



**GET
INVOLVED
TODAY!**

Creating Natural Connections

Greenfaulds 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 story in Greenfaulds you might want to bring:

- **Some playdough (there is a recipe for home-made playdough in the book).**
- **A scarf that could be used as a blindfold.**
- **A pen or pencil.**
- **Some flour or chalk.**

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

ALIEN SIGHTINGS REPORTS

Name : [REDACTED]

Location : Greenfaulds, near the park

Description of UFO : Long and thin with brown outer coating and green nose

Description of Alien (if seen) : Four arms, antennae instead of ears, smiling face, looked friendly.

Number of Tentacles : None seen.

Other details : Spaceship landed in among some trees, when I approached to see it closer I couldn't find it! Almost like it was disguised or something! There were lots of strange looking plants and animals around where it had been.

Name : [REDACTED]

Location : Greenfaulds, beside the school.

Description of UFO : Very tall, brown, green leafy bits at the top, seemed to have a squirrel hanging on to the outside

Description of Alien (if seen) : Squirrel!

Number of Tentacles : None.

Other details : The spaceship landed next to a big patch of a strange red coloured plant I've never seen before? There are loads of these plants growing here now.

THE GREENFAULDS TRIANGLE

There are **strange things** going on in an area of Cumbernauld called **Greenfaulds**.

The people of Greenfaulds have been reporting bright lights appearing in the sky at night, things disappearing, strange patterns appearing in flowerbeds and **weird new plants and animals** being seen in the area.

All of these things are happening in a single area which can be enclosed within a triangle – people are calling it **“The Greenfaulds Triangle.”**

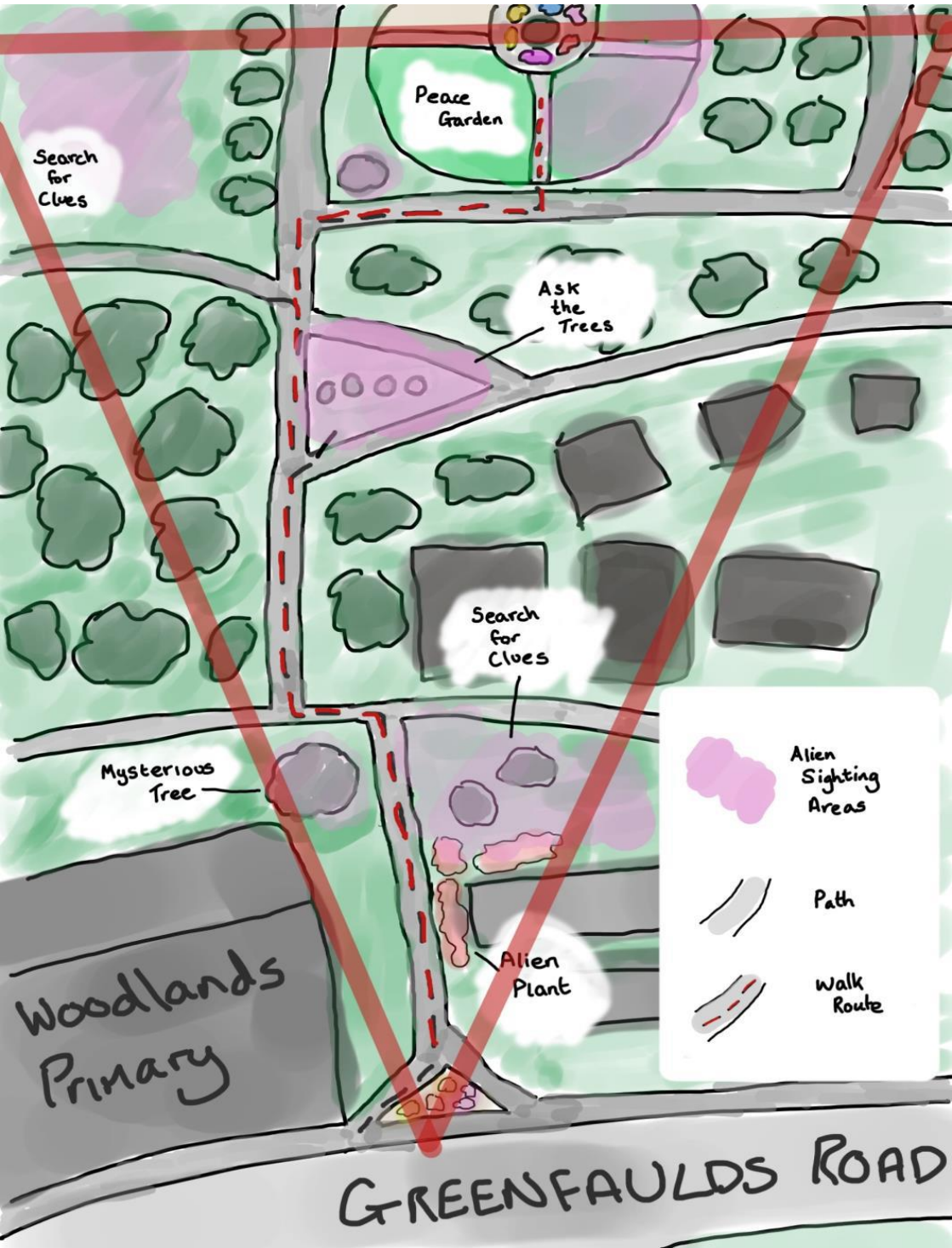
No one can explain what is happening but some people think strange extra terrestrial beings, or **‘aliens’**, might be to blame. Could Greenfaulds be under alien invasion?

The people at **Cumbernauld Living Landscape** are worried about how these things might affect nature in the area and they need your help. **Today it is up to you to solve the mystery**. Are you ready to be a **Cumbernauld Nature Detective?**

Start your investigations outside **Woodlands Primary School**.

