

PUFFIN ROCK

WILDLIFE ACTIVITY BOOK



Juanita Browne
Illustrated by
Enora Le Luherne

This book was produced in partnership by
the Heritage Council and Cartoon Saloon,
inspired by the artwork and message of the film
'Puffin Rock and the New Friends'.

See www.heritagecouncil.ie/puffinrock for more information and activities.

The Heritage Council helps to protect nature in Ireland. By publishing guides like this one, it aims to help everyone - from beginners to experts - to care for wildlife. The Heritage Council also runs the Heritage in Schools Scheme, which brings specialists to primary schools to teach children about nature and heritage through fun indoor and outdoor activities.

See www.heritageinschools.ie for more.

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Nature is all around you!
Step outside and you can find nature everywhere!

Listen for leaves blowing in the wind.
Can you hear birds singing or bumblebees buzzing?
Smell a flower.
Rub your hand over the bark of a tree.

You don't have to know all the names of animals
or plants to explore and enjoy nature!
You don't even need to know what you're looking for before
you start exploring outdoors!





Habitats



Our world is home to millions of different kinds of animals and plants.

The **habitat** of an animal is its **home** – where it can find food, water, shelter and a safe place to live.

Some Habitats on Puffin Rock

Rivers

Streams, rivers and lakes are home to lots of fish, waterbirds such as swans and ducks, the beautiful Kingfisher, and Marvin the Otter!



Wetlands

Ponds are full of life, including insects, frogs, and newts. You see lots of dragonflies and damselflies flying at wetlands.



Cliffs

Lots of seabirds can be seen around cliffs, including gulls, gannets, guillemots, and razorbills.



Meadows

Meadows are home to beautiful wildflowers, bees and butterflies, birds and mammals.



Ocean

In this underwater world, whales and dolphins swim alongside sharks, schools of fish and, of course, puffins!

Rockpools

Animals found in rockpools include crabs, shrimp, anemones, barnacles and limpets.



Which habitat?

Match each animal with where you might find it.



Dolphin



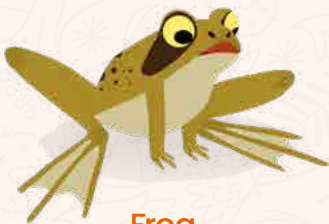
Pond



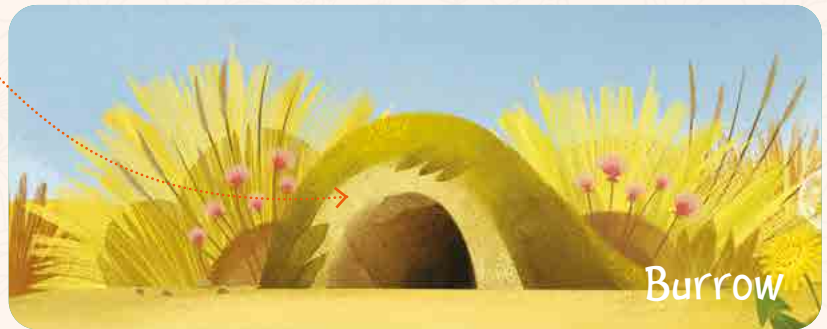
Puffin



Ocean



Frog



Burrow



Otter



Rockpool



Hermit Crab



River

Draw a picture of your favourite place in nature. How many different kinds of animals and plants can you include? Remember, everyone is important!

Make an animal home

Build a den or nest for a toy animal. Try using sticks to form a shelter and grasses and leaves to cover the frame. You could also make a nest for a toy bird, using a bowl to help you build it with leaves, sticks and moss.



Different birds choose different places to lay their eggs. Some build a tiny nest in bushes, while some build enormous nests in tall trees. Some make mud nests on buildings. Other birds lay their eggs on the ground or on rocky ledges on cliffs!

Birds use lots of different materials to make their nests, including twigs, grasses, moss, lichens or seaweed. A bird's nest has to survive wind, rain and even storms.



The Long-tailed Tit uses spiders' webs to weave its nest of lichens and moss. Spider webs are as strong as steel!

Make your own game of Wildlife Headbands

- Make 10 or more playing cards by drawing an animal on each one.
- Use sellotape and strips of cardboard or paper to make headbands.
- Mix the cards face down so you can't tell them apart.
- Pick a card and, without looking at it, slot it behind your headband so the other player can see it.
- Now take turns asking questions with 'yes' or 'no' answers until you can guess what animal you are.



Otter



Puffin



Dolphin



Butterfly



Rabbit

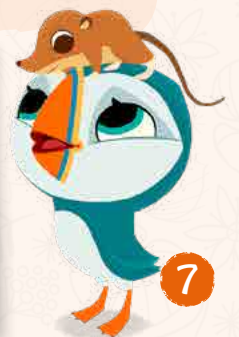
Sample questions:

- Am I small?
- Can I fly?
- Do I live in water?
- Do I live in woodland?
- Do I lay eggs?



Be a Nature Hero

Learn all about our whales and dolphins by joining the Irish Whale and Dolphin Group. See www.iwdg.ie



Hide & Seek

There are lots of animals living on Puffin Rock.
Try to find all of these animals in the scene below:

Baba the puffling

5 Pygmy Shrews

4 Butterflies

Oona the Puffin



2 Hedgehogs

1 Owl

2 Foxes

2 Frogs

4 rabbits

2 Bumblebees

Puffins are sometimes nicknamed Sea Parrots or 'Clowns of the Sea' because of their brightly coloured beaks



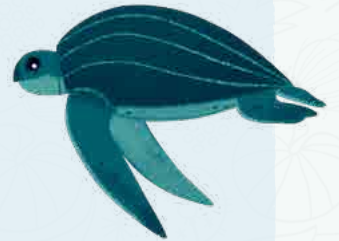
Odd one Out

An animal shares its habitat with other animals. Pick the odd one out in the habitats below.

Ocean



River



Garden



Woodland



Woodland

Visit woodlands to see lots of trees, shrubs, and wildflowers. Woodlands are home to lots of animals, such as squirrels, badgers, foxes and deer.

Take me home

Some animals burrow underground, some make nests, and some spin webs. Can you match the animals below with their homes.

Play Animal Charades - Act out an animal and have your friends try to guess the animal



Bat



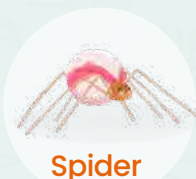
Hermit crab



Herring Gull chick



Worm



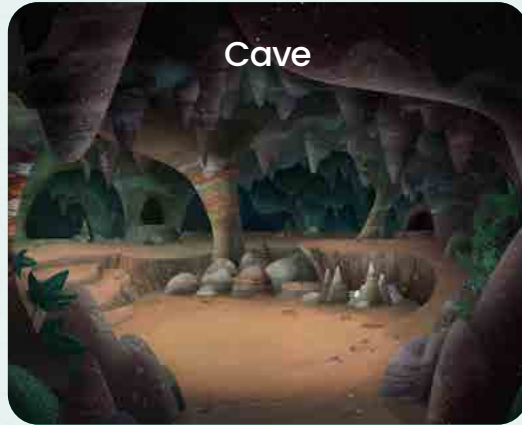
Spider



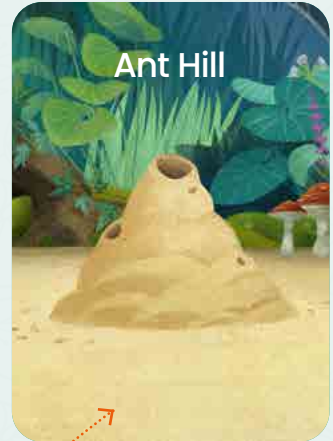
Ant



Rabbit



Cave



Ant Hill



Shell



Burrow



Mud



Web



Nest



Spot the Difference

Can you spot ten differences between the upper and lower pictures?



