

Take a pause...

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

AVIARY

Stay here a moment, listening to the birds; you might close your eyes. What sound is nearest? Furthest away?

POND

Watch the ripples as they spread. What has caused them? Raindrops? Bubbles from below?

NESTBOX

Life is everywhere. Try to spot one bit of fungi or lichen, two birds, three types of plant, and four different minibeasts.

GARDENS

As you pass under the arch, imagine it's a doorway into a magical place. Look around with wonder and awe.

BAY TREES

Look around the sensory garden and tally how many things you can name. If you're keen to learn, try an app like iNaturalist.

BEE TREE SCULPTURE

Leaves! Explore the area. Pile up leaves and jump in them. Smell them. Crunch them underfoot or in your hand.



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.



Wild Wellbeing

AUTUMN AMBLE



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



Grounds Surrounding Brampton Museum

AVIARY



NESTBOX



BAY TREES



GARDENS



Sensory Garden



POND



BEE TREE SCULPTURE



FASCINATING FACT

Autumn's shorter days "tell" trees to begin to prepare for winter. With less daylight for photosynthesis to occur, they begin to close down their food production systems and reduce the amount of chlorophyll in their leaves.



WILDLIFE SEEN TODAY

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>