



Take a pause...

Let yourself be curious, playful, and use your imagination as you rediscover your connection to nature.

AVIARY

Switch off your phone or other devices from this point to fully immerse yourself in summer at the park and museum. Note how you feel when you've finished.

POND

Focus on all the different colours you see as you look around. Just green, you say? But how many different shades are there?

NESTBOX

Stand or sit here for 10 min, moving and speaking as little as possible. This "sit spot" will allow you to notice more around you.

GARDENS

Bees dance to communicate. What's your best move? Have a go! Even if it feels daft, it will likely put a smile on your face.

BAY TREES

Butterflies are out! Find one and follow its trail, or another flying insect's, as it travels around the plants and flowers.

BEE TREE SCULPTURE

Have a lie down (or sit and look up) to watch clouds as they roll past. Is it a grey day? Watch the leaves on the trees instead!



Five Ways to a Wild Wellbeing



BE ACTIVE



CONNECT



GIVE



TAKE NOTICE



LEARN

newcastle-staffs.gov.uk/wellbeing

Self-led activities and resources developed by Staffordshire Wildlife Trust and Brampton Museum volunteers as part of the Wild about Brampton Project which has received funding from the UK Government through the UK Shared Prosperity Fund.

50p



Wild Wellbeing

SUMMER STROLL



Self-led, seasonal trail to improve your mental and physical health by spending time outdoors and celebrating changes in nature.



Staffordshire
Wildlife Trust

Grounds Surrounding Brampton Museum

AVIARY



NESTBOX



BAY TREES



GARDENS



Sensory Garden



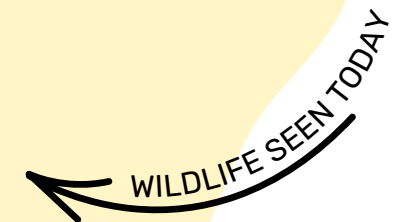
POND



BEE TREE SCULPTURE



Feathers don't just enable birds to fly, but they're also used as camouflage, to attract mates, and to protect them from the cold. Females are often brown in colour to easily blend in with the earth, whereas males tend to be showier; their colourful plumage is attractive to the females.



You can help wildlife by sharing what you have seen with Staffordshire Ecological Record so they can better monitor our county's wildlife:
<https://irecord.org.uk/ser-enter-records>