Sea horse



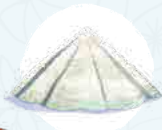
Urchin



Mussel



Crab



Limpet



Anemone



Periwinkle



Seaweed



Clam



Beachcombing

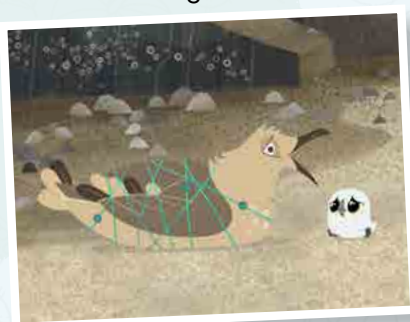
It's fun to explore a beach to see what treasures you can find. Lots of interesting things get washed up on a beach, and have sometimes travelled from very, very far away on the tides. You might find nice shells, or a starfish, or bits of driftwood covered in barnacles and mussels, or maybe a jellyfish or the egg cases from a shark!



Be a Nature Hero

When you're on the beach, perhaps you could do a five-minute beach clean? Or contact CleanCoasts.org to get involved in your local Beach Clean-up group. It's a great way to meet new friends, too.

You don't even need to live near the sea to help sea animals. Street litter often gets washed into drains and eventually ends up in the sea. So you can do a litter pick anywhere and it will help our oceans!



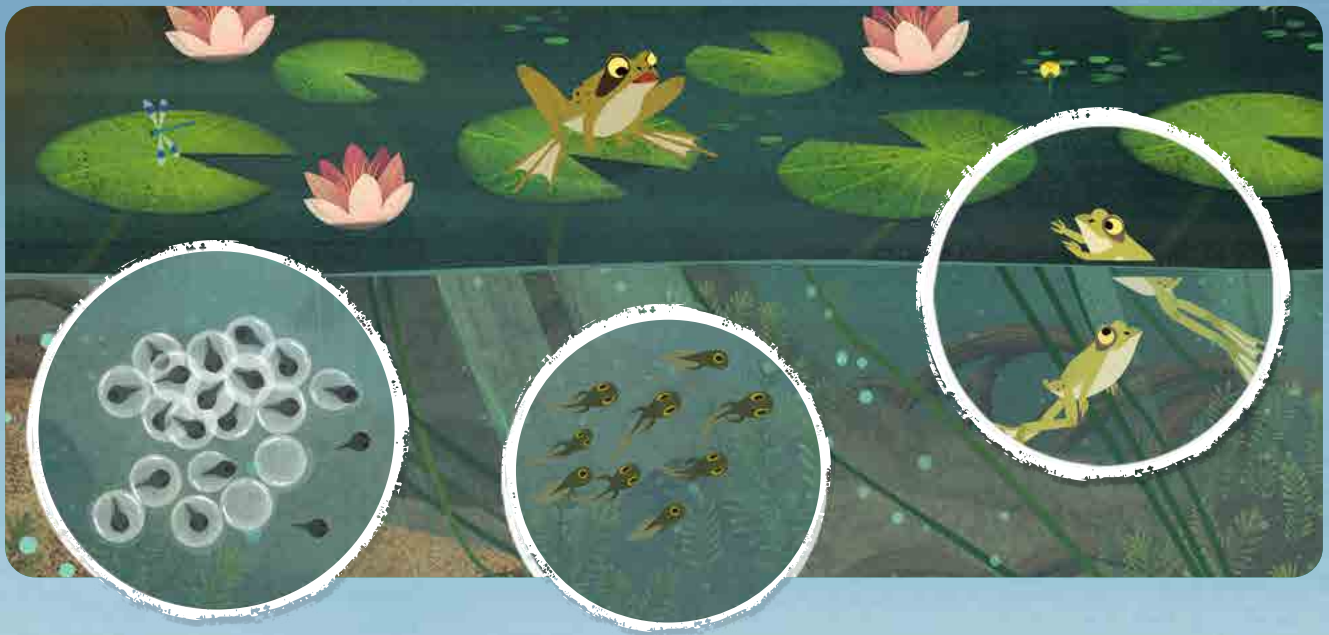
On the Web



Do you want to 'adopt a Rockpool' with www.exploreyourshore.ie?

If your teacher or parent wants to help, you could pick your favourite rockpool and then return to it four times each year and record what you find.





Pond Life

Did you know a frog spends most of its life on dry land, hopping about in grass, catching insects?

- Each spring, frogs travel back to the ponds where they began their lives, to lay their eggs.
- The eggs swell up with water until they look like jelly balls with a black dot in each, called frogspawn.
- After about two weeks, the eggs hatch into squiggly, wiggly tadpoles.

- A young tadpole eats lots of plants and gets bigger and bigger.
- At about 5 weeks, the tadpole grows its back legs and it starts to breathe, swimming to the surface to take gulps of air.
- Soon it starts to eat insects and small animals.
- At around 10 weeks of age, it grows front legs and its tail disappears.
- By summertime, it is a 'froglet' – a tiny frog – and is ready to leave the pond.



