

# Rewilding Activity Pack

A gift from



**The Village**

[www.thevillagecharity.org](http://www.thevillagecharity.org)



# Hello,

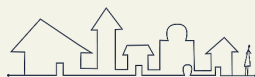
This activity and information pack is a gift to children and families in Solihull from The Village Charity.

Inside these pages you will find family-friendly activities, challenges and tips for getting outside and having fun this summer.


There are also some tasty and healthy recipes that you can try at home, and some reflective exercises you can do to relax and reconnect with yourself, each other and nature!

We hope that you enjoy this booklet.

From all of us here at The Village x



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# Part 1: Activities and Challenges

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# Making Natural Art

We can make artwork from things found all around us!

If you look carefully you can see fallen leaves, sticks, twigs, stones, grass and petals that you can use to make a picture on the ground - it can be as big or small as you want!



## Your challenge:

Can you make pictures of these things out of nature items found in your local park?

1. A ship
2. A bird
3. A tractor
4. A fish
5. A spaceship



Nature tip: use things that have already fallen to the ground and don't pick flowers - they could be the home of insects and are important to the environment!





# Building a Bug Hotel



Bugs and insects are always looking for somewhere safe to live so why don't you help them? You could do this in your garden or in the local woodland area.

Bug hotels are great for gardens and parks as they attract bugs and insects that support biodiversity, improving our soil and ensuring our plants are pollinated.



You will need an assortment of the following:

- Sticks, twigs and logs
- Dry leaves, woodchips and foliage
- Pine cones and bark
- Large stones or old bricks
- Any other natural materials you can find!

## What to do:

- Your bug hotel can take any shape and form, just make sure you start on flat ground and build it up layer by layer
- Alternate layers and fill in gaps with any natural materials that you can find around you
- Check back each day to see how many bugs have come to stay with you!



# Bird Feeders

Making a bird feeder is a fun and easy way to attract birds to your local area or garden. Here are 2 options for using materials that you can recycle from your home to help keep local wildlife fed and happy.

Make sure you ask an adult to help you with this activity!

## If you have an empty bottle

You will need:

- a plastic bottle (with cap)
- two sticks
- a pin
- scissors
- string
- bird feed



1. Remove the cap from a clean plastic bottle. Use the pin to punch small drainage holes in the bottle base

2. Use the pin to make two level holes on each side of the bottle, near to the base. Use the scissors to widen them slightly

3. Push a stick through the holes. There should be around 5 cm of stick left outside the bottle on each side

4. Slightly above each perch, use the scissors to cut a feeding hole the size of a 5p coin

6. Use the pin to make two holes in the neck of the bottle. Widen these with scissors

7. Thread the string through the holes so the feeder can be hung up outside. Then fill the bottle with bird food and replace the bottle cap.

## If you have an empty toilet roll

You will need:

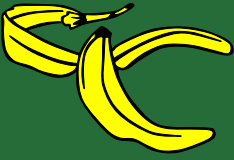
- a cardboard tube (empty toilet roll or kitchen roll is perfect)
- two long sticks or skewers
- some lard or suet (or vegetable suet) & a utensil to spread this (a spatula works well)
- birdseed, spread out on a plate or tray
- A piece of string

1. Make four holes in one end of your cardboard tube, these must be large enough for your sticks or skewers, but not so large that the sticks slide out

2. Make sure the holes opposite each other line up so that you can thread your sticks through, then make two small holes opposite each other in the other end of your tube

3. Use a butter knife or spatula to cover your roll in lard or suet, vegetarian varieties are good too. Roll the tube in bird seed so that the seed sticks to the tube.

4. Carefully thread the sticks through the bottom holes to make a cross shape, and thread a piece of string through the two top holes. Then you're ready to hang your feeder outside!



# The Big Clean-up

We only have one world so it's important to keep our environment clean and tidy! That way, it is safe for us, and all of the animals we share it with. You can change the world around you, just by taking a little bit of time to clean up our streets.

While litter picking we need to make sure that we keep ourselves safe, so always wear gloves to protect your hands and use a litter picker if you have access to one.