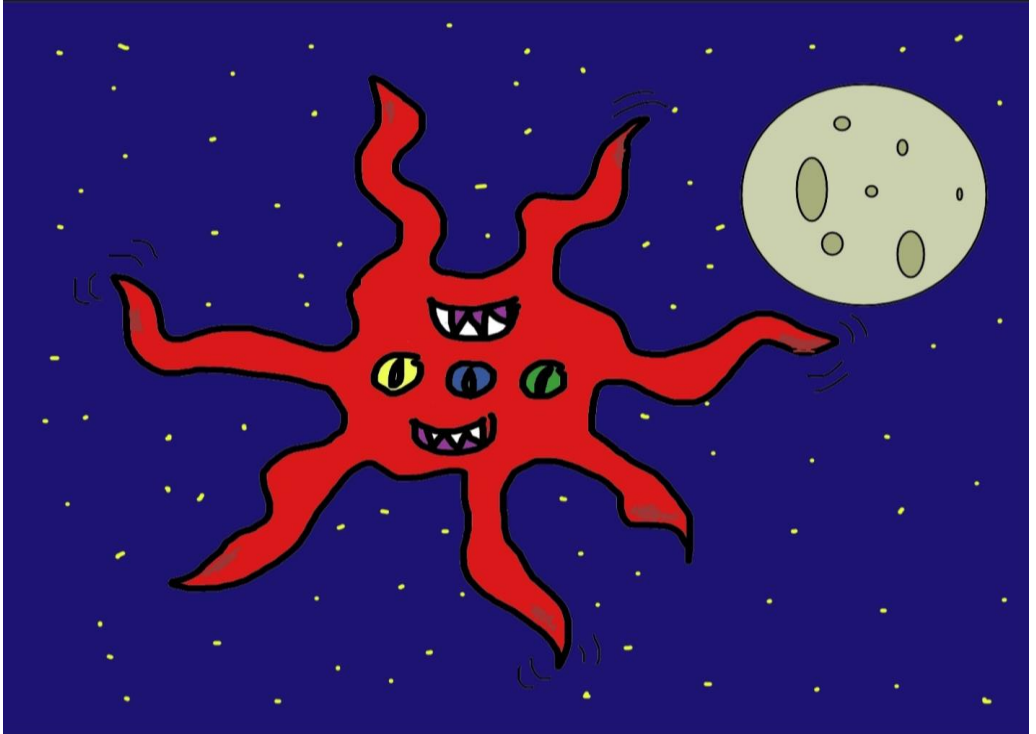
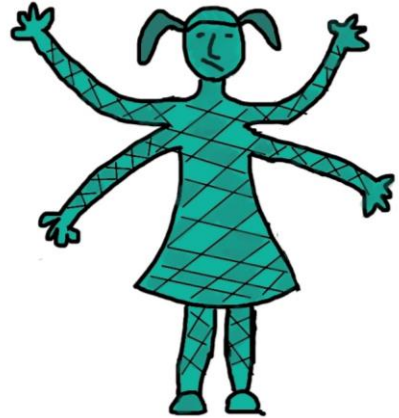
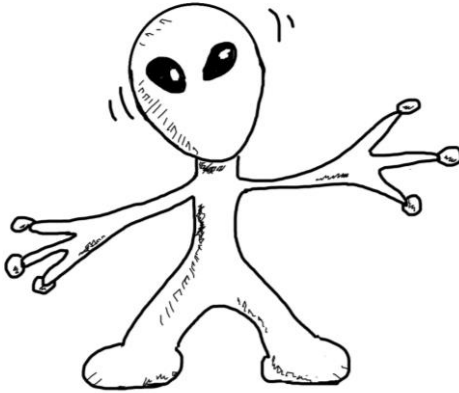


GREENFAULDS MAP



IMAGINE AN ALIEN

No one really knows what an **alien** might look like – but here are a few ideas!



IMAGINE YOUR OWN ALIEN

What do you think an **alien** looks like?

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

MYSTERIOUS SIGNS

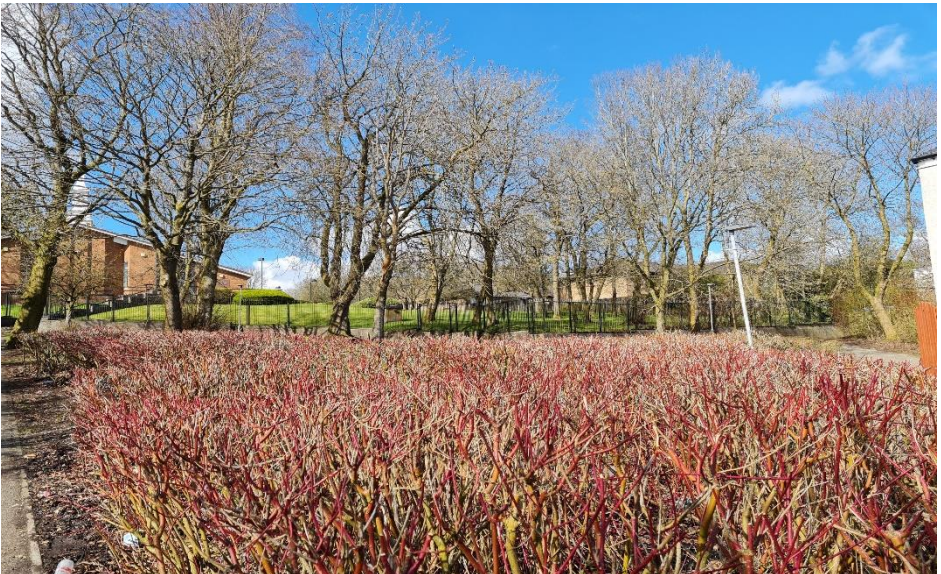
As you stand outside the school looking for clues you are approached by a strange looking woman. You know that **everyone is different and we should never judge anyone by the way they look** - but you feel sure that she is the first person you have ever met who has **four arms** and **antennae** instead of ears.

She tells you that she is a visitor to Greenfaulds and she comes from a very long way away. She would love your help to find her way around and explore the local neighbourhood, she particularly wants to see all the local trees.

Maybe she can help you solve the mystery!