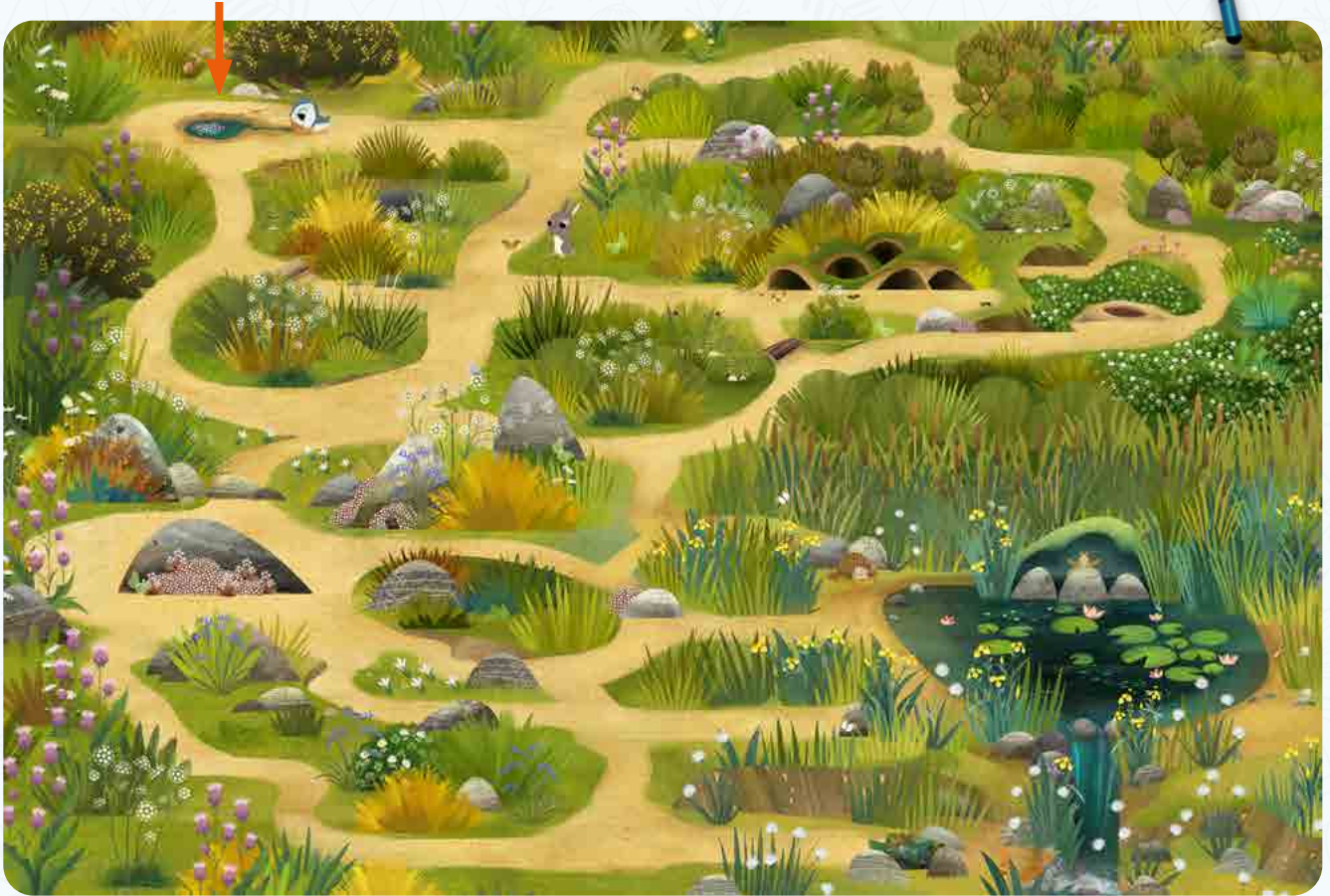
Frog Hunt

How many Frogs can you find at this pond? Circle each one you find.



Pond Maze

Oona discovers tadpoles stuck in a small spring and wants to help them to reach the big pond. She decides to dig a channel to help them swim to the pond. Draw the route Oona should dig to reach the pond quickly.



Be a Nature Hero

Make a mini-pond!

Even a very small pond in your garden can become a home for pond animals, including frogs, newts, and lots of insects. Birds and mammals will also visit to drink and bathe.



On the Web

To learn more about the importance of ponds and how to make your own, see An Taisce's resources at:
www.antisce.org/ponds

Check out this video that shows you how to make your own pond:

www.heritagecouncil.ie/puffinrock



Puffin Maze

Help Mama to bring Oona and
Baba their fish dinner!

A Puffin's bill
has sharp pointy
edges, to help it to hold
fish as they fly home
to feed their family.
One Puffin was seen
carrying 88 slippery
fish in its bill!



Puffins
spend most of
their lives far out at
sea. When they're not
swimming or flying,
they rest on the
waves.

Puffins live
about 20 years.
They usually pair up
with the same partner
every year when they
come ashore to lay
their eggs.

A baby
puffin is
called a
puffling!

Exploring Nature around You



Bird Scavenger Hunt

This Scavenger Hunt challenges you to be on the lookout for all these signs of birds doing different things. It might take you a while to check off all of these, but if you keep your eyes peeled when you're out and about, you just might get them all!



A bird flying



A bird perched on a branch or wire



Bird poo



A bird in water



Something that doesn't belong in nature



A feather



Bird tracks



A bird carrying something



A bird eating



A flock of birds



A bird singing



An eggshell

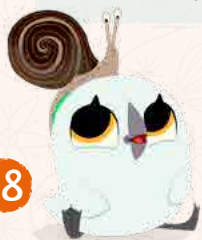


Be a Nature Hero

Become a member of BirdWatch Ireland or go on a walk or to a talk by your local branch. There are over 30 branches around the country. See www.birdwatchireland.ie

You might also like to take part in their Garden Bird Survey or their Schools Bird Survey!

Bird	Month											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
House Sparrow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blackbird	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blue Tit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Robin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Song Thrush	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Great Tit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swallow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swift	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Bird Music

Go for a walk and look and listen for birds

How many different birds can you hear? Can you copy the bird calls or birdsong you hear?

Can you see any of the birds? You might be surprised by the number of birds whose names you know.

When you visit different places, you might notice different birds. For instance, near water, you may see ducks or swans.



Goldfinch



Blue Tit



Wren



Magpie



Woodpigeon



Rook



Great Tit



Robin



Blackbird



Mallard



Mute Swan



Chaffinch



On the Web

There are smartphone apps that can tell you what birds you can hear. Try 'Merlin' or 'Warblr'. This helps you to learn to identify birds from their calls and song.

You could keep a list of all the different birds you hear.



Be a Nature Hero

Feed your garden birds or make a simple bird bath. Watch this video for tips on making your garden a great home for birds:

www.heritagecouncil.ie/puffinrock





Butterfly

Wild Wordsearch

Find the names of these animals

Shrew



Puffin

I	G	H	K	C	B	Z	X	L	W	X	Q	A	C	P
E	O	B	X	Q	R	A	B	B	I	T	M	T	O	R
D	S	U	E	H	F	Q	S	V	L	N	J	S	V	U
A	Z	T	R	P	A	M	U	R	I	D	K	L	Z	E
O	X	T	Z	U	B	U	O	T	T	E	R	P	H	I
U	T	E	Y	F	T	A	K	P	O	Q	V	F	N	J
V	P	R	C	F	M	W	J	S	A	W	X	R	D	K
L	S	F	P	I	G	H	F	E	Y	Z	T	O	L	Z
S	A	L	O	N	E	B	P	A	B	A	E	G	S	V
H	B	Y	K	Q	L	S	Y	L	J	F	H	M	U	T
R	L	C	E	I	N	G	A	M	I	W	V	O	I	E
E	B	L	Q	R	O	C	K	N	O	S	Z	H	T	S
W	I	E	P	Z	W	O	T	S	L	J	F	O	U	D
V	Q	X	D	C	A	T	E	R	P	I	L	L	A	R
M	U	R	I	D	K	L	Z	N	G	A	M	I	W	V
S	N	A	I	L	R	J	F	P	Z	W	B	L	Q	I



Caterpillar

Did you know the Grey Seal can hold its breath for over half an hour?



