



Fitzy Fun in  
Lockdown!



Fitzzy was very excited because he had arranged a zoom meeting with Miss Boyd's class at 2.00pm. He hadn't seen the children since they had arranged the family fun run at their school and that was a few weeks ago.





Fitzzy had loved the run and thought it was brilliant to see so many families joining in the fun. Fitzzy really hoped that the children were still going out for exercise every day, despite the lockdown.

So many beautiful places to go for a walk, a run, a cycle or a scoot and soooooo much to see now that winter was slowly changing to spring.



Fitzzy had everything set up ready for the call and was expecting to see lots of smiling faces.

Mmnnnn let's see what happens next!



Mute



Stop Video



Security



Participants



Chat



Share Screen



Record



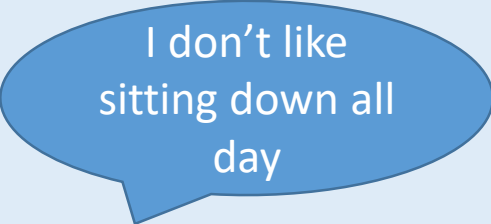
Reactions

End

“Goodness me, why the long faces?” exclaimed Fitzy. Fitzy was also quite surprised to see the children with just sugary and salty snacks on their desks. The children started to shout out all at the same time.




