



November

- Note three good things in nature every day for five days. How does your body feel as you notice them?
- Watch a spider make a web.
- Really look at a rainbow. Can you see all seven colours? Where does it begin and end? Remember: “no rain, no rainbows”!
- Listen and look for v-shaped skeins of geese flying high above the city in the early morning.
- Plant some spring bulbs.
- Visit the Water of Leith and watch a goosander float downstream:
rspb.org.uk/goosander.
- Find migrating birds feeding on the berries of rowan trees. Can you spot a fieldfare or redwing? Look for the red “armpits”!
- Watch leaves dancing with the wind.
- Explore Edinburgh’s “trees with a story”:
edinburgh.gov.uk/directory/10202/edinburghs-trees-with-a-story.
- Play outdoors like a child: build a den or make a nature mask, go on a scavenger hunt or play conkers, skip in the leaves, get muddy...