

May Activity Pack

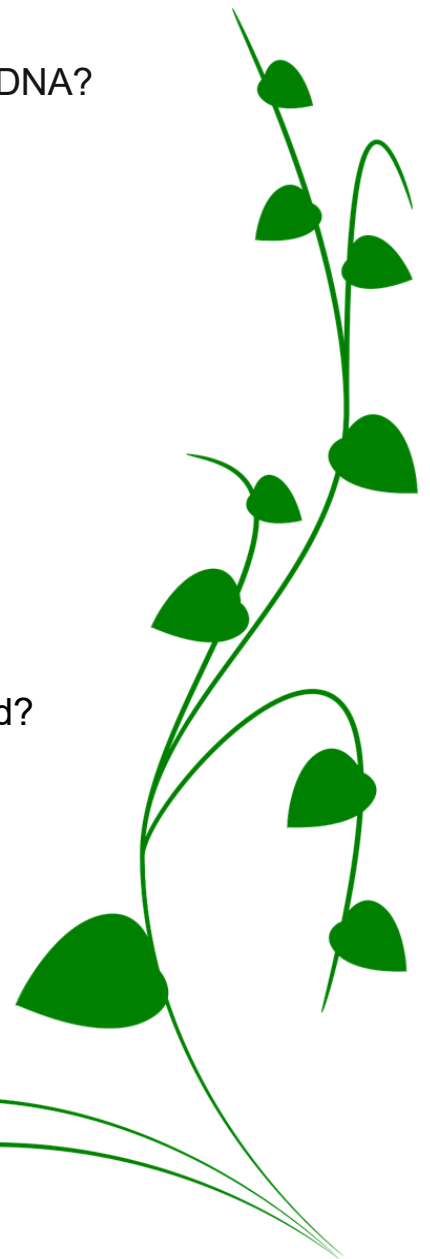
Filled with lots of nature themed quizzes, colouring, recipes, poems and much more.

Created by the Age UK Shropshire Telford & Wrekin Day Services Team



Bird and Nature Quiz

1. Birds are related to dinosaurs, true or false?
2. Which person do all British swans belong to?
3. Name the smallest living bird in the world?
4. Name the largest bird in the world (which also lays the largest eggs)?
5. What is the only type of bird that can fly backwards?
6. What are baby swans called?
7. Which bird has a reputation as a thief?
8. Humans and chimpanzees share roughly how much DNA?
9. How many hearts do octopuses have?
10. How many ribs do you have?
11. What is the only venomous snake found in Britain?
12. A snail can sleep for how many years?
13. How many pairs of wings does a bee have?
14. Which is England's fastest land mammal?
15. How many species of spider are there in Britain?
16. What breed is considered the national dog of England?
17. What per cent of English households own a pet?
18. What is the most common animal in England?



Bird facts

1. A flamingo...

...can eat only when its head is upside down.

2. The robin...

...was voted the UK's most popular wild bird.

3. The largest living bird in the world is...

...the Ostrich, which can reach a height of up to 2.7 metres with a wingspan of up to 2 metres (fairly impressive for a bird that can't fly). It will come as no surprise that the Ostrich also lays the largest bird eggs, weighing in at up to 1.5 kilograms.

4. The smallest living bird in the world is...

...the Hummingbird, specifically the Bee Hummingbird, which measures a minute 5.5 centimetres long and weighs no more than 1.9 grams. Another fact about this bird, it also lays the smallest eggs, which are pea-sized.

5. Brown or white?

A chicken with red earlobes will produce brown eggs, and a chicken with white earlobes will produce white eggs.

6. Beats per minute

A bird's heart beats 400 times per minute while resting and up to 1000 beats per minute while flying.

7. The only known poisonous bird in the world is...

...the Hooded Pitohui of Papua, New Guinea. The poison is found in its skin and feathers.

8. Pigeons were the radios of the world wars

With man made communication methods being unreliable and basic it fell to the humble pigeon to transport thousands of messages from the battle lines at the front. Over 300,000 pigeons were used during both World Wars with 32 being awarded The Dickin Medal - the animal world's Victoria Cross.