I'm fed up



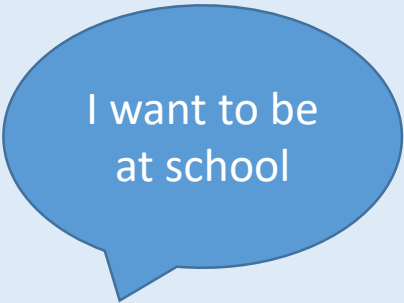
I don't like  
sitting down all  
day




I'm bored



I can't see my  
friends

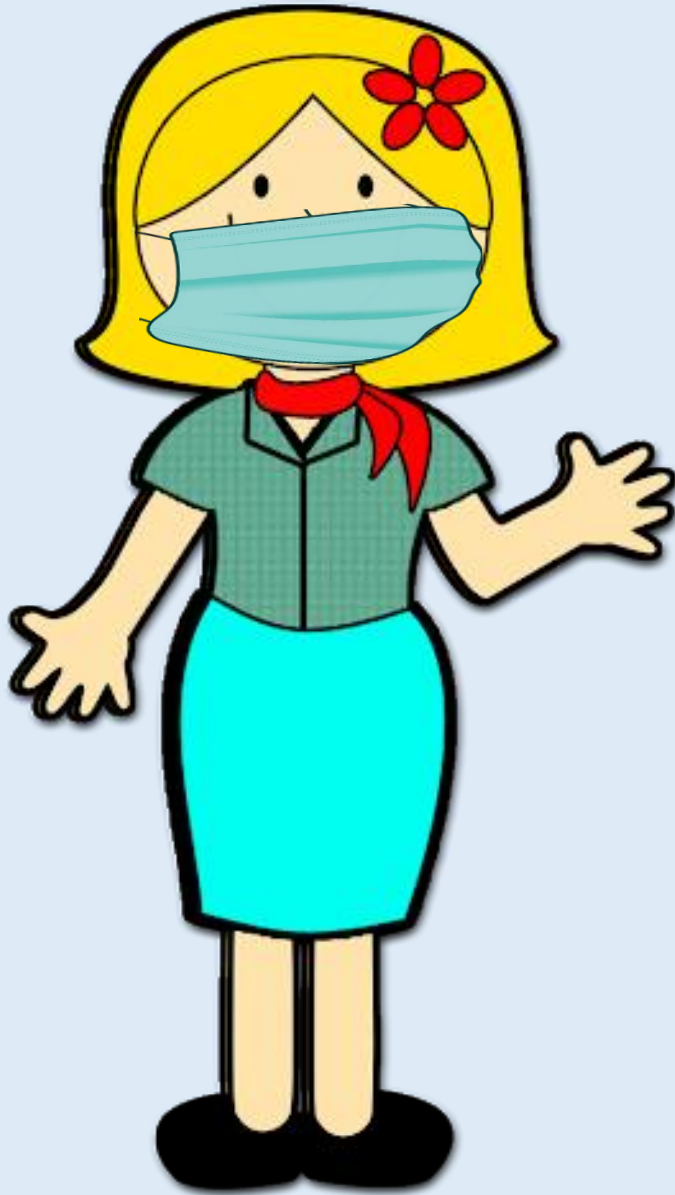


I want to be  
at school



My Mum keeps  
telling me to be  
quiet





“and Miss Boyd wants us all to do a spring project for homework” the children all chorused. Fitzzy could hear the children saying the same thing, that they didn’t want to do work on their own all of the time.



Now it was Fitzzy's turn to speak and ask the children some questions. "How many of you are going outside every day and getting some exercise?" enquired Fitzzy. "Are you eating snacks because you are hungry or because you are bored?"

Fitzzy also thought to himself that he needed to find a solution that would make his friends feel happy again.



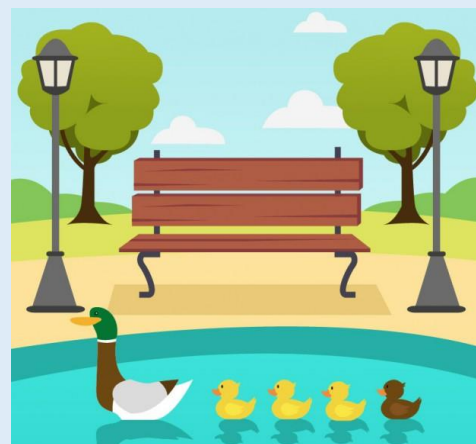


Fitzy thought about the problem for a while and realised that there are loads of parks in the City where you can go and do some exercise and play. Fitzy told the children that he went out every day and felt so much happier when he had been out in the fresh air.

Fitzzy continued to tell the children that they could ride their bikes and scoot safely in the parks, or they could go on their roller skates or skate board.



Fitzzy explained that the children wouldn't be bored as there is always so much to see and some of the parks even have ponds and lakes.

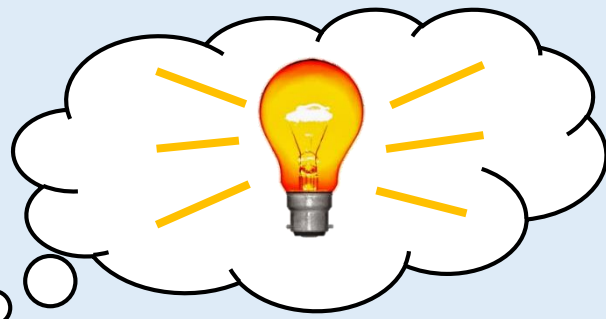


Fitzzy said excitedly, "I bet that there is a park near to where you live. Let's make a list of all the parks that we know." The children were amazed how many they knew between them.

Northwood Park  
Hanley Park  
Central Forest Park  
Burslem Park  
Etruria Park  
Trentham Park  
Park Hall  
Hartshill Park  
Shelton Community  
Park

Longton Park  
Bucknall Park  
Westport Lake  
Berryhill Fields  
Cauldon Park  
Richmond St Park  
Hem Heath Park  
Glebedale Park  
  
Any more??





Then Fitzzy had a fantastic idea! Why not make Miss Boyd's 'Spring Project' about the parks and how much everything changes in the spring. Birds start to make their nests, leaves come in to bud, flowers start to peek out from the ground and loads of other interesting things too.