Seal



Rabbit



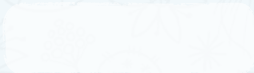
Snail

Frog



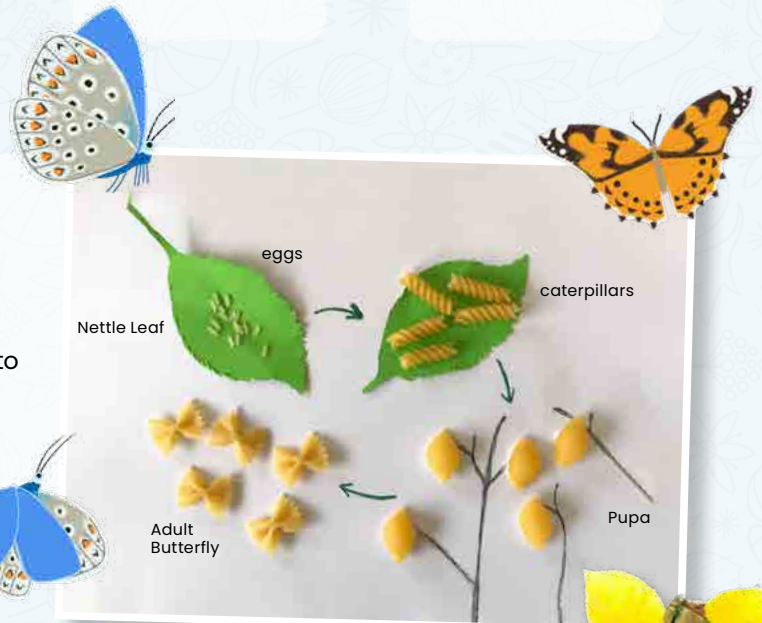
Wild Shadows

Can you guess these animals?



Butterfly Life Cycle

Draw the life cycle of a butterfly from egg to caterpillar to pupa to adult. You could also use different objects such as leaves or pasta shapes to illustrate this. Grains of rice make good eggs!



A leaf butterfly!

You can make your own butterfly wings with cardboard and string, and even your own antennae with pipe cleaners and a hairband.



Nature activities

Find a bird flying

Write a poem about nature

Dip your toes in a stream

Find an insect

Give a tree a hug

Find a snail or slug

Write your name using sticks, stones or leaves

Whistle like a bird you can hear

Make a daisy chain

Put on your wellies and jump...

Find a woodlouse

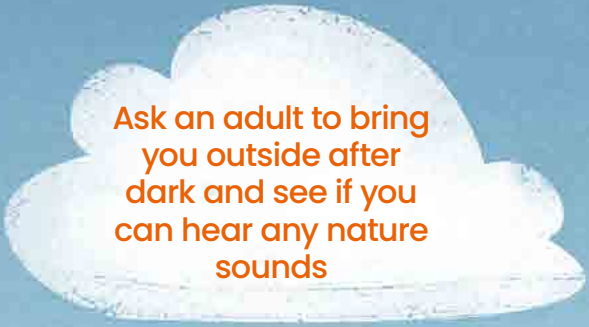
...in a puddle!

Blow the seeds from a dandelion and make a wish!

Dig for an earthworm



Find a cloud shaped like an animal




Ask an adult to bring you outside after dark and see if you can hear any nature sounds



Count the stars at night



Draw a picture of your favourite animal




Sit quietly outside and see how many different sounds you can hear




Find the biggest tree you can spot



Walk in a forest



Take a walk by water



Hop around ... like a rabbit!




Smell a flower




Find the biggest leaf you can



Move like a caterpillar



Find a mushroom



How many different plants can you find in one minute?



Find a spider's web

Pollinators

Pollinators are very important insects that help to move pollen from one flower to another. This helps the plant to grow fruits and seeds. Bees are the best pollinators.



Pollinator Scavenger Hunt

See if you can spot any of these pollinators in your garden



This bumblebee has filled its 'pollen baskets' on its back legs to bring home to feed to the baby bees.



Bumblebee



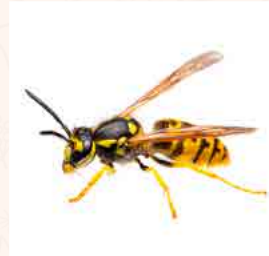
Fly



Butterfly



Moth



Wasp



Beetles



Be a Nature Hero

Did you know we have about 100 types of bee in Ireland? 10 types nest in holes in wood or stone. You can help them by making a special bee house where they can have their babies. You can reuse an old food can, and fill it with pieces of bamboo. You could even make a few and dot them around your schoolyard or garden. You can also drill holes in wooden fencing or old tree stumps.

To learn how to make homes for wild bees, see www.pollinators.ie/resources



Wildflower Hunt

Search your garden, schoolyard or local park for flowers and see how many different types you can find.

- Did you see any insects on flowers?
- See if you can identify which flowers insects like best.



On the Web

To watch a video about how to help wildflowers to grow in your garden, see:

www.heritagecouncil.ie/puffinrock



Dandelion



Primrose



Bird's-foot-trefoil



Herb Robert



Speedwell



Red/White Clover



Wild rose



Buttercup



Daisy



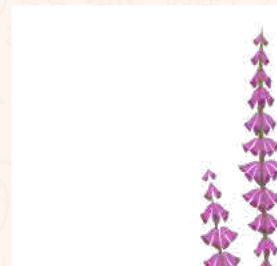
Bramble



Cow Parsley



Bluebell



Draw

In the empty squares, you can draw other flowers you see.



Let the wildflowers grow!



Sometimes the best thing to do to help nature is to do nothing at all!

You can help our butterflies and bees by protecting a patch of lawn in your garden or school grounds. By not cutting the grass on your pollinator patch as often as the rest of the lawn, wildflowers such as dandelions, clover, daisies and buttercups will grow and help to feed the bees. You could even make a sign to explain this is your pollinator patch to help the bees!

Don't spray chemicals. A lot of chemicals harm our bees and butterflies.

While native plants are the best flowers to feed pollinators, you can also plant lots of different pollinator-friendly plants in your garden, including yummy herbs, fruit trees, shrubs and bulbs.



Allium



Heathers



Apple tree



Sunflower



Be a Nature Hero

Plant a 'pot for pollinators'. For example, Crocus is full of food for bees. For full instructions on how to plant a pot for pollinators, see www.pollinators.ie/resources



On the Web

Check out the All-Ireland Pollinator Plan. There are lots of tips to make your garden pollinator-friendly and the Junior Pollinator Plan is written especially for children!

See www.pollinators.ie/schools



Pressing flowers

You can press fresh flowers to make all sorts of art. You could make pictures, gift cards or bookmarks for your family and friends.

- Collect some garden flowers, daisies, dandelions, buttercups or fallen leaves. Choose types you will be able to press flat. (Don't pick flowers in forests or big parks as they may be special or rare wildflowers. Check with an adult before pulling the tops off any flowers they are growing!)
- Lay out your flowers/leaves between sheets of kitchen roll, then put some heavy books on top. This helps to squeeze the water out of the plants. Then leave your flower press overnight.
- The next day, gently remove the books and kitchen roll.
- You can carefully use your pressed flowers to make gift cards or bookmarks by carefully gluing them onto cardboard and covering with sellotape or contact paper.



