOR WORM

Use your imagination and some of the natural materials around you to make your own Stoor Worm!

Remember only to use natural materials. Don't leave things like plastic or metal behind as these quickly become litter and are dangerous to wildlife.

Some Art Techniques You Could Try:

- **Drawing a Stoor Worm** on the path using **chalk**.
- Using **sticks, leaves, flowers and natural objects** to make a **Stoor Worm** on the ground that can only be seen from above.
- Making a **playdough Stoor Worm**.
- Using **natural paints** to paint a **Stoor Worm** on the tree stumps.
- Making a **pebble Stoor Worm**.



MAKE A PEBBLE STOOR WORM

Why not trying making a Stoor Worm out of pebbles?

Collect some **small** stones and rocks. Small smooth stones are best but you can use any that you find. You could do this now or go home and find some stones in your local area.

Use crayons, chalk or paint (you'll find a recipe for home made paint later in this booklet – or you could mix mud and water and use mud paint!) to **decorate your stones** and make them look like parts of a giant Stoor Worm!



Give it a head and a tail and line the stones up like a worm. you can make all the stones the same, or make every one different, give it spots and stripes, make it stand out in bright colours or camouflage it to help it hide!

Once you're finished you could take your stones and leave them somewhere in Carbrain Gully to see if others can find them.

TRY SOME WORM CHARMING

There is **one final test** we can do to make sure the **Stoor Worm** is still sleeping, but it's only for the **bravest of the brave** to attempt...

**Remember the ingredients for the magic potion you have been collecting?
We can use our potion to try to tempt the Stoor Worm to the surface!**

Mix your potion with water in a jar or a container. Give it a good mix together – If you collected a magic wand sized stick you could use it as a stirrer! (don't worry if you don't have water, you could come back and add water later – or just wait until it rains!)

If you know any **magic words** this is a good time to try them out!

We're going to use the potion to charm the Stoor Worm.

Worm charming is an ancient tradition where people try and get underground earthworms to come to the surface.

There is even a world championship competition which is held every year. **The record is 567 worms charmed to the surface in 30 minutes!** It was set by a 10 year old girl called Sophie Smith in 2009.

The best techniques for charming worms is a closely guarded secret – but a good idea is to **pour your potion full of water and natural objects onto the wet grass at the bottom of the gully, say some secret magic words, and then jump up and down!**

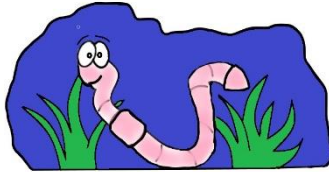
Worms are very sensitive to vibrations in the ground and often come to the surface to see what is making them!

You could try **tapping** on the ground with a stick, **jumping** up and down, **running, hopping**, or even **dancing!** (You can sometimes even see birds like seagulls or buzzards trying this method, rapidly tapping their feet on grassy areas.)

WORM CHARMING

If a **Stoor Worm** comes to the surface then don't worry about it, The **Nature Ranger** is paying attention and we will all deal with it together, but if all we get are **earthworms** then we can be sure the **Stoor Worm** is safely sleeping.

Remember that if you do find any earthworms you must treat them gently and allow them to go back into their burrows unharmed. Earthworms are very sensitive animals and they are VERY important to the environment.



If you're feeling brave enough then mark out an area on the grass, pour out your potion, set a timer, and get charming! Don't forget to let us know at **Cumbernauld Living Landscape** how many worms you charm to the surface!



Thank you for all your help looking for the **Carbrain Stoor Worm** – you are a true **Carbrain Nature Ranger!**

Thanks to your hard work we know that all the **Stoor Worms** of Carbrain will remain asleep. You took notice of the sights and sounds around you, you chose and named a special tree, you played in the open air, left a gift of art for people and animals to enjoy and, most of all, you respected the plants, trees and animals that live here.

As long as the people of Carbrain and Cumbernauld keep showing love for the town's parks and woodlands, all of Cumbernauld's Stoor Worms will continue to sleep peacefully.

