

## Changing seasons

Here are some ideas of how you can use the beautiful outdoors in a fun and safe way. Please ensure you have read the [Introduction to Norfolk Autumn Outdoors](#) for some important safety tips to help you along your way.

We have made this guide interactive so please click on the blue underlined section to follow the website links.



**Give back (and care)**



**Take notice of nature**

- Support wildlife during the autumn by making: [a Hedgehog home](#), [a bird kebab](#), [an apple feeder](#), [a bat box](#), [a beetle bucket](#) and [giving back](#)
- Find out why [garden insects are important](#)
- Protect water voles and hedgehogs as they [face extinction](#)
- Make sure you [dress appropriately for activities](#)
- Share advice from [Action For Happiness - taking care of your body](#)
  
- Go out and find some [fungi](#)
- Have [fun with leaves](#)
- Use this [seasonal spotter sheet](#) from RSPB
- Spot [conkers](#), [nuts](#) and [berries](#)
- Find and identify [Invertebrates](#)
- Watch out for [migrating wildlife](#) & [animal tracks](#)
- Plan your activities using the [weather forecast](#)



### Connect with others

- Create a story/poem based on the changing season
- Make ink stamps with seeds/leaves, [leaf crowns](#) and [Autumn Art](#) to give to others
- Make a [botanical bookmark](#)
- Collect fruits to [make jam](#) and share with others
- Talk with others about the changing seasons and how it makes you feel
- [Collect seeds](#), fruits and herb cuttings for gifts



### Be active in the outdoors

- Keep fit and active in Autumn, use this [Thriving with Nature guide](#).
- Access the outside little and often if it's cold and windy, perhaps build [a den](#) to keep warm.
- [Kites](#) are great for windy days and coats make great superhero capes
- Make an [Anemometer](#) to watch the wind speed
- Build a [toy land yacht](#) to use outside



### Keep learning

- How is wind and rain made? How can we measure rainfall? Learn about the [different types of weather](#)
- Check out [traditional/folklore](#) weather prediction
- Follow the [journey of cuckoos](#) from Norfolk to Africa
- Learn about [why leaves change their colour](#), [how seeds are distributed](#), [how trees grow into seeds](#) and [how insects survive the winter](#)
- Read about [pink footed geese](#), just one of Norfolk's seasonal visitors.
- Learn about [fungi](#), [lichen](#) and [mushrooms](#)
- Find out how to [identify trees even after the leaves have fallen](#)
- What are [winter berries](#)?

For further resources visit;

- Woodland Trust - [First Signs of Autumn](#)
- Days out with the kids - [Autumn Activities](#)
- BBC Radio 4 - [Autumn Oddities](#)