Hang your flowers!

You could also frame your pressed flowers.

- Get help to open a picture frame.
- On a sheet of card or paper, lay out your leaves or flowers in a pattern you like.
- Then get help again to replace the glass and the back of the frame and to hang your picture on the wall.



Grow your own wildflowers!

- Collect some dandelion seeds - the seeds are attached to the fluffy parts of the clock you blow to make a wish!
- Fill some old yogurt pots with soil and plant your seeds.
- With help from a parent or teacher, mind your seedlings and soon you'll have some bright yellow dandelions to feed the bees!



(It's best not to buy 'wildflower seed' in shops, as these are often not native to Ireland. Much better to collect your own!)

Trees



Trees act like the lungs of the Earth. They make the oxygen that we breathe.

Trees give shelter to animals and even to you - think of all the wood we use to build our homes!

Trees clean and cool the air

Spending time near trees is good for your health

Trees help reduce flooding

Trees can help us to beat Climate Change by taking carbon from the air

Watch leaves breathe

In spring or summer, try this experiment to see leaves producing Oxygen.

- Fill a see-through bowl with lukewarm water.
- Bring your bowl outside and find a tree with large leaves. You will have to pick the leaf off the tree, as it must be an 'active' living leaf.
- Straight away, put the leaf in the bowl of water and put a stone on top of it so that the leaf is fully under the water.
- Place the bowl in a sunny spot outdoors.
- Now you'll need to wait!
- After a few hours, you should see small bubbles around the leaf and the bowl.
- Your leaf has created Oxygen!



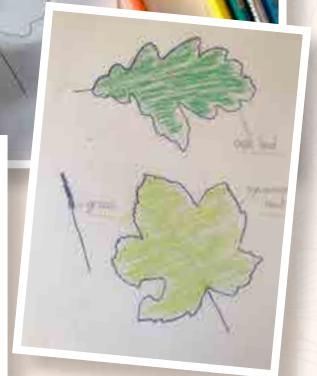
Leaves, fruits and seeds

Head out into a garden or park, and see how many different trees you can spot.

How many different leaf shapes can you find?

Bring home a selection of fallen leaves for art projects.

Your teacher might like to set up a 'Nature Table' in your classroom.



You could trace, sketch or paint your leaves

Can you identify any leaves?



Birch



Elder



Horse Chestnut



Hazel



Holly



Oak



Ivy

Place a page over a leaf and rub with a crayon to make a leaf rubbing.



You can also try rolling leaves on top of paper without using any paint at all! Can you see colour on your page? These are the natural pigments from the leaf being squeezed onto the page.



Collect fallen leaves in autumn and you'll find lots of different colours



Some trees don't lose their leaves in winter, so we call them 'evergreen'

Hunt for Autumn fruits and seeds (but always check with an adult before picking)



Holly Berries



Whitethorn/
Hawthorn



Hazelnuts



Horse Chestnut
Conkers



Pick some lovely yummy blackberries on laneways. Pick hazelnuts, acorns and other seeds for planting



Wild cherries



Acorns



Snowberry

Leafy modern art!

Arrange leaves in a pattern you like and paint around and across the leaves or use them as stamps.



On the Web

Watch a video explaining how to draw birds by wildlife artist Gordon D'arcy:

www.heritageinschools.ie/online-tutorials/wildlife-art-for-beginners



Make a Nature Windchime

1. Find some fallen branches and some nature items – pine cones, shells, nuts, seeds, fallen leaves or seeds.
2. Make a frame by tying your sticks together.
3. Then use twine or ribbon to tie each of your nature finds to your branch to make a pretty windchime for your window, garden or balcony.



You could hang your wind chime on a tree or even indoors!



* Remember to always wash your hands after handling animals, soil or feathers

On the Web

In autumn, you could collect your own seeds for planting. Learn all about trees and how to collect seed and grow your own native Irish trees – with the Tree Council of Ireland. See www.treecouncil.ie



Be a Nature Hero

You could talk to your parents or school about planting a tree in the garden or even in a large pot. Take care of it, water it, and watch it get bigger and bigger, just like you.



You could also volunteer at a tree-planting event with the Native Woodland Trust, www.nativewoodlandtrust.ie



Your favourite Tree

Go on a tree hunt and pick your favourite tree in your garden or local park.

In each season, you can visit your tree and draw it or take a photograph to track how it changes.

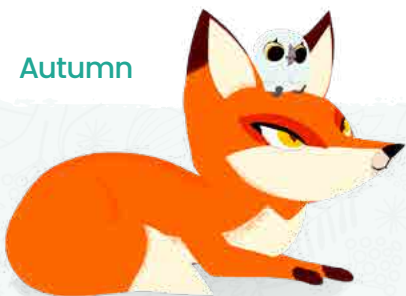


Spring

Summer

Autumn

Winter



Tip
Check with an adult to avoid picking an evergreen tree as it won't change much through the seasons!

Forest Art

Make a sticky nature picture!

You'll need an old picture frame and a roll of contact paper – the type used to wrap schoolbooks.

Ask an adult to help you open the picture frame and stretch the contact paper across the back of the picture frame leaving the sticky side facing you.

Now find some nice garden flowers, fallen petals or fallen leaves you'd like to put in your picture and simply stick them on.



You could also make your own frame by tying sticks together with ribbon or twine.

Go sailing!

If you live close to water, you might like to make a nature boat.

- Find a piece of bark or light flat wood, a large leaf and a twig.
- Ask an adult to help you make a hole in the wood to insert your 'leaf sail'.
- If you don't want to lose your boat, attach a long piece of string through another hole so you can hold it and pull your boat back to shore.
- Now launch your boat and see if it stays afloat. But be very careful not to slip into the water!