You are here with other people and adults who you know so it is safe to go with her - you'd never go off with a stranger alone!

You walk along the side of the school fence until you reach a small park. The woman rushes forward and stops beside some **strange red bushes** by the side of the path.



INVADERS

“Oh I know this plant” she says “It comes from the place where I live. We must be close!”

You look confused, didn't she say she lived somewhere very far away?
How could she be close to home?

Take a closer look at the alien plant she is so interested in. It is a bush with long red twigs.

Imagine that you were with a friend who couldn't see the twigs. Can you describe them?

Reach out and touch the twigs. What do they feel like in your hand?

Are they hard or soft?

Are they smooth or rough?

Are they the same colour all over?

Do they have leaves or buds? What colour are they?

Can you bend them? Do they break easily?

Do they have a smell?

Can you make a noise with them?

SEARCH FOR CLUES

“This is actually quite worrying” the strange woman says. *“In fact it could be a big problem. I need you to help me search this park – are there any more plants like this?”*

Search the park for natural materials. Can you find any more of the same plant? Find FIVE different natural objects.

Use your senses to examine them.

Are any of the natural things you found the same colour as the alien plant?

Do any of them feel the same between your fingers? What’s the difference? Are they heavier or lighter? Rougher or smoother? Can you bend them without breaking them?

Can you find any trees or bushes that that have the same twigs, buds or leaves as the alien plants? What are the differences?

Do any of the objects you’ve found have a smell? Do they smell the same?

The plant the mysterious stranger has found is called **‘dogwood’**. It isn’t a native plant that grows naturally in Cumbernauld, it had to have been brought here by someone. It grows so fast it can quickly take over whole areas.

Do you think you have seen it anywhere else in Cumbernauld?

A SPECIAL TREE



As you explore the park you will have **noticed a tree growing beside an old fallen down wall next to the school fence.** The mysterious woman has stopped next to it and beckons you over. *“Can I tell you a secret?”* she looks around carefully *“I need your help”*

She tells you that she is not a human at all – **she is an alien from the planet Dluanreb’ muc** in a galaxy far, far away! Her species like to visit Cumbernauld because **they love green places. They love to see all the beautiful trees, plants and animals which live in our parks and woodlands.** In fact Cumbernauld is reckoned to be one of the greenest towns in the Galaxy!

The alien explains that she has come to Greenfaulds today however because **she is searching for other members of her species who have come to visit here and disappeared!**

She points to the tree she is standing beneath. *“Can you see anything unusual about this tree?”* she asks...

INVESTIGATE THE TREE

The tree the alien is standing under is called a **horse chestnut** tree – you might know it as a **conker** tree! This one has been growing in Cumbernauld for a long time.

Originally though this species of tree did not grow naturally in Cumbernauld, they were brought here as seeds from a long, long way away.

Can you describe the horse chestnut tree? Walk around it and examine it from all angles

How tall is it? Is it taller than your house?

Feel the tree's bark. Is it bumpy or smooth? Hard or soft?

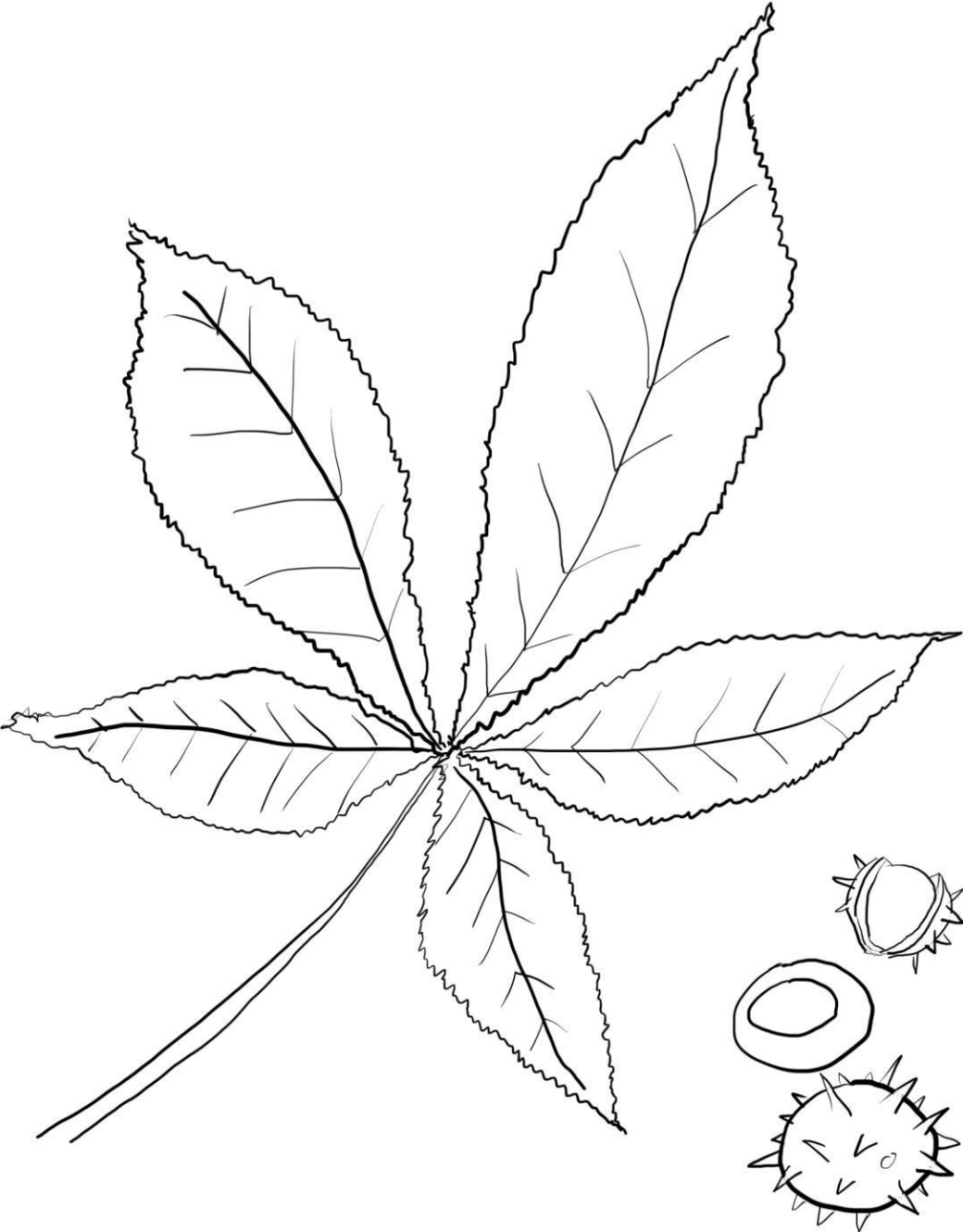
Does it have a smell? Try sniffing the bark and leaves