There are lots of other activities for you to try in the rest of this booklet – and you can find other Story Trail booklets on the **Cumbernauld Living Landscape** website.

www.CumbernauldLivingLandscape.org.uk

Why not try one, get outside, spend time in nature and have fun!



WALKING GAMES

WHEN YOU HEAR

Number of People: Two or more.

Where to Play: Play as you walk

Materials Needed: None

How to play:

- Pick a natural sound, such as the wind in the trees, the tweeting of a songbird or the cawing of a crow.
- Line up in single file and start walking. When you hear the sound, the first person in the line has to run to the back.
- Continue until everyone's had a turn to lead.

POETRY ON THE GO

Number of People: Two or more

Where to Play: Play as you walk

Materials Needed: None

How to play:

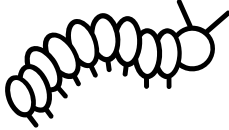
- Take turns creating a poem-on-the-go.
- Start off with a simple line like “one day I took a walk.”
- The next person adds their own rhyme such as “but then I lost my sock”... “I found it on a rock”... and so on.
- Be creative and have fun, the sillier the better.

NATURE BINGO

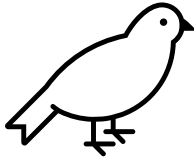
The **Stoor Worms** are kept asleep by all the natural objects in Carbrain. Every time we walk through the Gully it is definitely worth checking that things are still OK.

Use this checklist and look for these natural things as you walk

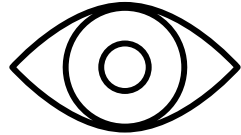
- ☐ A crawling insect



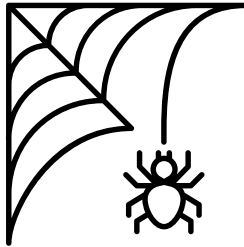
- ☐ A singing bird



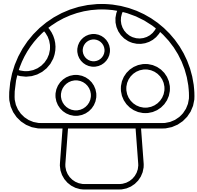
- ☐ Something the colour of your eyes



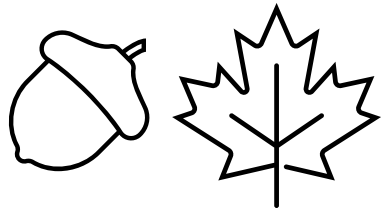
- ☐ A spider's web



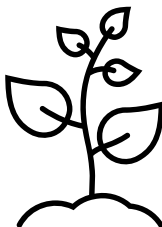
- ☐ Some fungi (mushrooms and toadstools)



- ☐ Something that fell from a tree

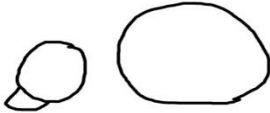


- ☐ A growing plant



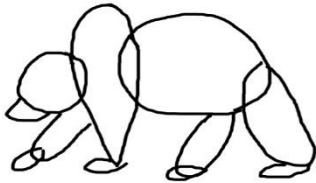
DRAW A BROWN BEAR

Did you know that, a long time ago, Brown Bears used to live in this part of Scotland? Unfortunately as people chopped down the forests to build farms and homes the bears were forced out and eventually had nowhere to live and disappeared. If we don't look after nature now the same thing could happen to other animals that still live here.

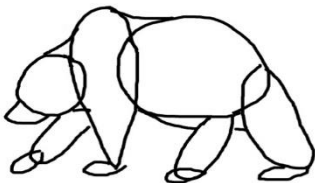


Start your drawing with some simple circles.

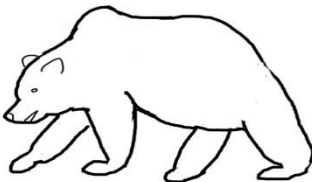
One is going to be the body, the others are the head and nose. Do this in pencil, you'll need to rub some lines out later.



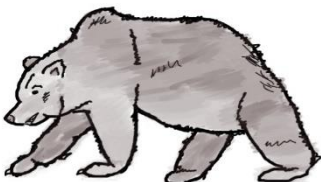
Add some more shapes to make up the legs and feet. Make sure the shoulder of the front leg is higher than the bears back. Bears have big shoulders!