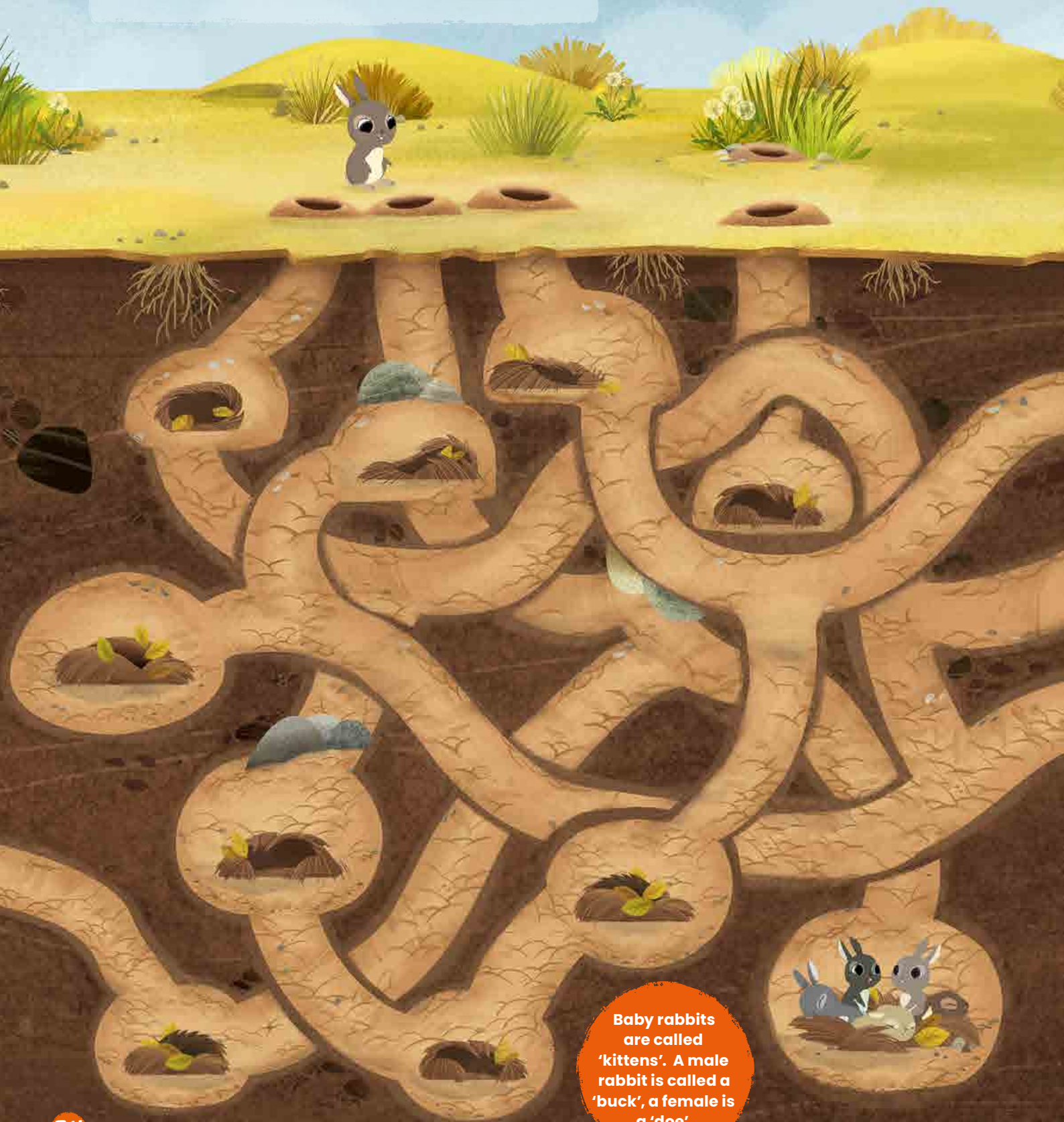
You could also try to make a raft!



Hop to it!

A rabbit lives in a 'warren' - a network of underground tunnels and nests, which it shares with its large family.

Help this Rabbit find her way through the tunnels back to her babies.



Baby rabbits are called 'kittens'. A male rabbit is called a 'buck', a female is a 'doe'.

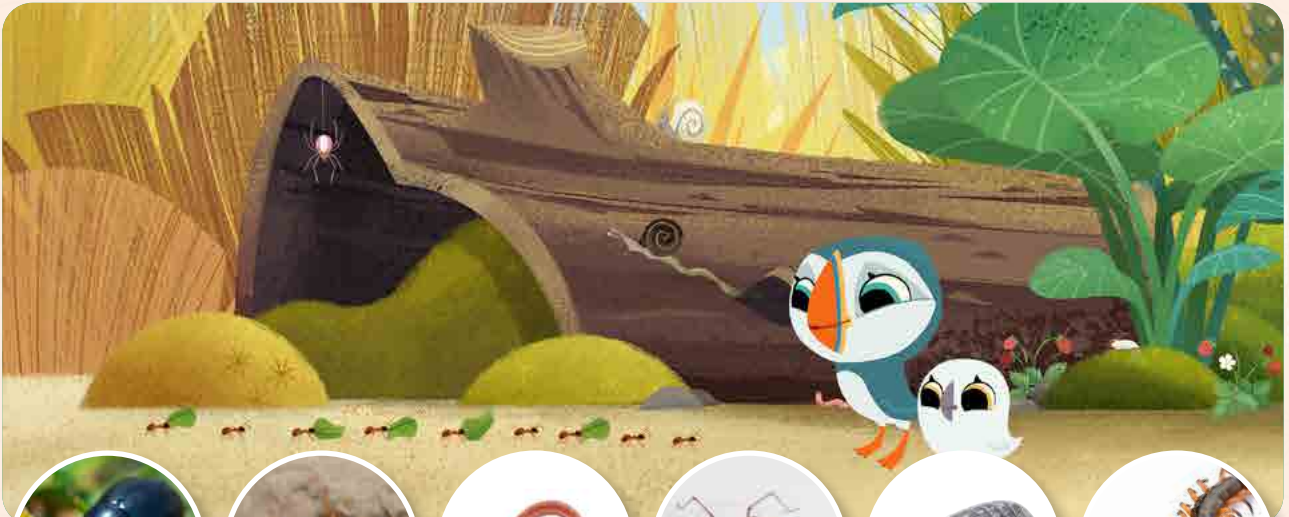
Soil Explorers

The soil under your feet is not just dirt. Soil contains lots of very important animals we call 'decomposers', such as worms, slugs and insects that break down dead plants.

Roll over a large stone or log and see if you can find any of these animals



Did you know a Woodlouse is actually a Crustacean? It's more like a crab than an insect!



Beetle



Earwig



Worm



Spider



Woodlouse



Centipede

You might like to try placing a piece of wood or slate on a patch of your garden and after a few days go back and see if there are any creatures hiding underneath.

*Remember to gently put the log back the way you found it when you're finished your investigation.



Look for feathers and try to guess what type of bird they came from. What colour is it? Is it a big or small bird?

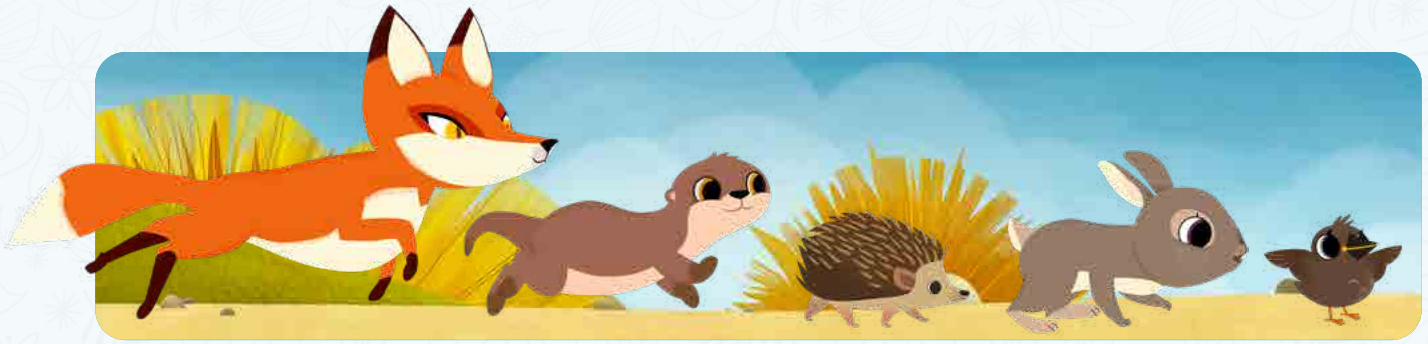


Be a Nature Hero

Build your own logpile habitat at home or in school. But ask your teacher/parent first! Watch this video:

www.heritagecouncil.ie/puffinrock





Fox

Otter

Hedgehog

Rabbit

Bird



Whose footprints?

