



National
Trust

Autumn adventures

Part two of three





Leap

into autumn

Welcome to part two of your autumn adventures. The leaves are falling and the colours are calling – so wrap up warm and get ready for all kinds of fun with nature.

Whether you're at home or at one of the places we look after, we've got lots of activities for you to try out, in a season where everything changes.

Activity 1

Get to know nature

Look around you and pick one thing you can see. It could be a tree, a flower or even a cloud. Watch it closely, then write your answers below.

What colour is it? How does that colour make you feel?



If it moves, can you describe how?

Is it slow? Bouncy? Floaty?



Without touching it, what do you think it might feel like?



Are there any patterns you can spot?



If you were to give it a name, what would it be?



Does anything about it remind you of *you*?



What's your favourite part? Sketch it below!



Activity 2

Walk on the wild side

Autumn is one of the best times for a walk in the wild. The leaves are rustling and colours glistening. So, head out for a wander and see how many of these you can do.



Find a face in a nearby tree

Pretend to be a squirrel



Dance

like a leaf



falling

from

a

tree

Collect as many different shades of red as you can



Find a leaf that reminds you of you



Draw all the different shapes of leaves you can find



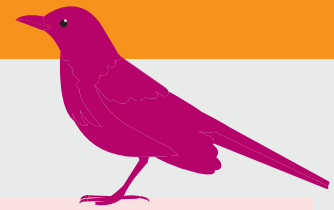
Point which way the wind is blowing

Spot a creature that crawls



Sing like a bird

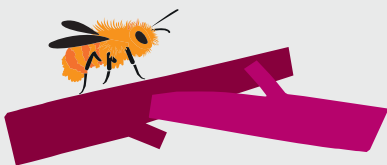




Give wildlife a boost

Autumn is a wonderful time of year for wildlife, but it needs your help to stay well in the winter. Here are a few easy ways to get started.

Build a log pile house



Find a cosy corner and stack twigs and small logs into a neat pile. It makes a great shelter for bees when it's raining. Plus, other insects and small mammals will also be able to use it to keep dry.

Make a leaf nest



Move fallen leaves from paths and pile them in corners or under hedges. Hedgehogs and other small animals love a cosy place to shelter.

Have you got any more ideas about how you can help wildlife? Write them here ...

I will help wildlife this autumn by ...

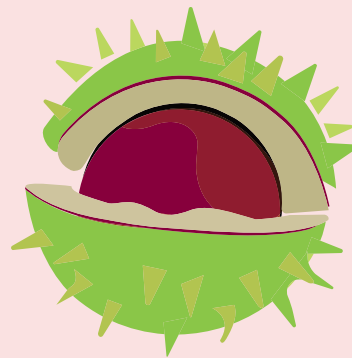
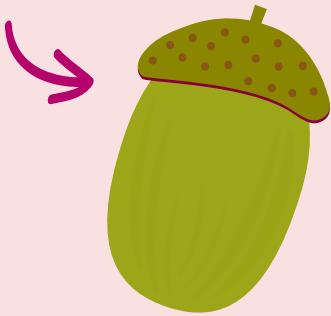


Find the fallen treasure



All kinds of wonderful things fall from trees and plants in autumn, as they get ready for winter.

Acorns

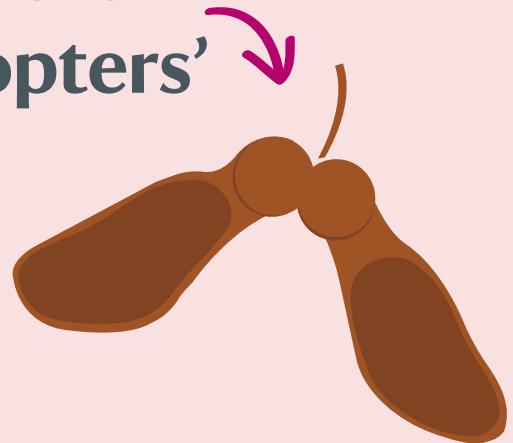


Horse chestnuts

Hazelnuts



Sycamore 'helicopters'



Beechnuts



Did you know?

Lots of these things are eaten by animals and birds over the winter months. So, once you've collected and counted them, please throw them back!

If you'd like this information in an alternative format, please call 0344 800 1895 or email enquiries@nationaltrust.org.uk