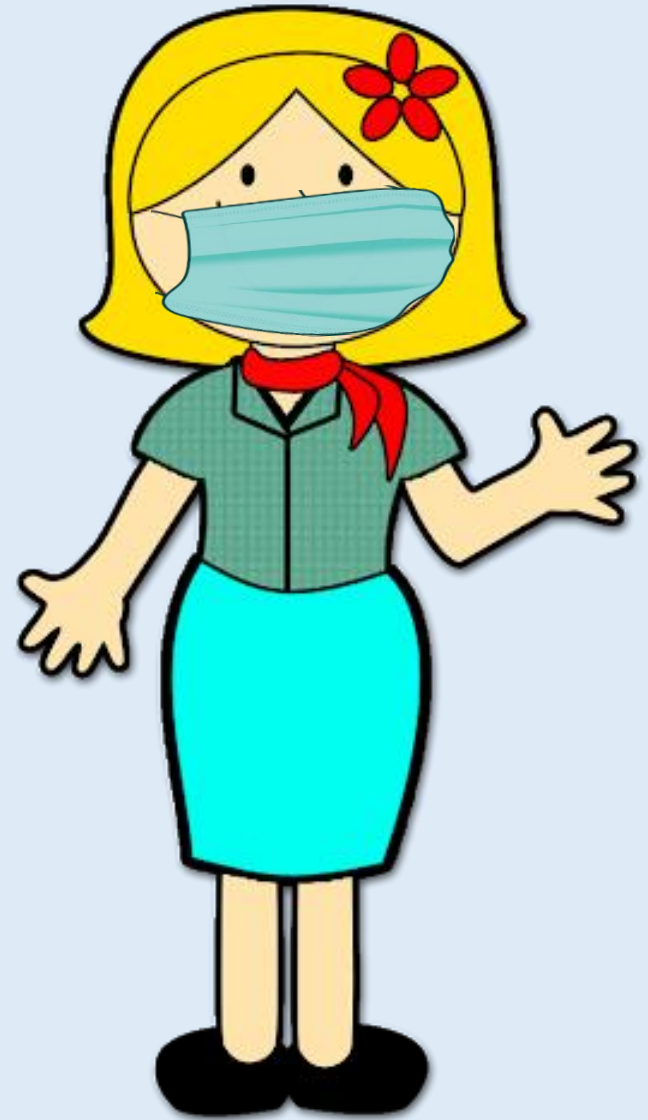


Fitzzy was sure that the children would love the idea of a group project and working together, but he needed to check with Miss Boyd first. It was going to be awesome!

Miss Boyd was just as excited as Fitzzy about the idea, saying that it would help keep the children fit AND give them a good focus for their school work.

Miss Boyd said she had some worksheets that she could send out by email to help the children. She would put all the work that the children sent in to one big folder on the school network and she would also do a huge table display in the classroom, sharing a photo each week as the collection grew.

“It is going to be fabulous!” declared Miss Boyd.





The children had so many ideas about what they could do. Some children wanted to keep a diary of all the different birds that they could see, other children wanted to identify the different flowers in the park. One child said that he would look to see what lived on and near his local pond and hoped that he would find some frogs. Another said that sometimes a fox came in to their garden at night and that they would try and take a photo.

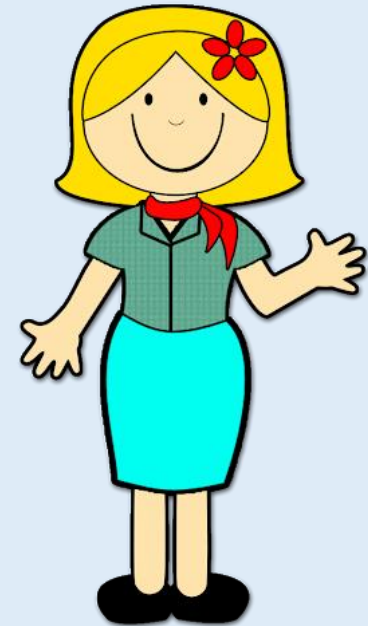
They soon had a massive list of things to do that the children could choose from. Everyone was very excited!