Most wild animals are shy and hide from humans, but we can see their tracks and trails in the countryside.

Look for footprints in mud, sand or snow, and try to guess who has been walking there by the shape and size of the footprints they have left behind.

Make your own bird tracks!

You can use pipe cleaners and paint to create your own bird footprints.

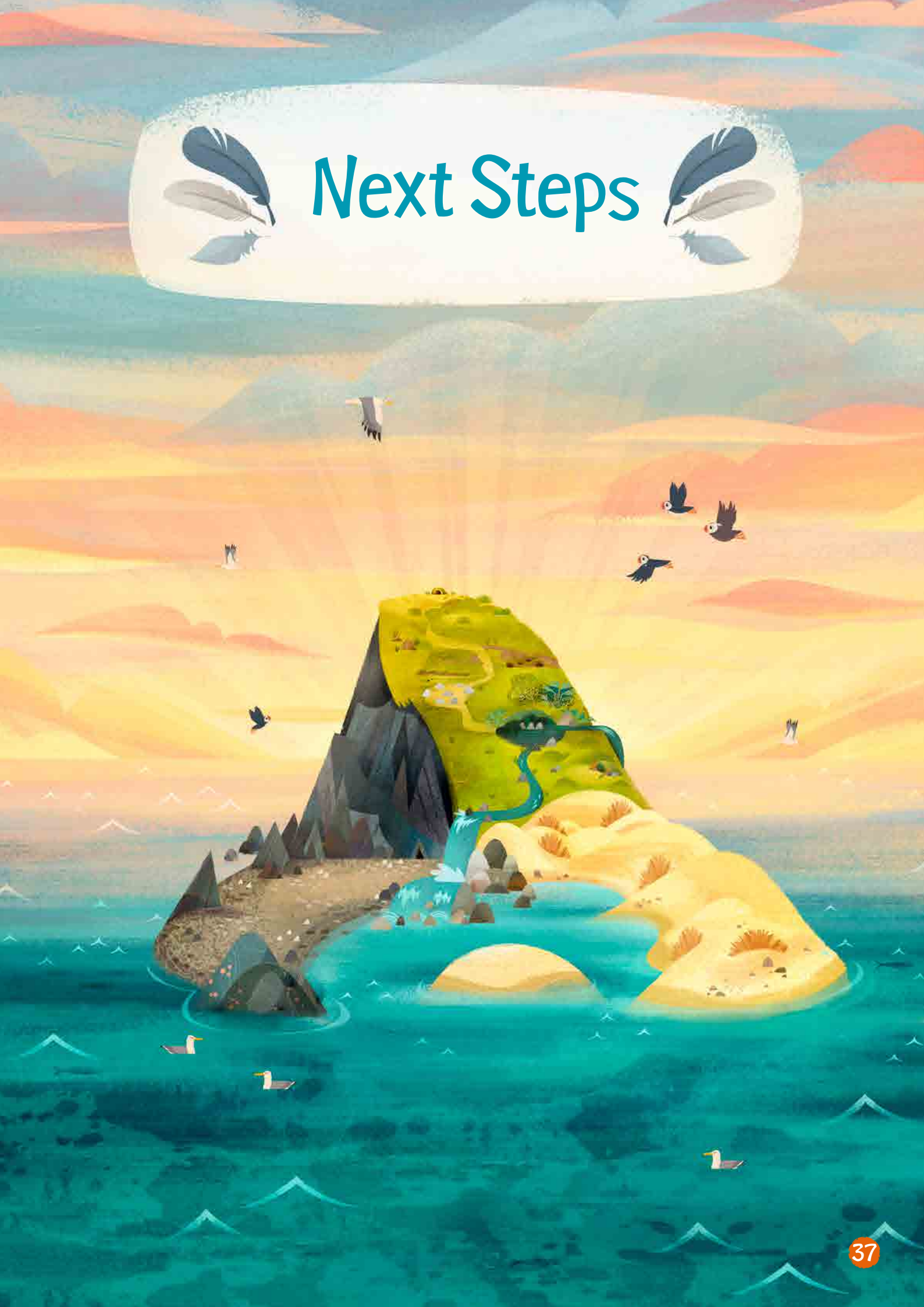
- Twist your pipe cleaners to make the shape of a bird's foot.
- Pour small blobs of paint onto a plate or palette.
- Dip your bird feet into the paint and then walk those funny little feet like a bird across a sheet of paper.

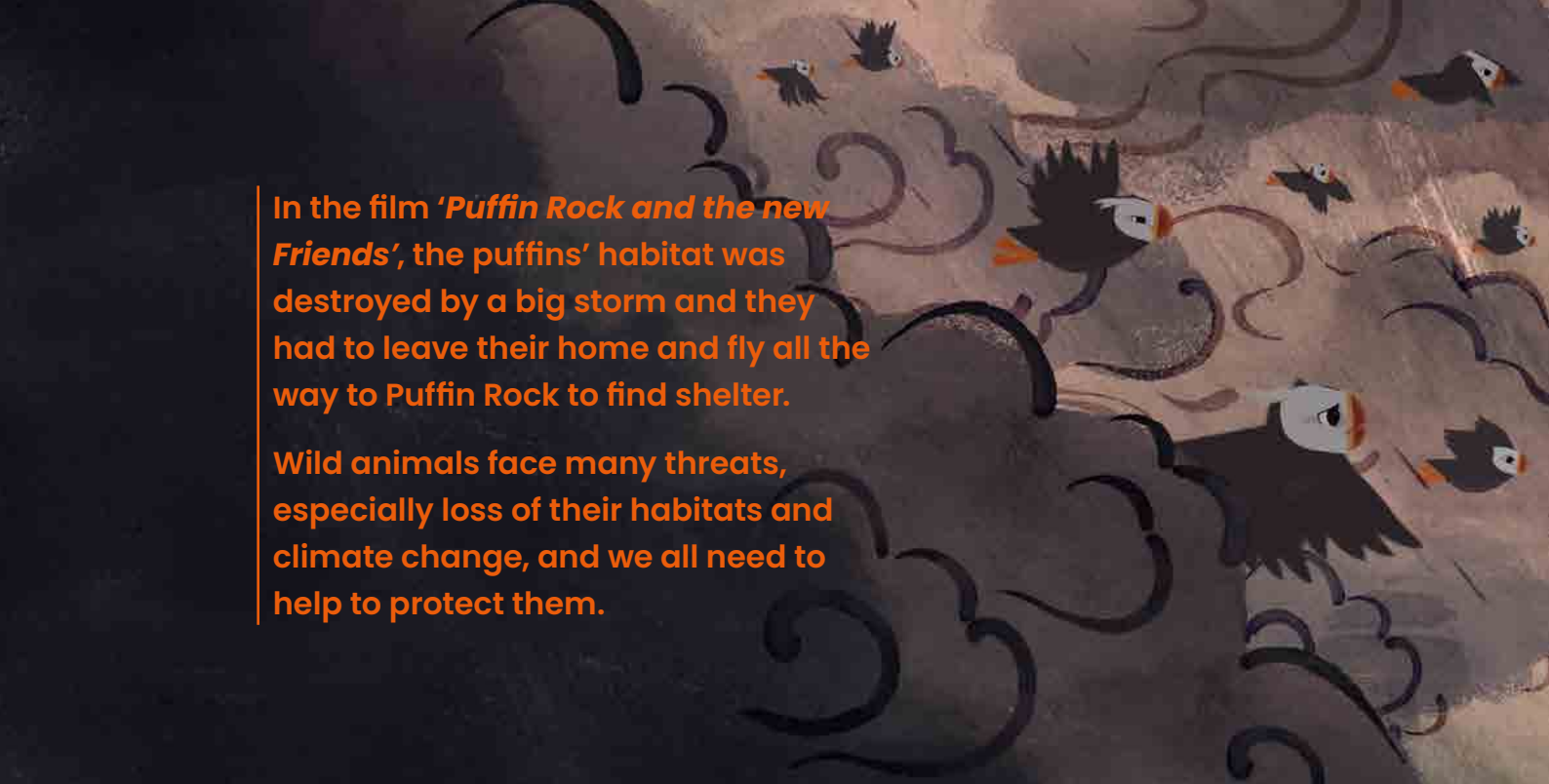
(Sustainability tip: Using old newspapers instead of new paper is a good idea for art projects like this)