9. How high?

Penguins can jump as high as 6 feet in the air.

10. The fastest bird on earth is...

...the Peregrine Falcon, when in its hunting dive can reach a Maximum Recorded Airspeed of 389 k/h (242 mph). The fastest bird when in a level flight, is the common Swift which has a maximum recorded airspeed of 169 km/h (105 mph).

11. Flying asleep

An albatross can sleep while it flies. It apparently dozes while cruising at 25 mph.

12. The most talkative bird in the world is...

...the African Gray Parrot. One parrot could say over 800 words. Most species of parrots can learn only 50.

13. Puffin power

Puffins can fly underwater.

14. Hammer time

A woodpecker can peck twenty times a second.

15. Quack quack!

A duck's quack doesn't echo anywhere, and no one knows why.



Can you name these birds?



1



2



3



4



5



6



7



8

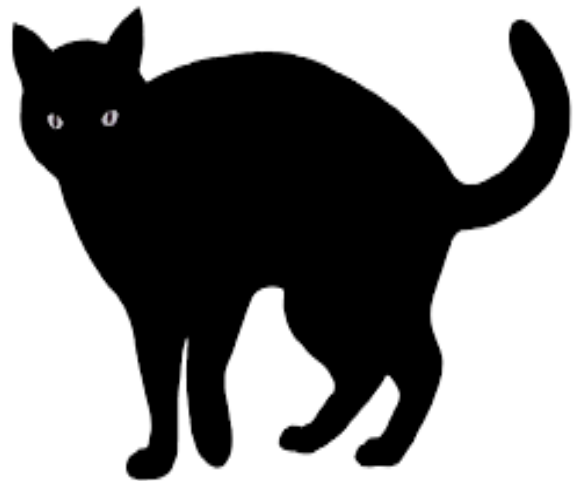
Jack the cat - Chapter 2

Now, as I have said, Jack is an independent cat and he looks after himself but one day this got him into trouble!

He awoke as usual in the warm, cosy kitchen. He stretched his black back and then his paws. He went to drink, from his saucer of milk, but oh dear, where was his milk? Had his friend forgotten to feed him this morning? "Well," he thought, "I'll just have to look after myself."

Jack crept through the cat flap and roamed the garden, looking for milk. "No milk here," he thought, so he walked quickly round to the front of the house. There on the doorstep was something that pleased Jack very much. A kind person had left a bottle of milk just for him.

Can you imagine what Jack did? He scratched off the silver lid with his claws and dipped his little pink tongue right into the creamy layer on the top of the milk. "How delicious," thought Jack, "I could drink a lot of this."



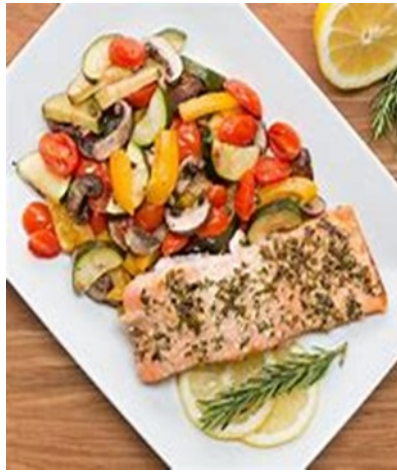
At that moment, the door opened and Jack's friend bent down to pick up his milk bottle. "Oh Jack, you are naughty. Why couldn't you wait for me to pour some into your dish?" Jack felt rather sad and said to himself that he wouldn't do that again.

He didn't like to upset his kind friend, so he rubbed his back against his friend's legs as if to say, "Sorry." "How can I show that I am sorry?" thought Jack, and then he had an idea. He scampered down to the Dingle and caught a mouse from under the hedge where he used to live. Jack carried it gently in his mouth all the way to his new home. He took it through the cat flap and dropped it on the kitchen floor by his friend's feet!

"Thankyou," said his friend, "that is very kind of you, but I think I'll let the mouse go now, back into the garden where it will be happier. I prefer to have just one pet in the house, not two!"