Fitzzy and Miss Boyd noticed that one little boy called Michael wasn't very happy. Fitzzy quietly asked him what was wrong. "I can't do this because I don't know what any of the birds or flowers look like!" sobbed Michael.

Very quickly Miss Boyd smiled at Michael and said, "That won't be a problem, as I will send you some worksheets to use at home and there are lots more that you can find on the internet."



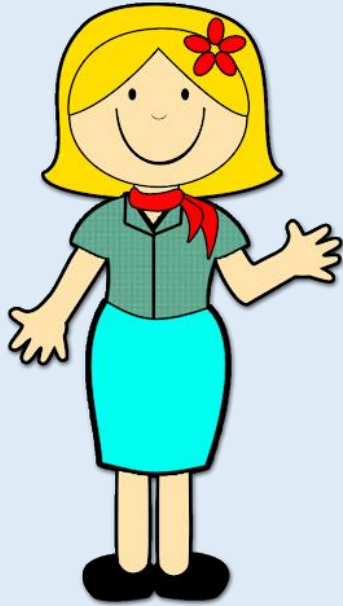


When Fitzzy was out cycling or running in the park he always saw children from Miss Boyd's class out getting some exercise and collecting information for the spring project. They would wave at Fitzzy and tell him how much fun they were having. It was brilliant to see them so happy.

The children were working extremely hard at home. They were busy recording things they had seen, drawing pictures of the different animals, birds and flowers, making models and drawing charts and graphs. There was so much to do!



It didn't feel like working on your own because Miss Boyd was always sharing what all the children had done, so it really felt like a class project.



Miss Boyd was thrilled by the work that the children produced and she sent copies of all the diaries, photos and pictures to the Wildlife Watch website. Some of the children took part in the 'Big Garden Birdwatch' too.

As for Fitzy he was delighted that the children were doing so much more exercise outside in the fresh air and getting fitter. He also knew that he had solved his problem because the children were happy and healthy!



























Look at the worksheets on the next few pages and decide what you would like to do for your spring project. Remember that things change all the time so you need to go out once a day and be super observant so you don't miss a thing!



# What did you see?

 Black-headed gull 1 2 3 4 5 6	 Woodpigeon 1 2 3 4 5 6
 Collared dove 1 2 3 4 5 6	 Feral pigeon 1 2 3 4 5 6
 Robin 1 2 3 4 5 6	 Blackbird 1 2 3 4 5 6
 Great tit 1 2 3 4 5 6	 Song thrush 1 2 3 4 5 6
 Coal tit 1 2 3 4 5 6	 Blue tit 1 2 3 4 5 6
 Magpie 1 2 3 4 5 6	 Jackdaw 1 2 3 4 5 6

 Carrion crow 1 2 3 4 5 6	 Hooded crow 1 2 3 4 5 6
 Starling 1 2 3 4 5 6	 House sparrow 1 2 3 4 5 6
 Greenfinch 1 2 3 4 5 6	 Chaffinch 1 2 3 4 5 6
 Pied wagtail 1 2 3 4 5 6	 Wren 1 2 3 4 5 6
 Dunnock 1 2 3 4 5 6	 Long-tailed tit 1 2 3 4 5 6

1 2 **3** 4 5 6

Circle the number of birds that you see for each type of bird you identify – e.g. if you see 3 Robins then draw a circle round the number 3

Your name \_\_\_\_\_

# Spring flower spotter



wildlife  
watch



Snowdrop



Daffodil



Wood-sorrel



Winter aconite



Wood anemone



Bluebell



Primrose



Wild garlic (ramsons)



Cowslip



Lesser celandine

If you see one of the flowers put a tick in the box next to the name of the flower



# Start a <sup>virtual</sup> nature table

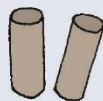
Start a virtual nature table at home or school to share your wild findings with classmates, teachers and your family. From photos of birds, flowers, buds and leaves to pine cones, squirrels, mice and foxes – make it as interesting as possible! Send in your information to your teacher and they will put everything together in one folder and send out the link so you can all see everyone's work!