Anyone wanting to take part in litter picking can register with the 'Love Solihull Community Litter Picking' initiative, where you will be provided with all the equipment you need to get started.



## Your Challenge:

How much litter can you pick up in an hour?

Why don't you challenge another family in your street to see who can collect the most?



# Making a Quadrat

It would be impossible to count all of the insects, bugs, flowers and plants, but we can make a quadrat to help us to guess how much nature is all around us!

A quadrat is a frame that we can use to mark out an area for exploration. Think of it as a 'window' into an area of grass where we can see everything that is happening and count all the things that we find.

## You will need:

- 4 sticks of a similar length
- string or tape

## How to make your quadrat:

1. Lay your sticks on the ground so that they make a square shape
2. Using the string or tape tie or wrap the corners together so that the square stays in place
3. Using more string or tape, divide the square into smaller equal sections.

## How to use your quadrat:

1. Throw your quadrat onto a piece of grass so that it falls randomly
2. Kneel beside it and ask yourself the questions in the green circle to the right.



How many different plants are within your quadrat?

How many different insects are within your quadrat?

How many of each insect is within your quadrat?



## Your Challenge:

Throw your quadrat in a new place every day for a week. Have you found the same things each day? What's different? Why do you think you find different insects in different places?




# Bird Watching


You might not always notice, but Solihull is full of lots of different birds.

Spotting birds is easy, all you need is your eyes and a little bit of patience!


Here are our top tips for bird watching:



Try to find somewhere quiet, it might be a park, by the river or in your garden.



Look all around you - birds might be in the air, in the trees or on the ground.



Find a place to sit where you can be comfortable, still and quiet.

If you can't see any birds, close your eyes and listen. Birdsong can be the first sign that they are around.

## Birds you can find in Solihull



House Sparrow



Starling



Blue Tit



Goldfinch



Blackbird

# Wilderness Scavenger Hunt

## Your Challenge:

How many of these things can you find in your local area?  
Can you find them all in a single day?



