



Wild Memories

A nature group for people living with dementia or memory loss
Lockdown activities to keep engaging with nature and wildlife

LISTENING TO BIRD SONG

- Wren, the blackbird and the robin, [click here](#)
- Great tits, blue tits and coal tits, [click here](#)
- Learn about pigeon songs, [click here](#)
- Song thrush, mistle thrush, and the blackbird, [click here](#).
- Swift, swallow, and house martin. These are summer visitors so won't be around until April or so! [Click here to hear the recording.](#)
- The goldfinch, yellowhammer, and the chaffinch. [Click here for this.](#)
- The chiffchaff, the garden warbler, and the blackcap. [Click here for this.](#)
- Blackbird, this time listening to its song, and also its calls. [Click here to hear this.](#)
- Listen again to the wren, and take a closer listen to the song and different calls the wren makes. [Click here for this.](#)
- A recap quiz on bird songs [Click here for this.](#)

MINDFULNESS ACTIVITIES

- Audio file - Focusing on the breath and your body to relax and concentrate, [click here](#)
- Audio file - Visualising a river. [Click here for this.](#)
- Written activity – Exploring the senses, [click here](#)

OTHER CREATIVE ACTIVITIES

- Step by step video on how to draw a toad [click here](#)
- Step by step video on how to draw a newt [click here](#)
- Wildlife crossword to print out and do at home [click here](#)
- A choice of colouring in sheets to print and do at home. You could use pencils, paints such as watercolours, or what about a collage with some old magazines? [Adder here](#) [Common toad here](#) [Great crested newt here](#)
- Easy, step by step video on making an origami frog, [click here for this!](#)

HELPING NATURE ACTIVITIES

For those with a garden, and looking for something a bit more 'hands on'

- an instruction sheet on creating a pond – without digging! [Click here for this.](#)
- instruction sheet on making a log pile. [Click here to see this.](#) Log piles provide fantastic habitat for all kinds of marvellous creatures in your garden, including frogs, toads, newts, hedgehogs, and much more.

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