# Make your own binoculars

## You will need

- Two cardboard tubes (you can use toilet roll tubes)



- String



- Paper



- Scissors



- Glue



- Rubber band



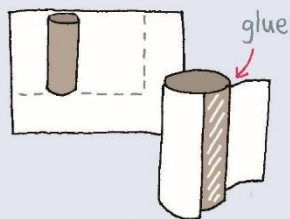
- Hole puncher or pen



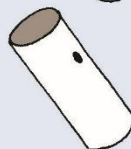
- Felt tip pens (optional)



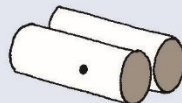
- 1 Cut your paper to size, then cover your tubes with glue and wrap the paper around them.



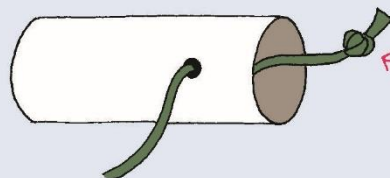
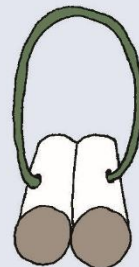
- 2 Using a pen or hole puncher, insert a hole at the side of each tube, about a third of the way down.



- 3 Glue the two tubes together so that the holes are facing the outside.

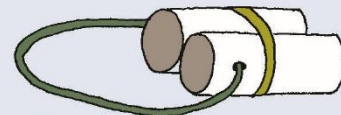


- 4 Insert string into one of the holes from the outside of the tube. Bring it through the tube and tie a chunky knot. Gently pull the string back from the outside. Repeat on the other side.

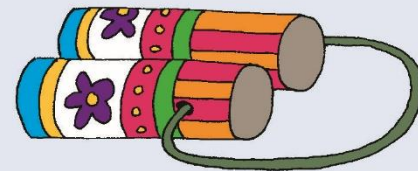


The knot will stop the string coming back through the hole.

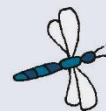
- 5 Place a rubber band around the tubes to help the glue set. Leave to dry over night.



- 6 Remove the elastic band and then decorate them with pens!



- 7 Go wildlife detecting!





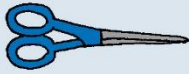
# Decorate a tree

## You will need

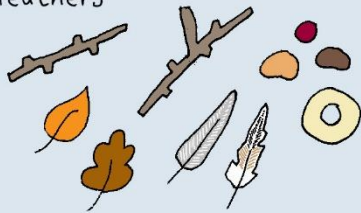
- Ribbon or string



- Scissors



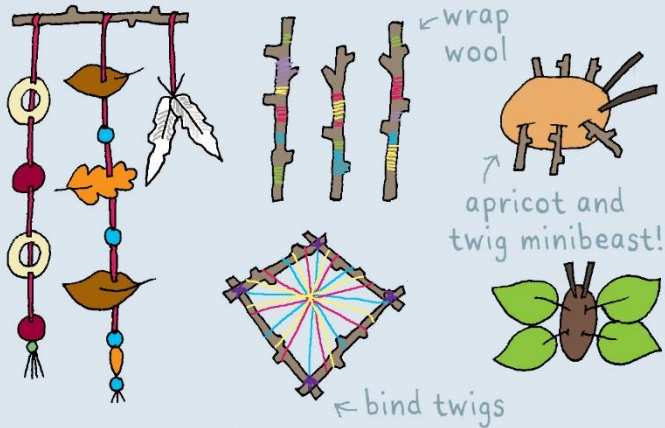
- Natural objects such as twigs, leaves, dried fruit, feathers