Is it starting to look like a bear yet? Add some connecting lines to join your shapes together and make the outline of its neck, back and belly.



Now comes the tricky part... carefully rub out all the lines that you don't need anymore until you're left with just the outline of the bear. You can add in some details like ears, eye, nose and mouth too.



Make the outline jaggy so it looks like fur and add some shading to mark where the muscles and joints are. Finally colour the whole thing in. You can use whatever colour you like but we went for brown – it is a Brown Bear after all!

WEE WAYS WILD (Spring/Summer)

Take your lunch out into the Gully and find somewhere nice to sit and enjoy it. Maybe you could have it under your special tree!

Look up: find somewhere safe to lie on your back and stare up at the sky or into the tree tops. Can you find a cloud shaped like a Stoor Worm?

Imagine you are a giant – use stones, twigs, leaves, moss and natural materials to make a mini nature reserve that could keep a Stoor Worm sleeping. What animals might live there?

Look after the Gully by doing simple things like taking all your litter home with you – or why not speak to your friends and neighbours and organise a litter pick! Organisations like Cumbernauld Living Landscape or North Lanarkshire Council might be able to help too. If there's too much litter the Stoor Worm might wake up!

Make shadow art. Stand on the path in the sunshine and get a friend to draw round your shadow in chalk or home made paint (don't use real paint!) Once you have the outline you can colour the whole shadow in.

Visit your Special Tree in Spring and again in Summer. Can you spot any differences between the seasons? Do the colours, smells and textures change? Are there different plants and animals around? Try writing it all down, drawing a picture, or taking a photograph so you can compare it.

Walk through the Gully and imagine you are an animal. Where will you live? Where will you find food, water and shelter? What dangers are there?

Explore and find the biggest tree in the Gully and then photograph or draw it.

Sit really quietly and watch the birds which visit your Special Tree. Which bird do you see most often? What colour is it? What does it eat? Where do you think it lives at night?

Visit the Gully in the rain and splash in some puddles! Does it look different from when the sun is shining? What do all the plants and animals do when it rains?

WEE WAYS WILD (autumn/winter)

Draw your own map of the Gully — mark your Special Tree, show where you think all the animals live and the best spots to find food and water. Work out the areas where you think the Stoor Worm might come to the surface. Are there any things you would add to the Gully to make it even better for nature?

Go out at night (tell an adult where you are going, or even better, take one with you!) and look up at the stars. Which is the brightest? Can you make any shapes by joining the stars together? Is there a Stoor Worm constellation!?

Wrap up well, go out in any weather and experience the wind and the snow! How does it feel? Kick some fallen autumn leaves or make a snow animal!

Without damaging anything living, or breaking any trees, make a small pile of wood and dead leaves in the trees away from the path. Small animals and insects might hide and shelter in your habitat pile.

Visit your Special Tree in autumn and again in winter. Can you spot any differences between the seasons? Do the colours, smells and textures change? Are there different plants and animals around? Write down, draw, or photograph what you see and compare it to the other seasons.

Look for animal footprints in a muddy spot (or even better, in the snow!) — can you follow them? Where do you think the animals are going?

Go out around Hallowe'en and look for spooky signs. Can you find any spiders webs, trees that look like frozen monsters, or spots a bat might like to live in?

Make a hot drink (my favourite is hot chocolate!) and bring it out into the Gully. Find a spot to sit and drink it with friends or family.

Encourage a friend or family member to come on a walk with you, show them around!

HOME MADE PAINT RECIPE

When we're painting in nature we don't want to use the same paints that we use in our houses because they can contain chemicals that are harmful to all the plants and animals that live outdoors.

To make sure the paint we use is safe to leave behind in nature we can make our own out of natural ingredients.

To make our paint you'll need:

- A mixing bowl.
- A cup or mug for measuring ingredients.
- A container for your finished paint
- Food colouring
- Flour
- Salt
- Water

Instructions

- Mix together equal amounts of water, salt and flour in your bowl (you could try using one cup of each to start)
- Give it a good stir until it is all mixed together into a paste.
- Pour in some drops of food colouring and mix it all together again. Keep adding colour until you get the shade you want (you can also add more water now, a little bit at a time, if you want your paint to be thinner and more runny).
- Pour it into your container. Give it a good shake if the parts of the paint start to separate.
- Paint!