Can you see any strange spiky balls on the ground around it? What do you think they are?

What shape are its leaves? Could you draw one?

Could you colour the drawing on the next page?

HORSE CHESTNUT LEAF AND FRUIT



BE A TREE

The stranger watches you carefully as you examine the tree.

“This isn’t a tree” she tells you “this is a space ship! My people wanted to visit without anyone knowing we are here. We use special technology to disguise our spaceships, and our bodies, as natural things from your planet. But something must have gone wrong, this tree and that dogwood plant aren’t from this part of your world at all!”

You look around at all the trees.

“Are all of these trees aliens and spaceships?” you ask.

“No, not all of them” the stranger says *“maybe I can help you to see the differences. The first step is to try and be a tree yourself.”*

Can you be a tree?

- **What does a tree need to grow?** (sunlight, water, earth)
- **Find a good spot to grow**, plant your feet hard onto the ground (barefoot if you’re feeling brave!) and lift your arms with your fingers spread out to be your branches and twigs.
- Are you going to grow on your own or in a group with your friends and family? **Do you think you could form a forest?**
- Can you feel the **wind** and **sun** on your branches? Pretend there is a wind blowing and sway about in it.
- **What colour will your leaves be?** Will you have flowers in spring and summer? Can birds and animals live in your branches?
- **Stand as tall as you can, feel the earth beneath your feet and the sunlight on your skin and wave your branches in the wind.**

Now you have lived like a tree it will help you to spot aliens who are doing the same!



MIGRATION TALES

As you are pretending to be a tree the alien woman looks up at the sky with a frown.

“I’ve visited this part of your planet before” she says “but I’ve never seen a bird like that! And why is it making such a strange noise?”

Listen to the birds singing in the trees around you.

How many different birds can you hear? Can you see any of them?

Can you sing like a bird? Try singing out loud and seeing if the birds will sing back!

This time you can explain something to the alien woman, she is not the only one who knows a secret! You tell her that the birds she can hear only sing like this in spring and summer – and that some fly here from very far away every year. Some birds fly here all the way from places like Africa, Europe or Scandinavia

Can you imagine their journeys?

Can you think of some of the things they might have seen as they flew all the way to Cumbernauld? Can you name some famous places or some animals they might have flown over?

The alien is very concerned when she hears your story. She knows that the birds come here to Cumbernauld **because they can find food and places to live in all the local trees and plants that grow here.**

But the alien plants you have found come from a very different place. **The birds cannot eat them and there are no places to live in amongst them.**

“I must tell my people about this” she says “We need to be more careful about planting things from our planet here. We want to make sure there are lots of plants for Earth birds and animals to eat.”

WHERE IN THE WORLD



Where do you think some of the birds you can hear flew to Cumbernauld from?

You could mark some of the places on the map and draw their route –or some of the things they might have seen on the way.

WALKING GAMES

It's time to walk to the next area.

Follow the path to the left past the church until you come to some gates and then turn right to walk up a narrow path with green on both sides.

Keep walking until you come to a small park with four trees.

As you walk try playing one of these games.

WHAT DID THE BIRDS SEE?

Number of People: Two or more.

Where to Play: Play as you walk

Materials Needed: None

How to play:

- As you walk the person at the front of the group has **to name one thing that the birds might have seen on their migration to Cumbernauld.** After they name it they run to the back of the group.
- *For example... "On the way to Cumbernauld the birds saw an Elephant!"*
- The new leader now has to **repeat what the first person said and then add their own item and return to the back.**
- *For example... "On the way to Cumbernauld the birds saw an Elephant, and a Green Parrot!"*
- **The next person has to remember and repeat all the things that have been said before and then add their own item.**
- *For example... "On the way to Cumbernauld the birds saw an Elephant, and a Green Parrot, and a Crocodile!"*
- **Keep going until someone forgets the list!** You can make animal noises and movements too to help you remember.

WALKING GAMES

ALIEN TRACKS

Number of People: Two or more.

Where to Play: Play as you walk

Materials Needed: Flour, chalk or natural materials to make tracks

How to play:

- **Split your group into two.** Make sure there is an adult in both groups.
- **One group pretends to be an alien or an animal,** they must run to the next part of the walk and hide. **This group will be the ‘Aliens’,**
- **The other group will be the ‘Investigators’** and they must find the aliens!
- Before the aliens leave they must agree on a **special sign or symbol** that they will use as their **‘footprint’.**
- The Investigators must close their eyes and turn their backs and then give the Aliens a two minute head start.
- As the Aliens head to the next area **they must leave 10 ‘tracks’ behind them.** As they run they must use their flour, chalk or natural materials to **make their special sign on the path 10 times** and leave it for the other group to find. They can lay false tracks or even try to hide their track but they **MUST** leave it somewhere the other group can see it and find it.
- **After two minutes have passed the Investigators can give chase.** They must find all 10 tracks before they catch up with the Aliens!
- **Aliens can leave false tracks which are the wrong pattern or shape – the Investigators must make sure they are following the right ones!**

ASK THE TREES

Keep walking until you spot a **triangle of grass** in the middle of the path – this could be a clue!