A white, rounded rectangular banner with a subtle feather pattern, containing the text 'Next Steps' in a teal, sans-serif font. Two stylized feathers are positioned on either side of the text.

Next Steps





In the film *'Puffin Rock and the new Friends'*, the puffins' habitat was destroyed by a big storm and they had to leave their home and fly all the way to Puffin Rock to find shelter.

Wild animals face many threats, especially loss of their habitats and climate change, and we all need to help to protect them.

Here are some simple ways YOU can help the Earth:

- ✓ Learn about wildlife! And share your knowledge to spread the love! Tell your family and friends how important wildlife is to you and to all of us.
- ✓ Don't litter.
- ✓ Save water – Turn off the tap when you brush your teeth. Have shorter showers.
- ✓ Don't flush any plastic, wet wipes, cotton wool or floss down the toilet.
- ✓ Try not to waste food.
- ✓ Save energy – unplug electrical items when not in use and turn off lights in empty rooms. It all helps!
- ✓ Hop on the bus! If you can, use public transport.





- ✔ Use your own green energy! Cycle or walk when you can.
- ✔ Reduce the amount of stuff you buy. The less we buy, the better!
- ✔ Reuse – can you reuse things instead of putting them straight into the bin?
- ✔ Recycle - Help your family or school to separate waste for recycling.
- ✔ Use a backpack instead of plastic bags.
- ✔ Use a lunch box instead of using bags or tin foil.
- ✔ Become a member of a local nature group or take part in their events.

Just like the animals on Puffin Rock, by everyone working together, we can all play our part to help protect our wonderful world!



Start a Nature Journal

Keeping a Nature Journal is a wonderful way to track what you have seen and all you have learned about the natural world.

As you add to your journal, it will show you how nature changes through the seasons.

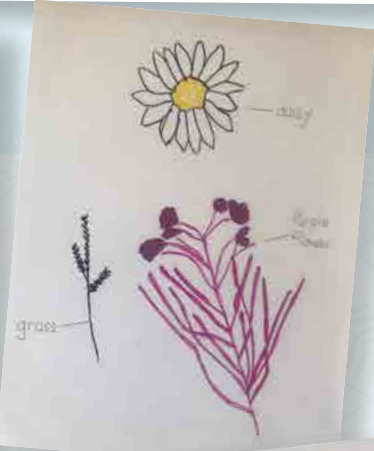
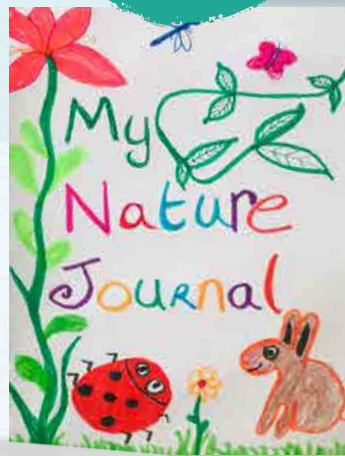
You can record the weather and if there are leaves on trees or flowers in bloom.

You will need a copy or notebook, or you can make your own by using sheets of paper folded in half and stapled or tied together.

Wherever you are, look around for nature. There will always be something to see. You can fill your nature journal with drawings of what you see, stories and poems about nature. and lists of all the new things you discover.



You could also decorate your journal with leaves or pressed flowers.





In school, I made a bee topper for my pencil with pipe cleaners

Butterfly

My dad helped me look at an old wasps' nest in our shed. It was empty because it's winter. Phew!

Today, I saw lots of caterpillars!



Today, we visited a farm

We went for a walk in a forest and I found some pine cones

I saw my first hedgehog!

I made a picture of a bee visiting a flower using petals and grass



Draw your favourite animal or write a short story about a wildlife adventure you had.



Make a wildlife map!

Drawing a map is a great first step in plans to make your garden or school grounds more wildlife-friendly.

- Draw a rough outline of any buildings and the shape of the garden or schoolyard. It helps to imagine you're a bird flying high over the garden, looking down on the buildings from above.
- Draw in trees, hedges, compost heaps, long grass, nettles, etc - anywhere you think you might find wildlife.
- Are there parts of the garden you could make more wildlife friendly? For example, maybe you could stop cutting some of the lawn so there are more wildflowers for butterflies? Or you might see the best spots for bird feeders, bee hotels or where you could plant pollinator-friendly flowers or native trees.

You could also map a larger area where you live - such as your housing estate, local park or the route you take to school.



Ask your teacher about starting a wildlife club or creating a wildlife garden in your school



On the Web

Check out this video that shows you how to draw a biodiversity map:

www.heritageinschools.ie/online-tutorials/how-to-make-a-biodiversity-map-of-your-garden



Creating awareness

Help to share your love of nature with others. Posters are a great way to share information on our wonderful wildlife and how we can help it.

You might also like to make posters about litter or not wasting food or how to help save water.

You could ask your teacher if you could put posters up around the school or run a poster competition with your local Tidy Towns group or a local supermarket.



On the Web

Ask a wildlife expert to visit your school.

The Heritage in Schools Scheme helps schools to arrange exciting lessons with some wild and wonderful nature experts! They can show you lots of wildlife in your schoolyard or local park and they might even bring you for a nature walk by a river, in a forest or on a seashore!

See www.heritageinschools.ie



This book is filled with games and outdoor activities to help children to engage with nature, investigate Ireland's unique biodiversity, and make nature art. We hope it will inspire young readers to continue to explore, enjoy and protect our wonderful wild world.