A bird's nest



Fallen branches



Water



Squirrel



Flowers



Bird



Feather



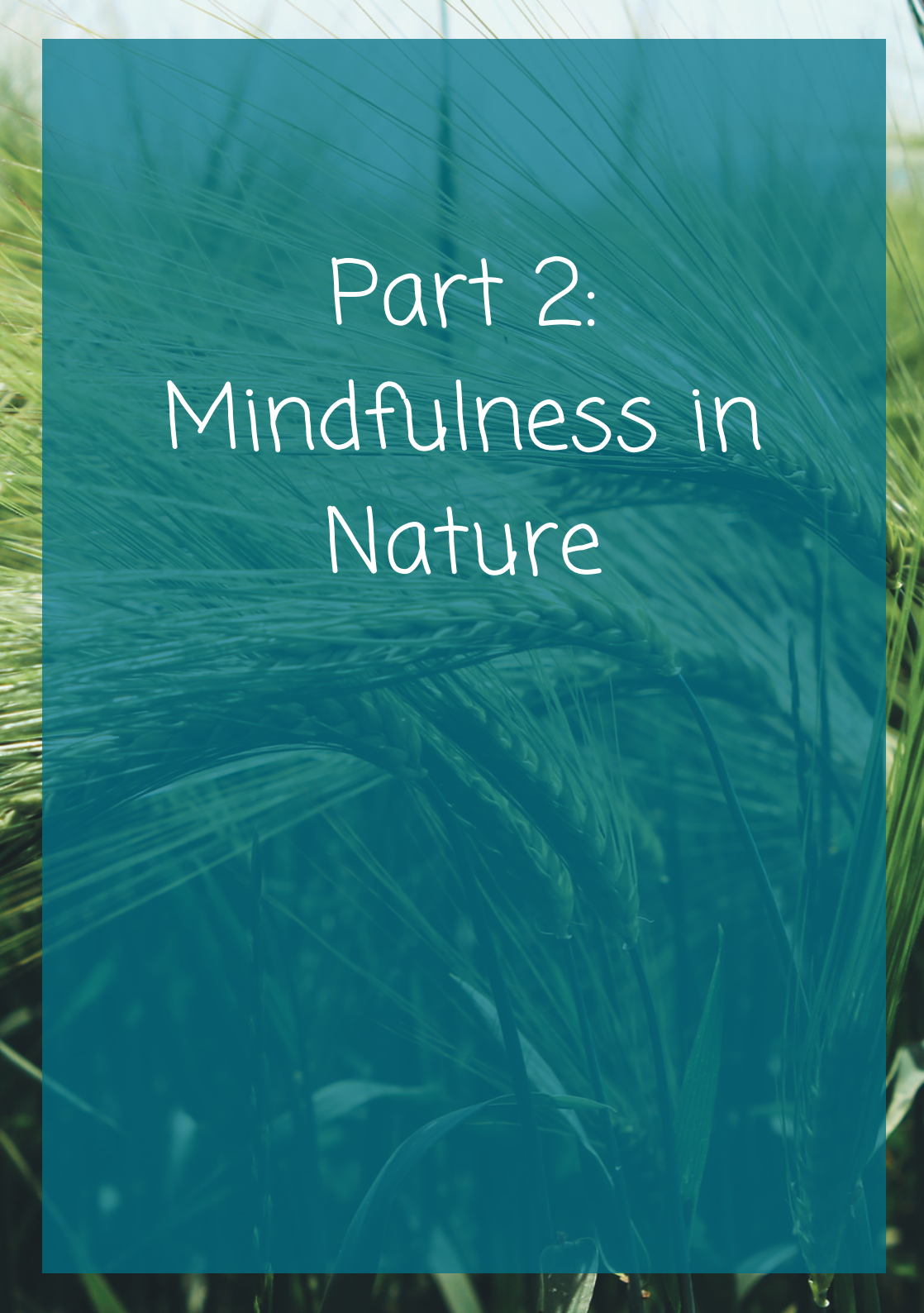
Cloud



Spiderweb

Good Luck!



A close-up photograph of a wheat stalk, showing the intricate details of the grain and the surrounding leaves. The image is overlaid with a semi-transparent teal color, which serves as a background for the text. The text is written in a white, handwritten-style font, centered on the upper half of the image.

# Part 2: Mindfulness in Nature

# Mindfulness in Nature

Being outside in the fresh air connects us.  
Not only to nature, but to each other and ourselves.

The following activities are ideas of things you can do outside to feel calm, focused and to re-set your mind.

Mindfulness can help us all to regulate our emotions, feel less stressed and focus on our thoughts and feelings.



## Wildlife watching...

Next time you notice wildlife while out and about, take a few moments to stop and really take notice.

You can do this alone or as a family together.

Ask yourself the following:

What do you see? A squirrel? A rabbit? A mouse? A bird?

What does it look like?

What is it doing?

How does it move?

Does it notice you back?



What do you see that you've never stopped to pay attention to before?



## Going barefoot...

When was the last time your feet felt the ground? Not in your shoes, but the soles of your feet?



In a safe place, take off your shoes and socks, and let your feet breathe.

Plant them into the ground.

Close your eyes.

What does the ground feel like?

Is it hard? Is it soft? Is it sandy?  
Is it hot? Is it cold?



Wiggle your toes  
and take a few steps.

How do you feel now?

Take some time to think about the sensations  
you are feeling.

## Outdoor journaling...

Find a peaceful space outside and become aware of what you can hear. Is there bird song? The hum of traffic? Children playing nearby?

How does the weather feel on your face today? Is the sunshine kissing your cheeks? Is there a chilly breeze?

What are you grateful for today?

What have you achieved today?

What have you done that is kind today?

How have you looked after yourself today?

What is your goal for tomorrow?



Journaling is for anyone.

If you don't want to write anything down, just take some quiet time to think about your answers.

## Mindfulness at Nighttime...

Stepping into darkness can be the jolt we need to re-set.  
You can do this activity together as a family, perhaps with a  
hot chocolate to keep you cosy and warm!

