

My
Nature
ACTIVITY PACK

The Living Line

MY NAME



Hello!

My name is Somang Lee and I am an illustrator. I love drawing the natural world and have created this nature activity booklet for you.

Here you will find tips and tricks on how to connect to nature and become nature's helper.

Connecting with nature can make you feel happy and relaxed. Once you start looking at nature closely you will experience a whole new world that you might not have noticed before.

I hope this kit inspires you to go out there, find your very own outdoor adventure and to protect plants, animals and insects.

What will you experience and find out there?
I hope you have fun - Somang



You can also experience nature right on your doorstep and even without leaving the house.

You could try the following:



Sitting by the window to feel the sunshine, watch the clouds or the rain.

Listen to natural sounds like birdsong or the wind in the trees.

Grow plants on your windowsill.



Have a cup of tea made of herbs and edible flowers.

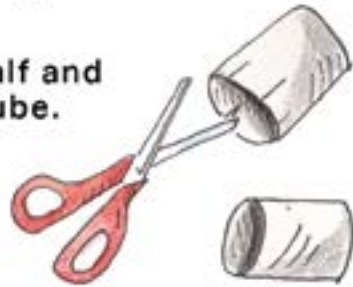
Grow your own seedlings



One wonderful way to get to know nature is by growing your very own plants. It's like magic that a whole flower and even a tree can grow from one small seed. You can witness this miracle yourself.

You will need:
toilet roll tubes, scissors, compost and plant seeds, a plate or tupperware

1) Cut the toilet roll tube in half and make four small cuts in the tube. (Get help from an adult if this part is tricky)



2) Fold the four flaps down so they overlap each other



3) Fill your pot with compost and plant your seeds, place on a plate or tupperware, keep moist and in a sunny place



Observe your seedlings.
Draw your seedling or describe it with words

Week 1

Week 2

Week 3

1st month



Tip: Sunflowers, mustard, cress, nasturtium or dried peas which have been soaked grow well

Water a little to keep the soil damp, but not dry or soggy

Keep on a sunny window sill

During a walk on The Line you might come across different environments such as wildflower meadows, reed lined waterways, wetlands, mudflats and riverbanks.

This area provides habitats for a variety of wildlife, some of which you might not expect to see in the city.

Keep an eye out for the grey heron fishing in the river.



Grey heron
Ardea cinerea

Head outside and record how many of the plants and animals on the next pages you can spot

If you do not see all of these in one day you can always come back.

There are around 6.5km of waterways and rivers in the area and you will be able to see all manner of water birds.



Kingfisher
Alcedo atthis



Egyptian goose
Alopochen aegyptiaca



Eurasian coot
Fulica atra



Sandpiper
Actitis hypoleucos



Pied wagtail
Motacilla alba



Mute swan
Cygnus olor

You can find an estimated 120,000 flowers and plants here. How many of these can you see?



Crimson clover
Trifolium incarnatum



Poppy
P. rhoeas



Knapweed
Centaurea



Lesser celandine
Ficaria verna



Buddleia
Scrophulariaceae

How many insects can you find?



Peacock butterfly
Aglais io



Emperor dragonfly
Anax imperator




Carder bee
Bombus pascuorum



Common blue butterfly
Polyommatus icarus

Ecologists like to use the Latin names for birds, plants and insects, so I have included them here.



Being in nature can make you feel connected to yourself and your senses. Take a moment to notice your surroundings. Can you feel the ground beneath your feet?

Write or draw into the green circles.

Take three big breaths.
What can you feel?



Look up, down and all around.
What can you see?



Close your eyes for a moment.
What can you smell?



Another way for you to connect deeper to nature is to keep a

Nature Journal



Nature journalling is a record of the things you see in nature and your personal experience.

1) Observe the world around you

When you start a nature journal, you begin to look at the world with new eyes.

Find a spot in the garden or go for a stroll. What do you notice about the colours, textures, animal and plant life you can see?

Use your eyes like magnifying glasses to look really closely.