In the grassy area next to the path are **four trees**. Could one of them be an **Alien Space Ship**?

The alien asks you to stand on the path and look towards the four trees while she asks you some questions about them.

The questions are on the next page.

For each question identify which of the four trees is the answer and then run over to it – first one to touch the tree gets a point!

Then everyone come back to the path for the next question

ASK THE TREES

1. Which tree is the tallest?
2. Which tree has the thinnest trunk?
3. Which tree has the palest coloured trunk?
4. Which tree is furthest from the path?
5. Which tree has the most branches?
6. Which tree has the lowest branch?
7. Which tree has the most flowers growing around its base?
8. Which tree is the smallest?



This all seems very confusing? How can answering these questions tell us which tree is a spaceship?

The alien makes a strange noise which you realise is the sound of it laughing!

"The answers don't actually matter, all these trees are spaceships! But they have been here so long that they have run out of energy.

My species has a special technology that can power our spaceships by storing and re-using all the energy you put into the ground by running over it.

All your exercise has recharged their batteries and made you stronger and healthier too!

On our planet we know that exercising outdoors like this is one of the best ways to look after ourselves and our spaceships!"

MAKE A PLAYDOUGH ALIEN OR SPACESHIP

Find your favourite tree and use some playdough to add features to it which show it is an alien or a spaceship. (You'll find a home made playdough recipe later in this book)

You could add eyes, ears, antennae – anything you can think of! Or you could mark out where the spaceship doors and windows are or add some fins and rockets!



ALIEN WELCOME

Start heading up the path towards the Peace Garden. On your left as you walk you will see an open grassy area through the trees. This looks like it would be the perfect place for alien space ships to land.

The alien says that her people are shy but they might come to land if we can make them feel welcome!

Try some activities to welcome our alien friends.



ALIEN WELCOME

There are lots of games you could play in this open green space that might encourage aliens to visit, or just entertain them!

Make an Alien Music Symphony.

Each person collects a natural object (remember not to damage or hurt anything) and uses it to make music.

Spend five minutes looking for your musical instrument.

'Tune' your instrument by demonstrating how you'll make a noise with it. (Try banging, rubbing, blowing or waving your object.)

Choose one person to be the conductor and tell the others when to make their noise. Can you make a song an alien would enjoy?

Make some Alien Art.

Collect some natural objects and bring them back to the middle of the park.

Use your objects to make a picture that can only be seen from space!

Make it as big as you can, you want the aliens to see it. You could make a welcome sign, a landing pad, an animal, a tree –or maybe you could even make the shape of an alien spaceship!

ALIEN GAMES

Sound Mates

Most people need to be able to see in order to find their friends, but some people and animals - and some aliens - have very different senses.

One way for them to find each other might be to use **sound**.

Get into pairs – spend a few moments agreeing on a **special sound** that each person in the pair can make (you could make up a brand new noise or try to impersonate an animal).

Now split up, partners go to opposite sides of the park.

Everyone must close their eyes (or even better, wear a blindfold or scarf over their eyes) **and then find each other using only their special sounds!**

Nature Guardians

A good way to help protect nature is to practice improving your senses.

Choose one person to be the ‘guardian’. That person must sit or stand on the ground with lots of **natural objects** (sticks or stones are a good choice) around their feet.

The guardian must close their eyes (or use a scarf as a blindfold) and protect the natural objects.

Everyone else has to approach the guardian, one at a time, and try to steal one of the natural objects. They must move as slowly and quietly as they can – no running!

If the guardian **hears** one of the thieves approaching they can **point in the direction of the sound they heard**. If they are pointing at a thief then that thief must **go back to the start**.

WALKING GAMES

Follow the path to the left of the park which leads up to the Peace Garden.

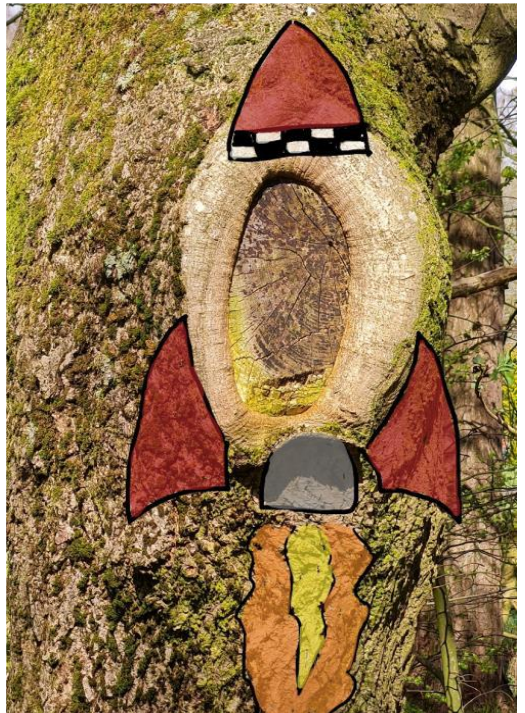
The alien is looking carefully at the trees as you walk. She tells you that she thinks more of them might be her friends in disguise. Some of them have been here so long they are sleeping, she will need to identify them so she can wake them up!

Look very closely at the trees as you walk.

Can you see any **eyes** or **mouths** or even **tentacles**?

Can you see anything that might look like **spaceship windows** or **rocket engines**?

Use your imagination!



Keep walking along the path towards the Peace Garden until you see a tree that **is very tall and has soft green needles for leaves** which stay green all year round.

This tree is called a **Scots pine** and in Scottish history trees like this were often planted to mark very special places. Maybe the aliens do the same thing – we could be close!



PEACE GARDEN

Walk into the **Peace Garden**. This is a very special place, it was made to remember people from all over the world who have fought in wars.

It is full of beautiful plants from all over the world. Although some of them are not very good for animals and birds to eat or live in it is good to have them here because this place was made specially for them to live in so that people could see them.

People come here to enjoy how beautiful the garden is.

We must be very careful not to damage or disturb this special place.