One pan salmon and vegetables

You could replace the salmon with another flaky fish. Swap out the vegetables for whatever's in your fridge, or add potatoes for a heartier meal.

Ingredients	
1	Courgette sliced into rounds
1/2	Onion, cut into wedges
1 Cup	Cherry tomatoes
1	Red & yellow pepper, sliced
3 tablespoons	Olive oil
2-3	Salmon fillets, about 4 ounces each
1	Lemon and parsley, optional

Method

1. Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil. If you don't have these, you can thoroughly grease the pan with vegetable oil.
2. In a large bowl, toss all vegetables with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.
3. Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil, and top with 2 thin lemon slices each.
4. Roast for 12-15 minutes, until salmon is flaky and cooked through.
5. Add 1 salmon fillet and a heaping serving of roasted vegetables to each plate for a healthy and satisfying meal. Enjoy!



Chewy Chocolate Crispie Cakes

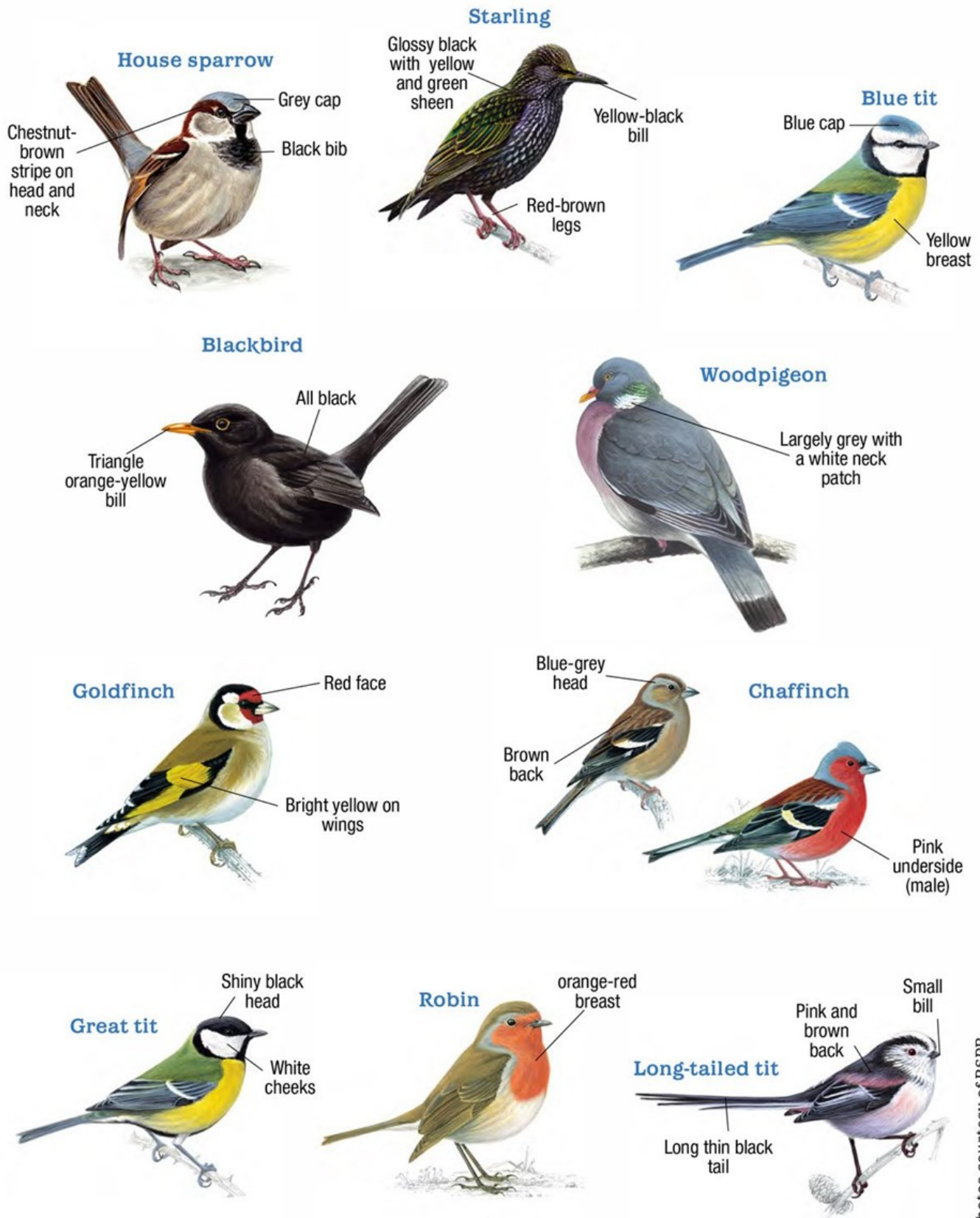
Thanks to Kate from Mardol Gardens office

