

Take a pause...

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

AVIARY

The sounds birds make include calls and songs. Can you tell the difference between their chatter and those performing? How?

POND

Being around water gives our brains and our senses a rest from overstimulation. What other water can you find? Puddles and rain absolutely count!

NESTBOX

You'll find stones and pebbles under the nestbox; have a go at balancing them. How high can you go? Pop them back once you've achieved your goal.

GARDENS

Stop beneath the arch, stretching your arms to the sky, to the sides and have a go at touching your toes.

BAY TREES

Find a bit of earth to dig your fingertips into. Notice the warmth or coolness, its moisture, and breathe in the smell of the soil.

BEE TREE SCULPTURE

Notice the sounds around you. Are there children playing? Couples out for a winter walk? Who can you connect with today?



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

WINTER WANDER



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



GARDENS



POND



BAY TREES



BEE TREE SCULPTURE



FASCINATING FACT

Bats, dormice and hedgehogs are the only British mammals that truly hibernate. If you're wondering what makes hibernation "true", it's all to do with lowering their body temperatures and reducing biochemical processes.



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>