ALIEN BINGO

The alien looks around. *“I think this Peace Garden might be a wonderful place for my friends to come and visit. Places like this are perfect, we can live here in peace without disturbing the local plants and animals which live in Cumbernauld’s woods.”*

Can you find these signs of alien life?

A plant with long, green, glossy leaves



An artificial home for wildlife



A metal bird



A tree that looks a bit like a Christmas tree



A flower that is colourful all year round



THE END?

Well done! We have solved the mystery of the Greenfaulds triangle!

We have found proof that **alien life** has taken up residence in Greenfaulds. But you know from your journey with the friendly alien that this doesn't have to be a bad thing.

Meeting the alien and talking to her has meant that now people and aliens understand each other much better.

The alien has learned that species from her planet can be bad for the wildlife that lives here. **But we know that there is room for everyone in Cumbernauld and everyone is welcome here.**

She has agreed that in order to avoid damaging the Earth's environment **her people should only bring their plants and spaceships to parks and gardens like these where they don't disturb wildlife** and where everyone can enjoy them together.

All the wild places will be left for natural Cumbernauld plants and wildlife to live in peace.

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!

PEACE GARDEN COLOUR MATCHING

Can you find these colours in the Peace Garden? You have to find the exact shade!



PEACE GARDEN ALIEN EARS

Aliens have brilliant hearing (probably because they have antennae as well as ears!) Can you sit very quietly and listen like an alien?

Write, draw or just say out loud five natural sounds that you can hear (things like birds, the wind blowing through the trees, bees buzzing among the flowers)

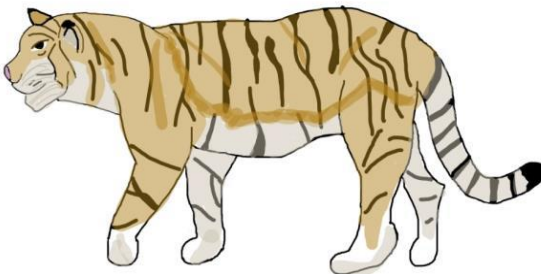
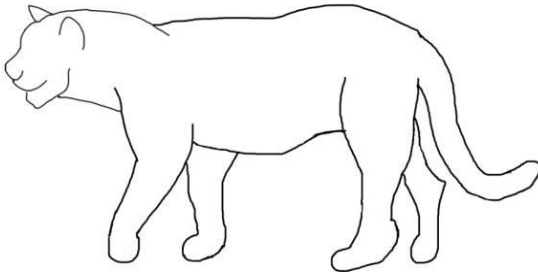
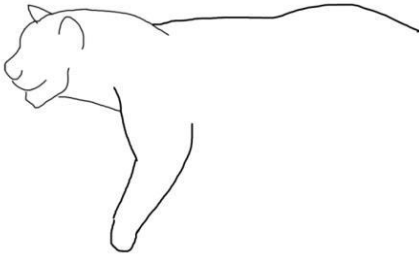
| | Natural Sounds |
|---|----------------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Now listen for five alien sounds that aren't natural (things like cars, aeroplanes, machines)

| | Alien Sounds |
|---|--------------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Which sounds are nicer to listen to?

DRAW AN INVASIVE SPECIES



You might not realise it but finding some of the species we have today in Greenfaulds – things like dogwood and some of the colourful flowers and trees in the Peace Garden - are just as strange as finding a tiger walking around the park!

Follow these simple steps to draw and colour your own tiger.

What other species could you imagine the aliens might have brought to Greenfaulds?

WEE WAYS WILD (SPRING/SUMMER)

Help wildlife by taking a piece of litter from the area and putting it in the bin. Wear gloves, don't pick up anything nasty or sharp, and wash your hands afterwards.

Take your lunch to the peace garden and eat it there – remember to take all your litter home.

Look really carefully at the trees – can you find five different leaf shapes? Could you draw them all?

See the world through an animal's eyes. Pick your favourite animal and then pretend to be it as you walk along the trail.

Close your eyes and smell all the different flowers in the Peace Garden. Can you tell them apart?

Look for bees and butterflies. How many different kinds can you find? Look at the colours of the stripes on the bees and the patterns on the wings of the butterflies.

Draw a shadow. Go out in the sunshine with a friend and stand on a path. One person stands very still and the other uses chalk to try and draw carefully around their shadow.

Bird feather scavenger hunt. Go outside and look for feathers that a bird has dropped onto the ground.

Go bee watching! Go out in the sun and find some bees – a good place to look is on colourful flowers. Pick one bee and try to follow it as it flies from flower to flower.

Make a nest. Collect lots of natural materials and make a nest. You can make it big enough for a bird – or even for a person! You'll need sticks to make the structure and lots of soft grass, leaves, and moss to make it cosy.

Go on a minibeast safari. What small creatures can you find living in and around the area? Look under logs and rocks.

WEE WAYS WILD (AUTUMN/WINTER)

Go on a puddle safari. Look for different sized puddles and splash in them. Try putting some natural objects in the puddles – what sinks and what floats? Can you make a leaf boat?

Go singing in the rain. Wrap up warm, wear a waterproof jacket and go outside in the rain to sing and dance – there might not be many people about but lots of animals will be watching!

Find the biggest tree in Greenfaulds. How tall do you think it is? Can you draw it?

Run like a fox. It is 300m from the entrance to Woodlands Primary to the centre of the Peace Garden. A fox could run that distance in 22 seconds. How fast could you do it? Set a timer and run!

Try some stone stacking. Go looking for flat stones and pebbles, see how many you can balance one on top of the other.

Draw a map of the Greenfaulds triangle. Mark all the natural objects. Show where the aliens and their spaceships are.

Go outside and find a natural object (without hurting or breaking anything). Bring it home and treat it like a friend! Give it a name, make it a shelter from natural materials. Now introduce it to a human friend. Tell them its name, how it likes to live and how they could help look after it.

Look for aliens. Go out at night (bring an adult) and watch the skies! Can you see any lights moving in the sky?

Make nature letters. Gather some sticks together and arrange them into the outline of your initials. Fill them with fallen leaves.

