



# 40 NATURE ACTIVITIES TO EXPLORE THIS LENT

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positive difference to the world and all those we share it with. Amen

"Care for the fish in the sea and the birds in the sky, the wild animals

**Ash Wednesday**  
 Draw the shape of a cross in some soil

Get up early to hear the dawn chorus

Discover how many petals a daffodil has

Be still & listen to the sound of the rain

Go on a litter pick around your area

Draw your favourite wild animal & find out where it lives

Keep a look out for plants growing in the pavement

Look for a rainbow after the rain

Dance & splash in puddles

Find a spiderweb & take a closer look

Create the first letter of your name using stones

Find 6 flowers that match these colours

Plant some seeds to help the bees

Feel the wind on your face on a windy day

Collect rainwater & recycle it

Can you find an evergreen tree?

Go on a blossom hunt

Search a patch of soil for earthworms

Create a Hedgehog Hotel with sticks & leaves

Grow some cress seeds in the shape of a cross

Make a nature card for someone special

Hang apple slices on a tree for the birds

Go on a sound walk. What nature sounds can you hear?

Lie on the ground & watch the clouds

Wrap up warm & go stargazing

Make a bird bath from a recycled container

Go on a bug hunt

Make some mud to help bird's build their nests

Treat your feet & walk barefoot on clean grass

Smell three different Spring flowers

Water plants with recycled washing up water

Hug a tree

Find 4 leaves. Did you know each leaf is unique?

Have a picnic tea or breakfast outdoors

Read the Easter Story together under a tree

Create an outdoor den

**Maunder Thursday**  
 Wash your wellie boots

**Good Friday**  
 Make a cross with two twigs

Decorate an Easter Tree for Easter Day

**Easter Day**  
 Celebrate with an Egg Hunt

and all creatures that move along the ground." (Genesis 1:28) Dear God, May our everyday actions make a



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Tick off the activities when you complete them



Ash Wednesday

Draw the shape of a cross in some soil

Get up early to hear the dawn chorus

Discover how many petals a daffodil has

Be still & listen to the sound of the rain

Keep a look out for plants growing in a pavement or a wall

Look for a rainbow after the rain

Dance & splash in puddles

Find a spiderweb & take a closer look

Create the first letter of your name using stones

Find 6 flowers that match these colours

Collect rainwater to water plants

Can you find an evergreen tree?

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Easter Day Celebrate with an Egg Hunt

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"Care for the fish in the sea, the birds in the sky, the wild animals and all creatures that move along the ground." Genesis 1:28  
Creator God, may our everyday actions make a positive difference to the world and all those we share it with. Amen

Draw your favourite nature find here