

# Wellbeing and Wildlife 1<sup>st</sup> Feb 2021

## World Wetlands Day: 2<sup>nd</sup> February 2021

### Activity

Wetlands are hugely important habitats and include almost every place you can think of which has water in it, such as:

- Ponds Rivers Coral Reefs Estuaries Mudflats Bogs Mangroves.....and more!

These habitats provide a home to wide range of plants and animals and they are often forgotten about. They are also all at great risk from pollution as everything we our down the drain, that gets washed along the street or blown into a stream, ends up damaging one of these beautiful and unique habitats.

World Wetland day hopes to educate everyone about wetland habitats, the plants and animals that inhabit them and how we can protect them. This week, we will explore some of the wildlife that lives in some of these habitats.



### Why are wetlands so important?

- What makes wetlands so ecologically important is their biodiversity. Their unique and wide ranging combination of plant and animal life plays a crucial role in the balance of nature.
- Wetlands attract a wide range of species including frogs, birds of prey, reptiles and all sorts of strange and unusual insects!
- Not only are wetlands crucial for wildlife, but humans depend of them to as a water source, an area to allow flooding to happen in safely and the peat (rich soil only found in wetlands) formed in many wetlands, act as a carbon sink to absorb pollution from the air.

## Build your own Bog Garden



### What You'll Need:

- A spade or trowel
- Pond liner, black bin bag or an old plastic washing up bowl.
- Plants suitable for bogs and wetlands.
- Always ask permission from an adult before.

### Activity:

- Pick a spot on level ground, away from overhanging trees.
- Dig a hole about 30 cm (12 in) deep.
- Lay a pond liner (a bin bag or plastic washing up bowl will do) in the hole.
- Make a few drainage slits in the liner
- Return the soil you dug out into the hole
- Water the soil thoroughly.
- Let it stand for a few days to allow any additives to break down.
- Leave the soil to settle for about a week before planting up.
- Use plant such as forget-me-nots, marsh marigold, snakes-head-fritillary and meadowsweet in your bog garden!

## Want to learn more!?

Explore the [World Wetlands UK website!](#)