Make a ladybird house. Collect lots of sticks, find a quiet sheltered spot and pile them up. Stuff the gaps with smaller sticks and dry leaves

Make up a story about the Greenfaulds alien.

Go cloud spotting – lie on your back and watch the clouds – do any of them look like aliens?

HOME MADE PLAYDOUGH RECIPE

Materials needed:

- 2 cups plain flour
- ½ cup of salt
- 1 ½ cups hot water (you might need a little more or a little less)
- 2 tablespoons of vegetable oil
- Optional: 4 teaspoons cream of tartare (to make it last longer)
- Optional: Food colouring

Mix the flour and salt (and cream of tartare if you have it) together in a bowl. In a separate bowl mix together the water and oil (and food colouring if you have it).

Slowly pour the water mixture into the flour mixture and bring it together with a spoon (or your hands!). Add more water or flour if the mix isn't just right.

Once it is holding together and not too sticky, turn it out onto a lightly floured surface. Knead it together for a few minutes until it becomes a smooth pliable dough.

Store it in a plastic food bag in the fridge to keep it fresh, it should last a few weeks (longer if you have used cream of tartare).

MAKE SOME STORY DICE - SETTING

Can you make up your own story about aliens or nature?

To help you could use these special story dice.

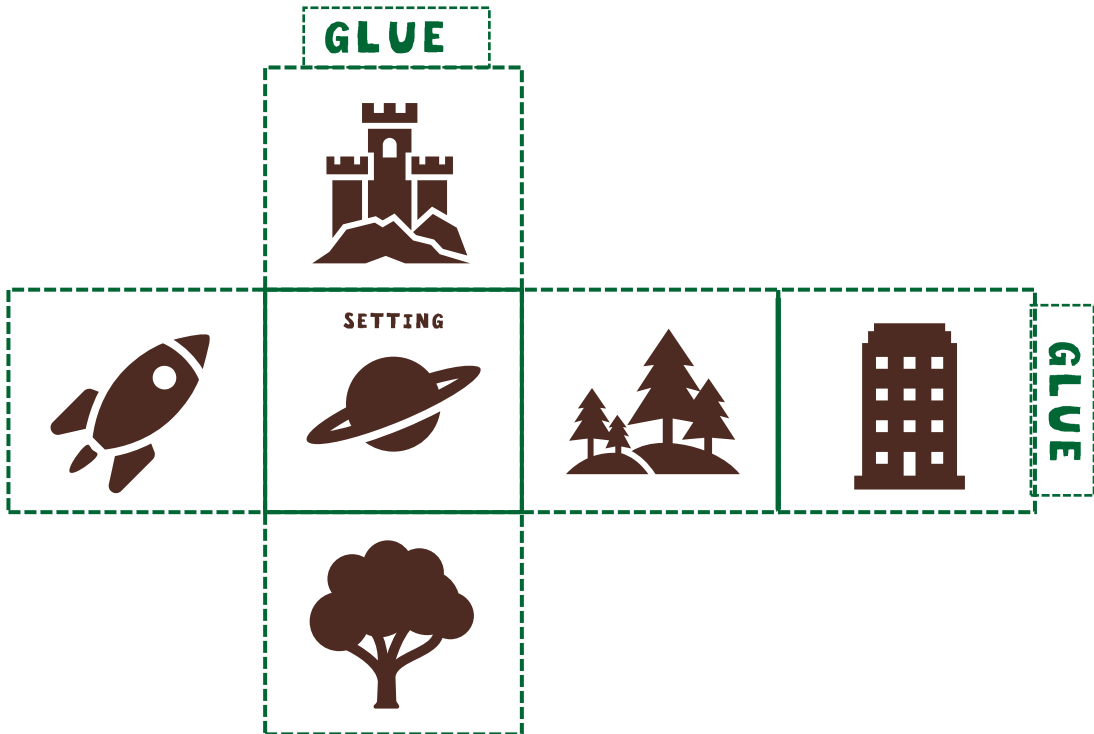
On the next few pages you'll find the outline of three dice.

Simply cut them out (get an adult to help) and then glue or tape them together into shape.

Each side of the dice has pictures on them, you use these to help you make up your story!

The first die is for the **Setting** – this means **the place where your story will happen.**

Roll this die first and use the picture that comes up to suggest a location for your adventure!



