



GLOUCESTERSHIRE WILDLIFE TRUST NEWSLETTER



Dear parent,

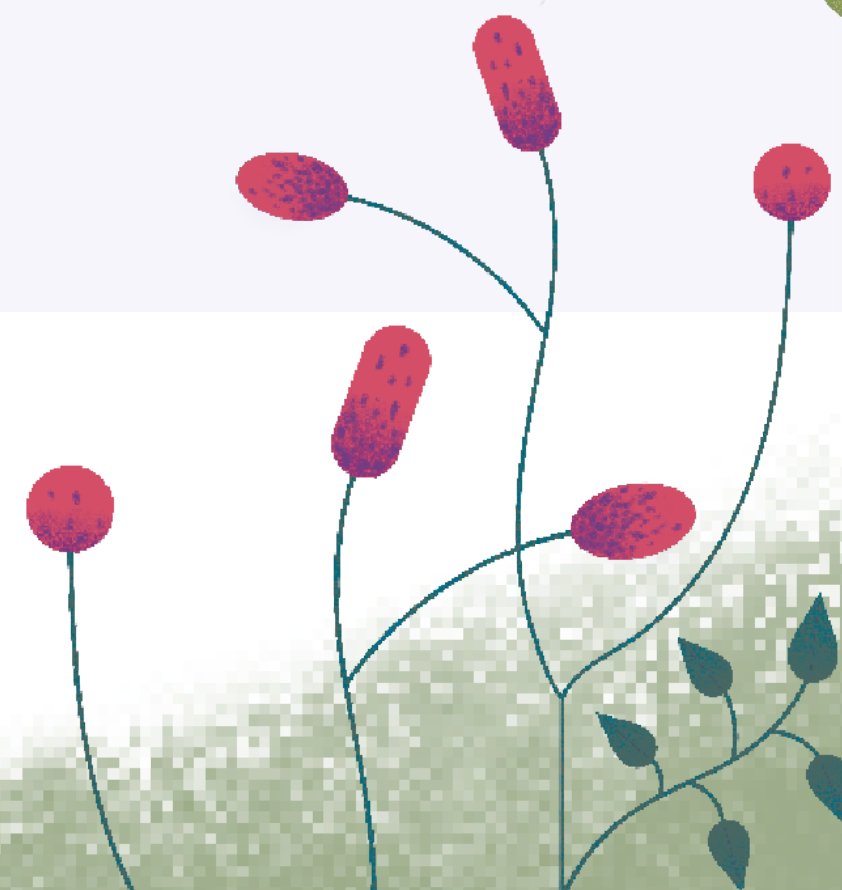
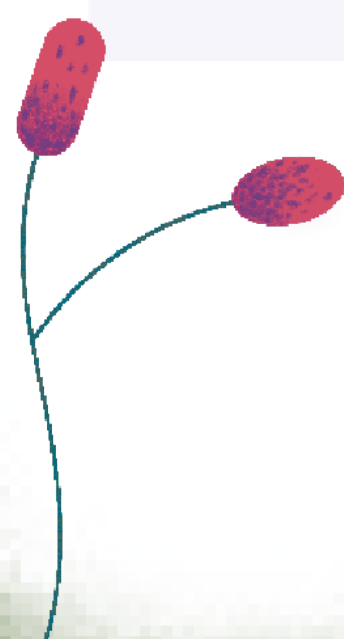
We know that finding fun and educational activities at home with children is not always an easy thing to do. That's why, in light of the current situation, Gloucestershire Wildlife Trust (GWT) would like to share some ideas to support children's learning and wellbeing in the event of school closure or isolation due to the outbreak of Coronavirus.

Evidence shows us that being connected with nature has a positive impact on the wellbeing of both adults and families and we hope you will find something interesting in the information below. Please share your photographs and comments with us on social media by tagging @gloswildlife or using the hashtag #gloswildlife.

Activity ideas

During times of school closures or self-isolation there are many things that you can do to connect with nature, and not all of them rely on access to an outdoor space. Find activity ideas, colouring sheets and games on our website here:

www.gloucestershirewildlifetrust.co.uk/explore/activities-children





Check out the 30 Days Wild app

30 Days Wild is a fun, free and simple app designed by The Wildlife Trusts and is available on iPhone and Android. It offers over 100 'Random Acts of Wildness' for inspiration, enabling you to select wildlife activity ideas from beautifully photographed wildlife cards.

You can share activities and inspiration on social media, through direct messaging or email. 30 Days Wild officially runs for the month of June and encourages everyone to do one wild thing every day for 30 days – but why not get a head start with the app? Sign up for 30 Days Wild starts on 16 April, find out more here:

www.wildlifetrusts.org/30-days-wild-2020

Visit a wild space

Providing that Government advice still allows time to be spent time outdoors, why not use this time to explore a wild space you've never explored before?

GWT cares for lots of nature reserves across the county ranging from local landmarks to leafy woodlands. Visit our website for more information about the nature reserves near you.

www.gloucestershirewildlifetrust.co.uk/nature-reserves



Image credit: Haresfield Primary School





Health and Wellbeing

Evidence shows us that being connected with nature has a positive impact on the wellbeing of both adults and families. In these uncertain times, it's important to look after our mental health, as well as our physical health. To find out more about the connection between nature, and our health and wellbeing, click here: <https://www.gloucestershirowildlifetrust.co.uk/what-we-do/health-and-wellbeing/health-wellbeing>



*Please note that for now, government guidance prevents us from holding events, courses and volunteer activities – but keep an eye on our website for more information on when our activities will be reinstated.

Find out more about your local Wildlife Trust

In the past 12 months young people have been instrumental in highlighting the importance of environmental action.

Find out more about your local wildlife trust and what you can do to support Gloucestershire's wild spaces with your family.

www.gloucestershirowildlifetrust.co.uk/what-we-do/our-work

If you would like to sign up to receive more education materials from GWT please email education@gloucestershirowildlifetrust.co.uk