Ingredients	
150g	Butter
150g	Golden syrup
3tbsp	Cocoa Powder
200g	Cornflakes

Method

1. Take a saucepan and measure in the butter, golden syrup and cocoa powder. Heat gently until all the ingredients have melted and stir with a wooden spoon until the cocoa powder has no lumps and you have a nice smooth mixture.
2. In a large mixing bowl measure out the cornflakes. Pour over the chocolate mixture and stir well until every last bit of cornflake is coated in chocolate.
3. Take a muffin tin and line with muffin cases. Fill each case with the cornflake mixture pressing down well with the back of the spoon to compact a little.
4. Put in the fridge to set for at least an hour.

Guide to the top 10 garden birds



Photos courtesy of RSPB



1. The more I dry, the wetter I get.
2. You hear my sound, you feel me when I move, but you never see me.
3. I come one in a minute, twice in a moment, but never in a thousand years...
4. I am very heavy, but backwards, I am not.
5. What can you catch but never throw?
6. What has a ring but no finger?
7. What belongs to you, but other people use it more than you?

Dawn Chorus

By Patricia Rose

A lovely Mother blackbird
Looked down at her empty nest,
But then she knew in her heart
She had done her very best.

Her brood still needed feeding
So she showed them how to feed,
To find their own earth worms
And she taught them to succeed.

The fledglings were in a hurry
To test their wings and explore,
And to greet Mother Nature -
With much excitement in store.

They flew off into the sunshine
To search for a perfect home-
A fir tree or a bush somewhere
They could call their very own

Soon they made friends
With a Lark and a Jay,
Then the dawn shone its light
On a truly brilliant day.

To join the Dawn Chorus
Was a wonderful Thing,
Now the blackbirds know
They were born to sing.

Then came the Dawn
And every bird under the sun.
Sang the Dawn chorus





The Vixen

By John Clare

Among the taller wood with ivy hung,
The old fox plays and dances round her young.
She snuffs and barks if any passes by
And swings her tail and turns prepared to fly.
The horseman hurries by, she bolts to see,
And turns agen, from danger never free.
If any stands she runs among the poles
And barks and snaps and drive them in the holes.
The shepherd sees them and the boy goes by
And gets a stick and progs the hole to try.
They get all still and lie in safety sure,
And out again when everything's secure,
And start and snap at blackbirds bouncing by
To fight and catch the great white butterfly.

Hares at Play

By John Clare

The birds are gone to bed, the cows are still,
And sheep lie panting on each old mole-hill;
And underneath the willow's gray-green bough,
Like toil a-resting, lies the fallow plough.
The timid hares throw daylight fears away
On the lane's road to dust and dance and play,
Then dabble in the grain by naught deterred
To lick the dew-fall from the barley's beard;
Then out they sturt again and round the hill
Like happy thoughts dance, squat, and loiter still,
Till milking maidens in the early morn
Jingle their yokes and sturt them in the corn;
Through well-known beaten paths each nimbling hare
Sturts quick as fear, and seeks its hidden lair.