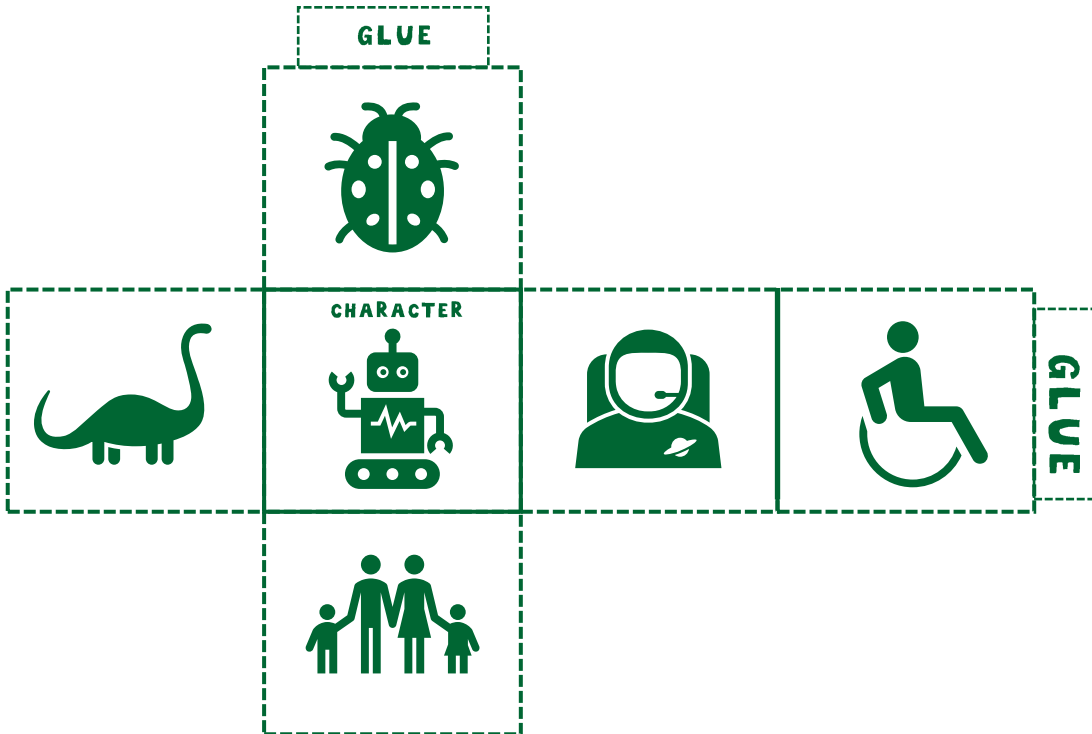
MAKE SOME STORY DICE - CHARACTERS

This is your **character** die. It has pictures of all sorts of different characters that might appear in your story.

Maybe they're the **hero**, the **baddie**, or **someone who needs help!** Use **your imagination** to come up with different reasons they might appear in your story.

You can give your characters names, describe what they look like, or even give them a back story about where they come from or what they like to do.

You can roll this die several times if you want more than one character.



MAKE SOME STORY DICE

- OBJECTS

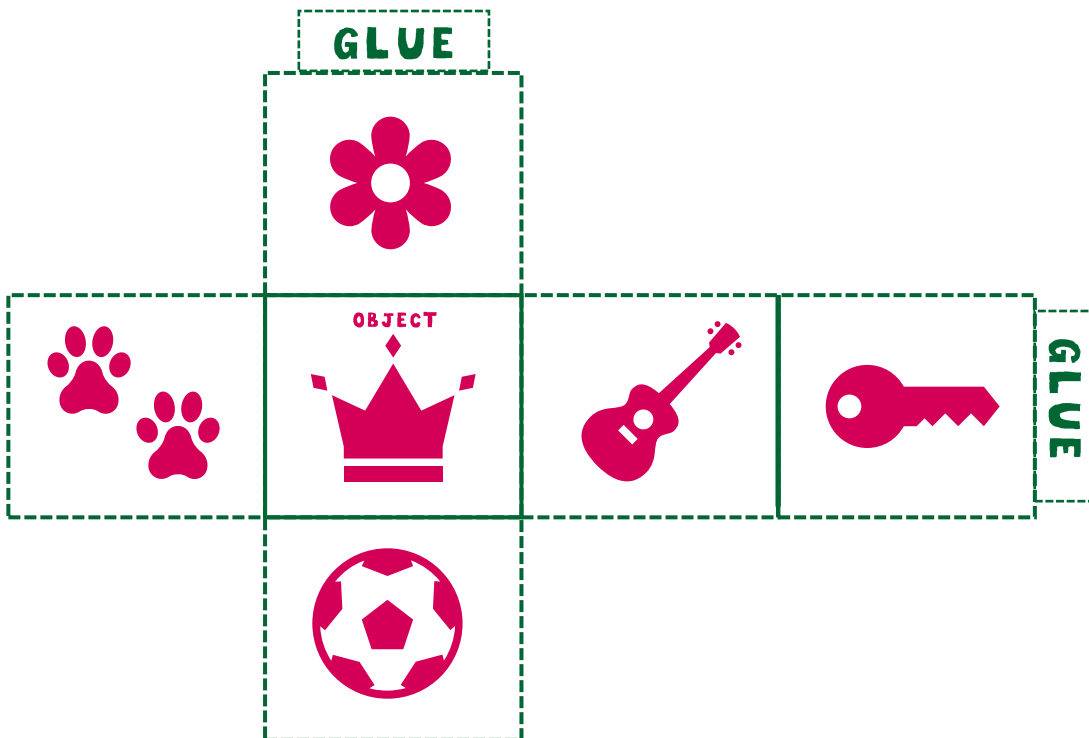
This die is your **Object** die. It has pictures of different things your story might be about.

The objects might be things someone has **lost**, or something they find. They could be **mysterious** or **magical**, they could be very important to the whole world – or just important to the person who has them. Perhaps they have to be taken somewhere or hidden away.

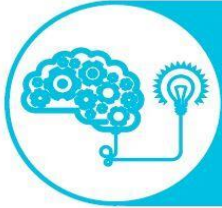
Your object doesn't have to be exactly the thing in the picture, it could just be a suggestion – the guitar be an actual musical instrument or it could represent music, a song or even a dance! The crown could be a thing you wear on your head or it could be a hidden kingdom...

They could give your characters new abilities or lead them off on incredible adventures!

It is up to you to find out! Roll your three dice, come up with a location, some characters and an object, and then use your imagination to make a story, who knows where it might lead?



Story Trails and the Five Ways to Wellbeing



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

Building these five actions **BE ACTIVE, CONNECT, GIVE, TAKE NOTICE, 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!



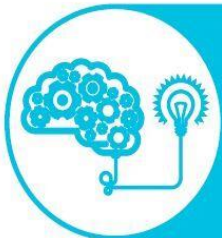
GIVE – Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks.

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?

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

FAMILY STORY TRAILS

The **Greenfaulds Triangle** 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 Greenfaulds Triangle story staff and volunteers from both organisations worked with families from Glencryan 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

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 wellbeing.

Its long been known that spending time in nature makes people feel happier and healthier. We combine this with **The Five Ways to Wellbeing**, five easy actions anyone can do every day to feel better about themselves.

While you're outdoors on our activities you'll **Be Active**. Going for a walk, running and playing outside is one of the best things anyone can do for their health.

While outdoors we'll encourage you to **Take Notice** of nature 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? Fostering every child's natural sense of curiosity will lead to ever more questions.

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. 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.

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

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**




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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 @WildCumbernauld

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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 provided by TCV, registered as a charity in Scotland (SC039302).