MAKING STORIES

Telling stories is a great way to expand your imagination and learn new things about the world around us. We've been learning about the story of the Stoor Worm in this book – why not see if you can make some stories of your own?



MAKE SOME STORY STONES

Story stones can help you to write your own stories and they're really easy to make!

Go for a walk in nature and collect some flat, smooth stones. Make sure they are safe to pick up, and that you're not damaging anything, and then take them home.

Six or so stones is a good place to start—but the more stones you have, the more varied your stories will be. Once home give your stones a wash (and wash your hands too!) and then leave them to dry.

(If you can't find any stones, another idea could be to cut pictures out of a magazine or just draw on paper.)

Now get creative! Paint or draw a different picture or design on each stone (you can even do different pictures on each side of the stone if you like). You could draw a detailed picture of a ladybird for instance—or just draw a pair of eyes and leave the rest to the story teller’s imagination!

Some ideas for pictures might include **animals, plants, weather symbols, emojis, buildings, natural places** or **symbols for actions** (like ‘run’, ‘jump’, ‘dance’). Let your imagination run wild!



Now use your stones to tell a story!

Put all your stones in a bag (an old sock would work too!) then randomly draw them out one by one.

Every time you pull out a stone look at the picture and use it to make up a sentence – for example if you pulled out a picture of the sun you might say **“One sunny day I was out for a walk...”**

Now pull out another stone and use the picture to make up another sentence that takes your story further. Keep going until you run out of stones!

THE FIVE WAYS TO WELLBEING



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

Building these five actions – **BE ACTIVE, CONNECT, GIVE, TAKE NOTICE** and **LEARN** into our daily routine helps everyone live happier, healthier lives.

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



Spending time outdoors in amongst nature and wild places helps too!



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

Scientists have shown that playing and learning outdoors helps children (and adults!) to be happier, and healthier. It also helps with things like confidence, creativity, imagination, learning and memory.

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



Playing outdoors helps people to get fit, sleep better and enjoy life. It also helps families to bond together and make memories that will last a lifetime.



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

Where-ever you live in Cumbernauld there are greenspaces right on your doorstep – why not step out and explore them?

WILD WAYS WELL AND FAMILIES

The **Wild Ways Well** project is designed to get people—adults, children and families—spending more time outdoors in order to benefit their mental wellbeing.

We combine the proven benefits of contact with nature with **The Five Ways to Wellbeing**—a proven mental health framework that is used by the NHS and the major mental health charities, as well as other organisations all over the world.

By encouraging families to spend time and play outdoors they'll **Be Active**. A family Wild Ways Well session will always include a walk and active games designed to get the whole family moving and having fun together.

While we walk and play we'll always be encouraging everyone to **Take Notice** via games and activities. We might ask people to look out for a certain colour, tune their ears into a particular bird song, or use their senses to find their way around.

Children's minds are always absorbing new information. We'll encourage everyone to **Keep Learning** by exploring the natural world around us. What's the best way to build a beaver dam? How do squirrels find food in the winter? What's the name of that tree? How can we safely build a fire or a den? Fostering every child's natural sense of curiosity will lead to ever more questions—and answers.

By encouraging families to spend time together we'll also help everyone to **Connect**—not only as a family but with other children and families who might live nearby or share similar interests and circumstances. We'll help people form bonds with each other, and with nature, friendships and interests made in the outdoors that will bring lasting memories.

Finally we'll **Give**. By learning together about basic forest skills and simple rules such as 'leave no trace' we'll all help to conserve and respect nature. We'll help each other to learn and have fun—and we'll help wildlife by simple tasks like making bird feeders or bug hotels.

FAMILY STORY TRAILS

The **Carbrain Stoorworm** is part of a series of story trails developed by Cumbernauld Living Landscape's **Wild Ways Well** project in partnership with North Lanarkshire's **Community Learning and Development (schools) Workers** and families from **Carbrain Primary School, St Margaret's of Scotland Primary School, Glencryan School and Redburn Primary School**.