Garden Wordsearch (easy)

P L A N T D S U
G A R D E N N K
P C O M P O S T
H O S E P I P E
G R A S S B W O
U T S P A D E M
P A T H A N T S
S H E D R C E C

ANTS

COMPOST

GARDEN

PATH

PLANT

SPADE

GRASS

HOSEPIPE

April Wordsearch (hard)

Z	D	W	E	L	W	F	X	D	V	U	N	C	H	W
V	E	G	E	T	A	B	L	E	S	P	R	L	O	G
R	N	E	U	L	T	A	N	T	S	H	C	C	S	H
S	S	M	S	H	E	D	R	S	A	C	K	A	E	X
M	P	V	J	C	R	O	C	K	E	R	Y	N	P	B
F	R	A	L	J	I	N	F	U	K	R	K	E	I	G
E	I	G	D	T	N	Z	L	R	A	K	E	S	P	R
R	N	L	R	E	G	Q	O	O	K	R	L	C	E	A
T	K	O	Q	N	C	F	W	P	A	T	H	S	F	S
I	L	V	P	X	A	S	E	E	D	T	R	A	Y	S
L	E	E	A	I	N	B	R	K	S	D	U	U	L	O
I	R	S	E	L	M	G	P	K	Z	V	Z	D	M	W
S	S	H	E	A	R	S	O	C	O	M	P	O	S	T
E	F	J	P	L	A	N	T	K	H	N	S	O	I	L
R	P	R	U	N	E	R	S	G	A	R	D	E	N	I

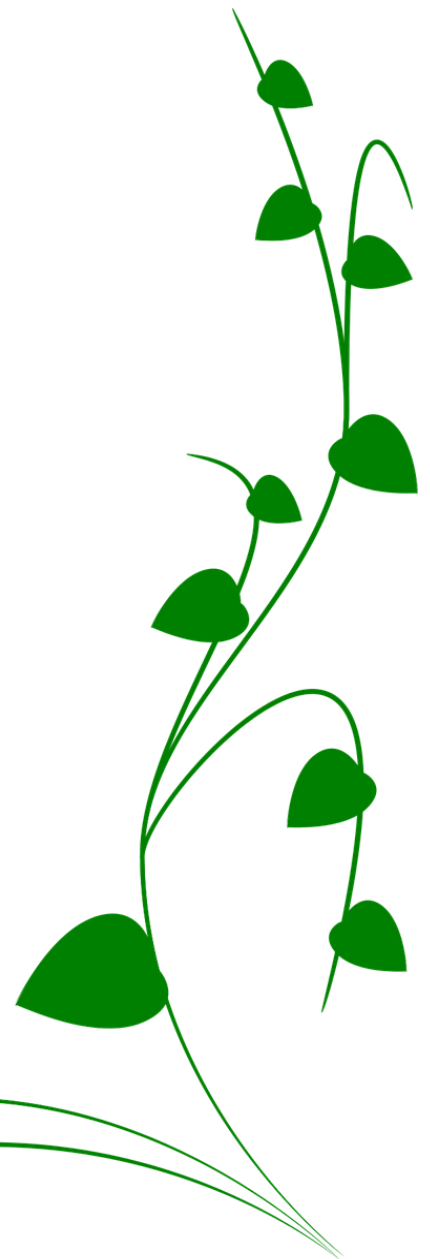
ANTS
CANES
COMPOST
FLOWERPOT
FORK
FERTILISER
GARDEN
WATERINGCAN
VEGETABLES

SEEDTRAY
SHEARS
SACK
PLANT
SHED
SOIL
SPADE
HOSEPIPE
SPRINKLER

RAKE
ROCKERY
PRUNERS
PATH
GRASS
GLOVES

Bird & Nature Answers

1. True
2. The Queen
3. Bee Hummingbird
4. Ostrich
5. Hummingbird
6. Cygnets
7. Magpie
8. 98%
9. 3
10. 24
11. Adder
12. 3 years
13. 2
14. Brown hares
15. 600
16. Bulldog
17. Upwards of 50%
18. The brown rat, at 10 million



Can you name the bird answers

1. House Sparrow
2. Blue Tit
3. Chaffinch
4. Starling
5. Blackbird
6. Goldfinch
7. Robin
8. Wood Pigeon





**RIDDLE ME
THIS
RIDDLE ME
THAT**

Answers

1. A towel
2. The wind
3. The letter M
4. Ton
5. A cold
6. A telephone or alarm
7. Your name