If you find a fallen leaf you can collect it and bring it home with you or you can take a photograph of it.

2) Draw it in detail

Draw what you see. What do you notice about it? Try to capture everything you've observed. Can you notice little details? Are there fine hairs on the stem or lines on the leaf or petal?

3) Annotate your drawing

Make field notes about what you have observed. Label your drawing and record what you have seen/discovered.

Here are some examples of the garden journal I kept in 2021

Sowed Groundsel seeds
Bramble

DAY 2 June 5th

Cornu asperum
Garden snail



Sought after
by birds

European robin



(*Eritacus rubecula*)



Creeping
Buttercup
Ranunculus
repens

DAY 4
June 8th

Overcast, mild



Fox cub

Vulpes vulpes

We've had fox
cubs this year
and I startled one
this morning. I'll be
extra careful in the future



Day 6
June 10th
← Yorkshire fog
grass

Common frog *Rana temporaria*

Gardening July 20th
WEEK 7

Small tortoiseshell
Aglais urticae



Small
white
Pieris rapae

Now it is your turn.

Make a drawing and annotate it



How to make seed bombs

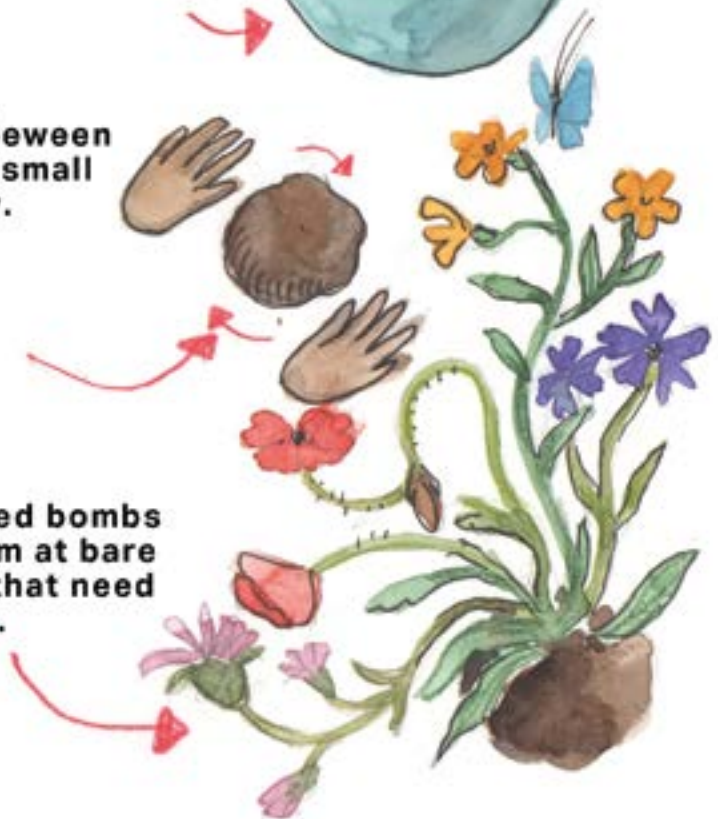
This is a messy craft which can help nature!

You will need a small packet of native wildflower seeds, peat free compost and clay powder.

1) Mix the clay powder, compost and wildflower seeds together with a bit of water.



2) Roll smooth between your hands into small balls and let dry.



3) Plant your seed bombs by throwing them at bare patches of soil that need some plant love.



How many?

Keep a tally:

Count how many birds you see whilst you're on The Line.