Take a walk outside in a safe place.  
Try to get away from as much light as possible.

What sounds can you hear that you don't hear in the  
daytime? The rustling of nocturnal animals?  
The coo of an owl?



Look up. Is it cloudy?

Can you see any stars tonight?

What phase is the moon in?

With your vision impaired by the darkness, engage your other  
senses. What can you smell?

Take some time to appreciate the stillness of night.



A close-up photograph of a wheat stalk, showing the intricate details of the grain and the long, thin awns. The image is overlaid with a semi-transparent yellow filter, which softens the colors and creates a warm, golden atmosphere. The text is centered over the upper half of the image.

# Part 3: Fresh Cooking



# Mushroom Pizza Traybake

## Ingredients:

- 250g chestnut mushrooms
- 4 garlic cloves
- 1 small red onion, quartered
- 2 tbsp olive oil
- 400g self-raising flour
- 320g frozen spinach, defrosted
- 400g tin plum tomatoes
- 125g grated mozzarella
- 30g fresh basil



## How to make it:

- Pre-heat oven to 220°C (200°C fan, gas 7)
- Roast the mushrooms, onion and garlic on a tray with drizzled oil for 20-25mins.
- Mix flour with a pinch of salt and 240ml of water into a dough and then kneed for 2 minutes.
- Remove the mushroom, onion and garlic from the baking tray and toss the spinach in the remaining juices, then set all to one side.
- In the baking tray, lay the dough ensuring it's stretched to all sides. Drain the tomatoes and spread them over the dough. Add the onions, garlic, spinach and mushrooms on top, then cover with mozzarella.
- Place the tray back in the oven for 15mins until crisp.
- Add basil once cooked and enjoy hot (but don't burn your mouth!)

# Turkey Meatball Traybake



## Ingredients:

- 1kg baby potatoes, halved
- 4 garlic cloves, slightly crushed
- 1 tbsp olive oil
- 2 red onions, cut into wedges
- 1 red pepper, sliced
- 336g turkey meatballs
- 175g cherry tomatoes
- 75g pitted green olives
- 150g low-fat natural yogurt
- ¼ cucumber, coarsely grated
- 5g fresh basil



## How to make it:

- Pre-heat oven to 220°C (200°C fan, gas 7)
- Place the potatoes and garlic into a deep baking tray, drizzle with oil and season with salt and pepper, roast for 20mins
- Add the onions, pepper and meatballs to the tray and return to the oven for 10mins
- Add the tomatoes and olives to the tray and return to the oven for 10mins
- Meanwhile, mix the yoghurt and cucumber in a bowl and lightly season
- Remove the traybake from the oven and tear basil over the top
- Serve hot with the cucumber yoghurt spooned on top.

## Lentil and Spinach Balti



### Ingredients:

- 410g can green lentils, drained
- 380g can leaf spinach, drained
- 400g can chopped tomatoes
- 1 red onion, finely diced
- 2 cloves garlic, crushed
- 2tbsp balti curry paste
- 150ml vegetable stock
- 20g fresh coriander
- 1tbsp oil
- Naan bread



### How to make it:

- Heat oil in a frying pan and fry onion until softened, then add garlic and cook for a further 1 minute
- Stir in the curry paste and fry together for 1 minute
- Stir in tomatoes, stock and lentils, bring to the boil and then reduce to a simmer for 10 mins
- Stir in spinach and gently heat through
- Remove from the heat and stir in the coriander
- Serve hot with a side of warm naan bread.

# Courgette and Pesto Pasta



## Ingredients:

- 2-3 courgettes
- 2tbsp olive oil
- 1 small onion, finely chopped
- 300g (10½ oz) spaghetti
- 3tbsp fresh green pesto
- Parmesan shavings
- Small handful fresh basil leaves



## How to make it:

- Grate the courgettes and put to one side
- Heat the olive oil in a pan and cook the onion for 5 mins or until softened
- Cook the spaghetti according to the pack instructions, usually 10-12 minutes
- Add the courgettes to the onion and fry for 2-3 mins or until soft
- Drain the pasta and return to the pan. Add the courgettes, onion and fresh pesto, and toss through
- Season lightly and serve with the Parmesan shavings and basil leaves sprinkled on top.



