

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

## Signs of Spring

### What You'll Need:

- Detective skills
- Outdoor space or a view through the window
- Your senses

### Activity

- It is now March and Spring is very much in the air!
- Can you spot the following signs of spring in your garden or local park:
  - Birds singing loudly
  - Green shoots sprouting up from the ground
  - Spring flowers such as daffodils and crocuses
  - The sun in the sky
  - A beautiful sun rise or sunset
  - Blue sky



## Your lockdown story



### What You'll Need:

- Pen or pencil
- Paper
- Your memory

### Activity:

- This lockdown has been a strange time and it is important to understand and accept what has happened to all of us.
- One way of helping us to do this, is to write our own story of lockdown.
- You can write it like a diary of each week or you could write as a character exploring what has happened.
- Did you learn something new or exciting during lockdown?
- Did you read a wonderful book or watch a film that inspired you?
- Did you enjoy spending time with your family? Did anyone you love or care about catch Covid - how did that make you feel?
- Maybe you could draw a picture of your lockdown journey.

March 1<sup>st</sup> is the national day of Wales: St David's Day.

St David ("Dewi" in Welsh) is the patron saint of Wales and people wear daffodils to celebrate St David and is the national flower of Wales.

### Other facts about Wales:

- Wales has its own Celtic language which is taught in all Welsh schools. Good Morning in Welsh is: "Bore da"
  - Wales is called Cymru in Welsh
- On St David's Day, people like to eat Welsh cakes, barra brith (a sweet type of bread) and often a lamb dish or something with cheese and leeks.
- Wales' flag has a red dragon on it with a green and white background.

See what else you can find out about Wales and St David's Day!