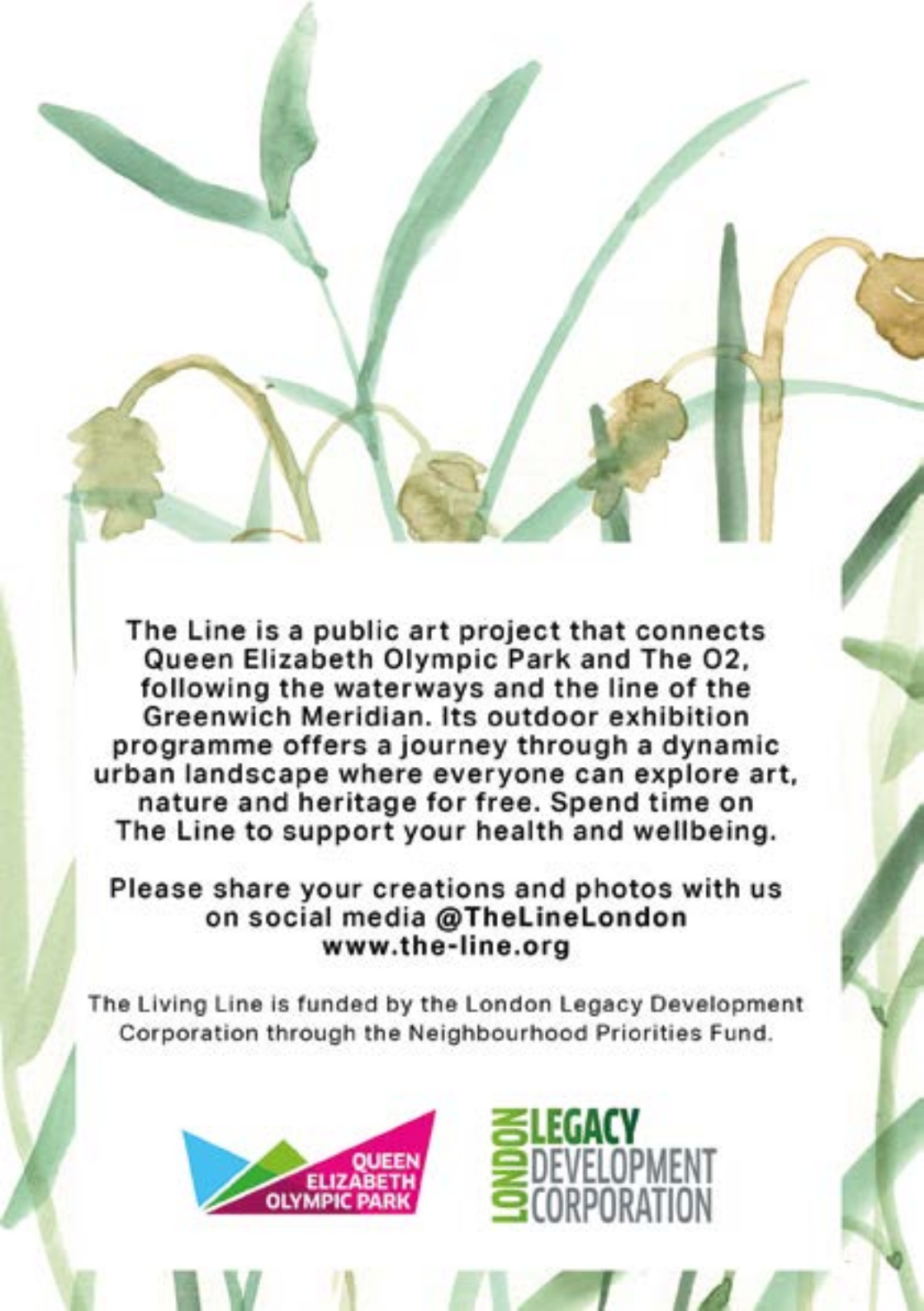
How many different insects can you spot?

Write down their names if you know them.
Can you take a photo of them before they fly or crawl away?

How many different flowering plants can you see?



How many?



The Line is a public art project that connects Queen Elizabeth Olympic Park and The O2, following the waterways and the line of the Greenwich Meridian. Its outdoor exhibition programme offers a journey through a dynamic urban landscape where everyone can explore art, nature and heritage for free. Spend time on The Line to support your health and wellbeing.

**Please share your creations and photos with us on social media @TheLineLondon
www.the-line.org**

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