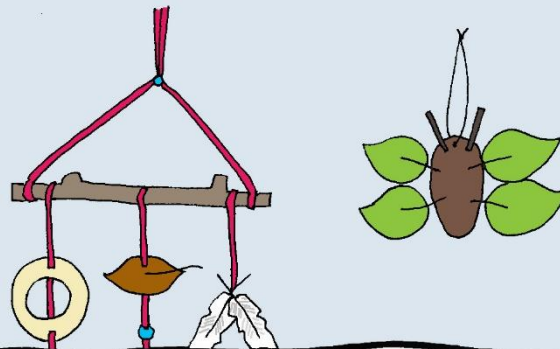
- Coloured wool and beads



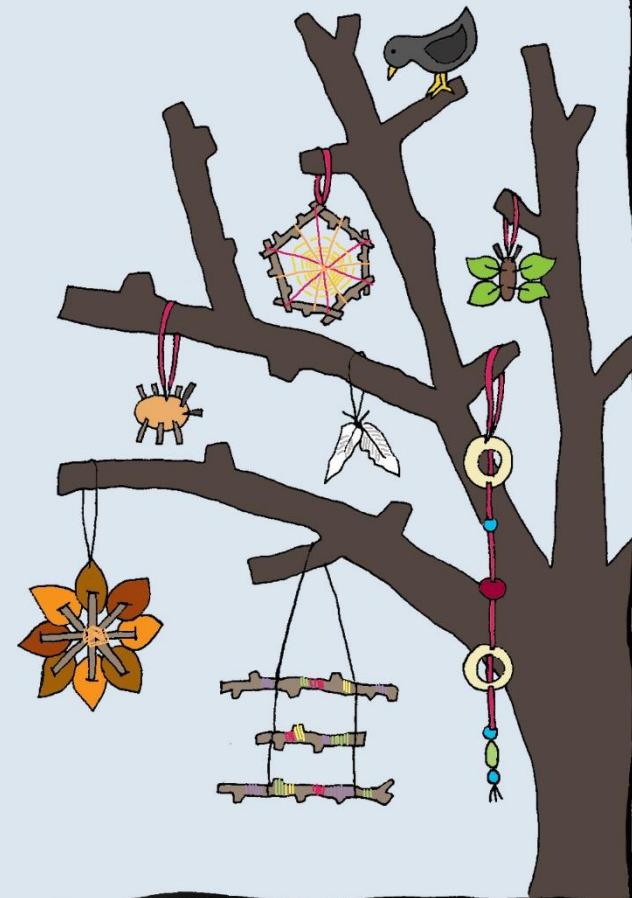
- 1 Get creative! Use your natural objects to make decorations.



- 2 Attach the ribbon or string by either tying it around your decoration or by cutting a hole and threading it through.



- 3 Find a tree! Use your ribbon or string to attach your decorations to your favourite tree.



# How to do wildlife yoga

## You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

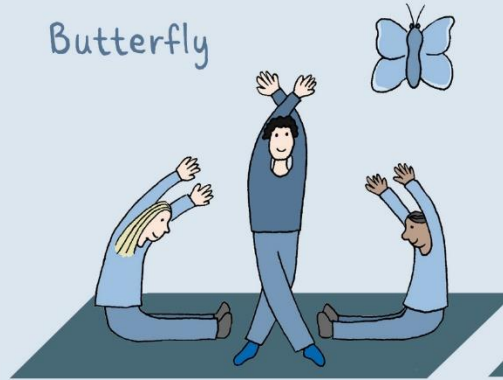
## What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

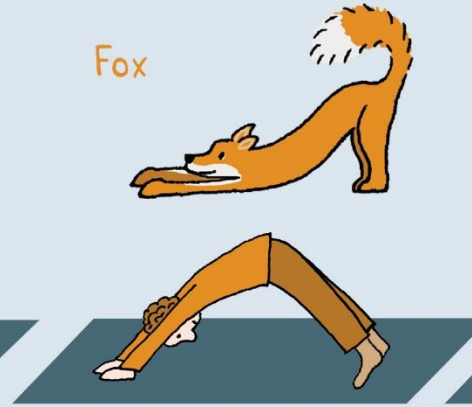
Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.