To develop the Carbrain Stoorworm story staff and volunteers from both organisations worked with families from St Margaret's of Scotland Primary School.

Families walked the route, listening to the story and stopping at each point in the booklet to engage in the activities.

The group went out for one walk a week for four weeks to complete the trail. Each time the story was added to and a different activity was tried.

Now you have the finished story book to help you start your walk.

You can follow it as many times as you like, and every time will be different as your imagination grows and the weather and seasons change.

There are also lots of activities related to the walk that you can try out at home.

Bring your walks to life!

LEARNING IS EVERYWHERE AND FREE

CUMBERNAULD LIVING LANDSCAPE

Cumbernauld Living Landscape is improving Cumbernauld's greenspaces for both people and wildlife, while helping everyone in the community connect with the nature on their doorstep.

Cumbernauld is incredibly green and we believe that everyone should benefit from this. However, these green areas are often disconnected from one another and many are not as good for people – or wildlife – as they should be.

Without good quality, healthy places people and wildlife cannot flourish. Working closely with the local community, we need to ensure that healthy places are at the heart of the town's future. We will achieve this through a range of projects across the town, divided into four major workstreams.

Improving Habitats and Access – We're improving habitats for wildlife and making it easier for people to find and access these sites. We will also enable people to volunteer and take practical steps to conserve and improve these places.

Connecting Young People to Nature – We're providing opportunities for children to get involved in practical environmental projects and helping schools use the outdoors as part of their lessons.

Promoting Green Health and Wellbeing – It is now well established that access to the outdoors is vital for people's health. The Wild Ways Well project helps people, care practitioners and groups to use nature to help manage their mental wellbeing.

Unlocking Community Capacity – We are unlocking and developing the skills of the community. By building relationships with groups and individuals and helping them to take action for nature we will ensure a legacy that will last beyond this project.

This booklet contains ideas, inspiration, information and activities that anyone can try to help them connect with the outdoors. Perhaps they'll help you to see Cumbernauld's greenspaces in a new light.

You can find out more about all our projects by visiting our website
www.cumbernauldlivinglandscape.org.uk
Facebook - Cumbernauld Living Landscape or
Twitter and Instagram - @WildCumbernauld



LINKS

Cumbernauld Living Landscape cumbernauldlivinglandscape.org.uk

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

Community Learning and Development twitter.com/NLFamilyLearn

www.facebook.com/NLCFamilyLearning

There are lots of online resources which can help with outdoor and indoor nature activities, here are just a few of them

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

Scottish Wildlife Trust Wildlife Watch www.wildlifewatch.org.uk

Woodland Trust Nature Detectives www.woodlandtrust.org.uk/naturedetectives

RSPB for Kids www.rspb.org.uk/fun-and-learning/for-kids

Outdoor and Woodland Learning Scotland www.owlscotland.org

The Conservation Volunteers www.tcv.org.uk

The Scottish Wildlife Trust www.scottishwildlifetrust.org.uk

The Scottish Storytelling Centre www.scottishstorytellingcentre.com

There are many resources online that can help with mental health and family life

The Five Ways Well www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx

SAMH www.samh.org.uk

Family Lives www.familylives.org.uk

NSPCC www.nspcc.org.uk

Childline www.childline.org.uk **0800 1111**

All photos and text in this booklet by Paul Barclay and Katie Brown. With thanks to Lesley Davidson, Val Mckernan and the families and children of St Margaret's of Scotland Primary School.



Cumbernauld Living Landscape is a partnership between the Scottish Wildlife Trust, North Lanarkshire Council, Sanctuary Scotland, the James Hutton Institute and TCV – The Conservation Volunteers.

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Our partners



Our funders



Cumbernauld Living Landscape is led by the Scottish Wildlife Trust, a Scottish registered charity (charity no.SC005792) and a company limited by guarantee and registered in Scotland (registered no. SC040247). Wild Ways Well is a provided by TCV, registered as a charity in Scotland (SC039302).