



Do you know WHERE YOU LIVE?

GET INVOLVED

We are in the middle of challenging times, but current Government guidelines mean that we can still get outside. This is great for our physical and mental wellbeing and if we observe the guidelines and social distancing measures, it means we can do it safely and without putting ourselves or other people at risk.

With this in mind, we've come up with a series of activities for individuals, groups and families to take part in to make your time outside more enjoyable and fun. We want people to appreciate the wonder of the natural outdoors and getting outside a bit more interesting. creating the inspiration and some of the tools that can help communities make meaningful, long-lasting connections one step at a time.

Knowing about where you live and the natural world is known to have a therapeutic effect on a person's sense of belonging and wellbeing, the animals plants and surroundings right on our doorstep can often be overlooked, but the intertwining of human life and the natural world is important and can mean alot to people.

AIM

To reflect and take notice of the locality we live in what do we know about the natural world on our own doorstep.

WHAT YOU'LL NEED

Printed or written set of questions that you can read out questions and discuss.



Get up and Grow NW promotes and supports the health and wellbeing of the local community through social and horticultural therapy regardless of age or ability.

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EXAMPLE QUESTIONS



- 1 How many people live next door to you?
Do you know their names?
- 2 Where does your drinking water come from?
Do you know where your water supplier source the water?
- 3 What type of soil is near your home?
- 4 What is the name of the nearest river to your home?
Does it flow to the sea another river or a lake?
- 5 What was the land used for in your area 100 years ago.
- 6 Name five edible plants in your area.
- 7 Where does your domestic rubbish go
(general waste and garden waste)?
- 8 Name five resident birds in your area.
- 9 Name five migratory birds in your area
- 10 What species of animals, birds and plants have
become extinct in your area?
- 11 What spring wildflower is consistently one of the
first to bloom in early spring in your area.



DID YOU KNOW...

All of the above activities require very little resources and should be able to be accessed by the majority of people.

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