Can you make up your own yoga poses based on animals that you have seen?

Butterfly



Fox



Pine marten



Frog



Snail



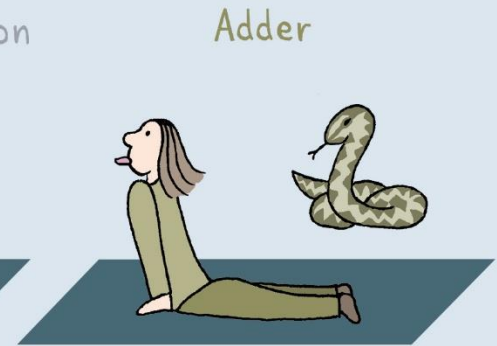
Starfish



Heron



Adder





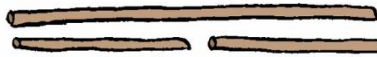
# How to make a bird hide

## What you need:

- old sheet or blanket (dark ones are best)



- one long and two short branches or poles



- string



- clothes pegs



- cushions



- warm clothes

- snacks



- bird feeders and food

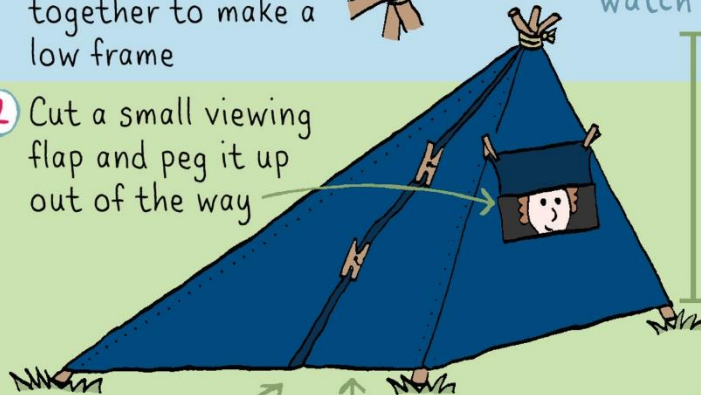


- binoculars (optional)

- 1 Lash the three poles together to make a low frame



- 2 Cut a small viewing flap and peg it up out of the way



Wear warm clothes,  
watch and wait...

Tall enough  
to sit inside

- 3 Cover with a blanket and peg in place

- 4 Stock your hide with comfy cushions, a drink and snacks



Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2015



# Wildlife Watch

FOR MORE  
IDEAS!

<https://www.wildlifewatch.org.uk/Learning>

## RESOURCES

We've got some great stuff for Watch leaders, children, teachers and parents alike. Take a look at our colouring-in sheets, wall charts, posters, wordsearches, how-to-guides and much more!

A decorative banner for 'Garden for Wildlife' with a green background and grass at the bottom. It features illustrations of a blue and yellow bird perched on a branch, a spider on a web, a monarch butterfly, and a hedgehog.

# GARDEN FOR WILDLIFE

# RSPB Big Garden Birdwatch 29<sup>th</sup>–31<sup>st</sup> January



TO TAKE PART sign up and download free resources – plus lots of information on the website about how to get involved.

Follow the link to access the site;  
[https://www.rspb.org.uk/get-involved/activities/birdwatch/?sourcecode=BWMITH0230&channel=paidsearch&gclid=CjwKCAiAxp-ABhALEiwAXm6lyeqelncmjeKYXkqreISY0hDtcziY\\_sBU6bn-uVoTBCM4deM3QOWgwhoCzcYQAvD\\_BwE](https://www.rspb.org.uk/get-involved/activities/birdwatch/?sourcecode=BWMITH0230&channel=paidsearch&gclid=CjwKCAiAxp-ABhALEiwAXm6lyeqelncmjeKYXkqreISY0hDtcziY_sBU6bn-uVoTBCM4deM3QOWgwhoCzcYQAvD_BwE)







Fitzy story written by Helen Moors; Network lead for **oPEn**