The background of the slide is a close-up photograph of wheat stalks. The wheat is in sharp focus, showing the texture of the grain and the long, thin awns. A semi-transparent purple overlay covers the entire image, creating a soft, ethereal effect. The text is written in a white, handwritten-style font, centered on the slide.

# Part 4: Grow Your Own

## Grow Your Own

Growing your own vegetables, fruit and herbs is a fun activity for all of the family - and it's easy too!

Here, we give you all the tips you need to know to start growing your own produce. You don't need a garden, just a few pots that can sit just outside of your door, on a balcony or even a windowsill, anywhere that sun can reach it and help your plants to grow.

### You will need:



Plant pots or containers with drainage. We recommend pots of around 30cm



Tap water

Multi-purpose compost



Seeds



### What seeds should you grow?



Carrots



Runner beans



Peas



Tomatoes

## Step 1: Planting

Fill your pot with compost and make it a little damp with water.



With your finger make holes in the soil about 2cm apart.

Push seeds in each of the holes.

Cover each hole with more compost and press the soil level with your hands.

## Step 2: Nurturing

Water your seeds daily - but not with too much water (you don't want your seeds to be swimming!)



The soil should be kept moist, but not wet.

Keep your pots in direct sunlight whenever possible

If it's not a sunny day, you can help your seeds to stay warm by covering the pot with a reusable plastic bag!

## Step 3: Sprouting



After a few weeks you will see your seedlings starting to sprout! Keep up the good work and continue to water them and keep them in the sunlight throughout the day.

Soon enough you will be able to pick your vegetables and enjoy them with your dinner!

The background of the slide is a close-up photograph of a wheat stalk. The wheat is golden-brown and appears to be in a field. A semi-transparent orange-red overlay covers the entire image, creating a warm, rustic atmosphere. The text is centered in a white, handwritten-style font.

# Part 5: Get Involved Locally



## Getting Out and About



If you are interested in exploring the outdoors, eating fresh and gardening more, then there is lots that you can do locally!

Here are some local Solihull projects that you can get involved with:

[MAPA](#) - your local outdoors adventure playground.

[Gro-Organic](#) - creating wonderful green spaces right here in the local area!

[B37 Project](#) - local projects in art, food and the environment

[Love Solihull](#) - working together to make the borough one of the cleanest, greenest and safest in the country.

[Solihull Mind](#) - horticulture and conservation project for all abilities to help tend to communal gardens.

[Warwickshire Wildlife Trust](#) - the leading local independent conservation organisation with a mission to bring people closer to nature and create a land rich in wildlife.





# Hello Solihull!

'The Village of Solihull' has been formed via a partnership with Solihull Moors Community Foundation. The aim is to support families living in the North of Solihull, in order to:

Improve health & wellbeing by providing self-care support and delivering social and recreational activities for individuals facing isolation and financial hardship.

Promote sustainable living and better lifestyle choices through outreach initiatives, skills and education programmes.

The Village is working with families to develop opportunities for parents and children to make connections between each other and their local environment.



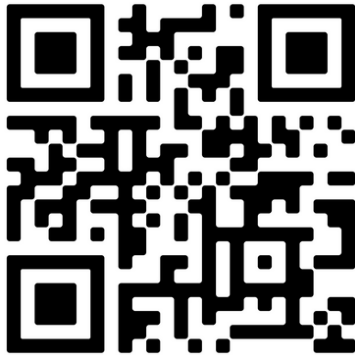
We'd love for you to join the journey, at:  
[www.thevillagecharity.org](http://www.thevillagecharity.org)



## Digital Access

If you would like to access these resources digitally, you can scan the QR code below which will take you to our website.

There is also a survey here where you can directly shape our next Garden projects in Solihull and be in with the chance of winning an amazing prize!



SCAN ME

Or visit:

[www.thevillagecharity.org/rewilding-project](http://www.thevillagecharity.org/rewilding-project)



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