

# MAKE A LADYBIRD & BUG HOME



## WHAT YOU'LL NEED

✓ **2 LITRE PLASTIC DRINKS BOTTLE**  
OR PIECE OF PLASTIC PIPE  
E.G. DOWNPIPE

(ALTERNATIVELY, YOU  
COULD USE A PLASTIC  
PLANT POT, MILK CARTON  
OR OLD CARDBOARD  
COFFEE CUP)

✓ **BAMBOO CANES**  
OR ROLLED NEWSPAPER  
OR CORRUGATED  
CARDBOARD

✓ **SCISSORS**  
✓ **WATERPROOF  
TAPE**



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## WHAT TO DO

1. To make the walls of your bug or ladybird home, cut the end off your plastic drinks bottle or cut your plastic pipe to 20cm in length.
2. Make your bamboo or paper tubes which will sit inside your container – cut your bamboo, newspaper or corrugated cardboard into several strips so that they are the same length as your container. Cut plenty of strips to make enough tubes to fill your container.
3. If you are using newspaper or cardboard, roll up the strips into tubes. Ensure there is a hole in the centre of each tube of around 4mm. Where needed, use the tape to secure each tube.
4. Fit the newspaper tubes tightly into your container, so they don't fall out. The hollow ends need to face outwards but not overhang the edge of the container to ensure they will be protected from rain.
5. Place your bug home almost horizontally in a warm spot with the open end slightly lower to prevent water logging.

### ADVICE

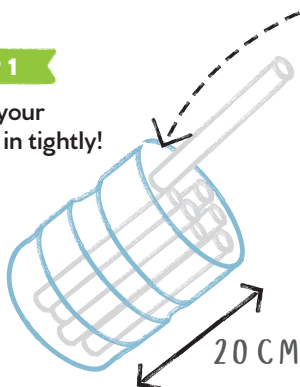
Many garden bugs and mini beasts provide an important food source for birds and other beneficial wildlife and help pollinate plants. It is important to encourage them to visit your garden.



## LENNY'S LESSONS TOP TIPS & ADVICE

### TIP 1

Pack your tubes in tightly!



### TIP 2

The best season to make a bug home is in early autumn, so the insects have somewhere to hibernate for the winter.

BRRR IT'S COLD!



### TIP 3

Bug homes are best placed no higher than 1m above the ground. The best places to put them are in a tree, bush, at the base of a tree and most importantly in a quiet place.

SSSHHH!  
THE BUGS  
ARE SLEEPING

ZZZZ!



# DRINKING TRAYS FOR BIRDS



## WHAT YOU'LL NEED

✓ A LARGE CLEAN YOGHURT POT

✓ A TERRACOTTA OR PLASTIC PLANT POT TRAY, WITH A DEPTH OF ABOUT 2CM



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## WHAT TO DO

1. Ask an adult to help you make a small hole in the yoghurt pot about 1cm from the rim.
2. Fill the pot with cold water and put the plant pot tray on top.
3. Very carefully and holding on tightly, turn the two, still pushed together, so that the yoghurt pot is now upside down. The water will flow into the tray and will stop at the level of the hole in the yoghurt pot.
4. Place your drinking tray in an area outside that you think your birds will feel safe to visit.
5. Watch and see which birds come to drink the water.
6. As the birds have a drink, the water will refill from inside the yoghurt pot.



### FUN FACT

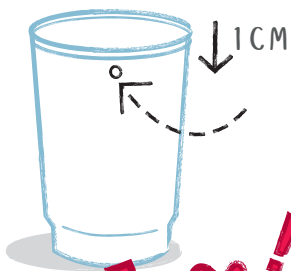
Birds help to keep garden pests under control and are important pollinators. It is important to encourage them to visit your garden.

## LENNY'S LESSONS

### TOP TIPS & ADVICE

#### TIP 1

Don't put the hole too far down or the water will run out too quickly!



#### IMPORTANT

Fresh, safe to drink water is a limited and valuable resource. Where possible, rain water can be collected in water butts and used to water plants.

Grey water (relatively clean waste water from baths and sinks) reuse is encouraged in refugee and IDP camps, where access to fresh water is limited. Where it is safe, grey water can be used in the garden to water plants.

#### TIP 2

Try placing the bath at different points around the garden – high and low – to find the most popular location. Birds need to have good visibility when they drink (and bathe).

#### FUN FACT

Birds get thirsty just like we do – especially in hot weather. Most small birds need to drink at least twice a day to replace lost water.

THESE BIRDS ARE HARD TO SPOT!





# GROW SNAPDRAGONS



## WHAT YOU'LL NEED

✓ PACKET OF SNAPDRAGON SEEDS (ANTIRRHINUM)

✓ SEED TRAY  
✓ SEED COMPOST

✓ POLYTHENE BAG  
✓ PLANT LABEL



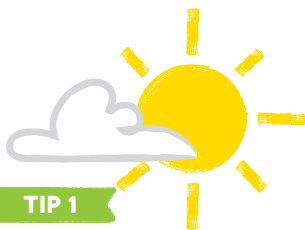
© LEMON TREE TRUST

## WHAT TO DO

1. Fill a seed tray with compost and sow the seeds thinly on the surface of the soil. These seeds don't need to be covered with compost.
2. Seal the tray inside a clear, polythene bag and place on a warm, sunny windowsill.
3. When the seeds are large enough to handle, transplant each one into trays or 7.5cm pots. If you are using trays, make sure that the seedlings are spaced about 10cm apart.
4. Grow on in cooler conditions.
5. When all risk of frost has passed, plant the snapdragons outside, 30cm apart, straight into the ground or into large pots.
6. Write your plant label and insert into the soil near your beautiful snapdragons.

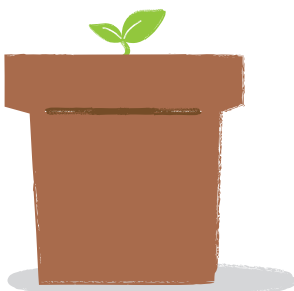
## LENNY'S LESSONS

### TOP TIPS & ADVICE



#### TIP 1

These are bright, jolly flowers and look great in the garden or in big plant pots.



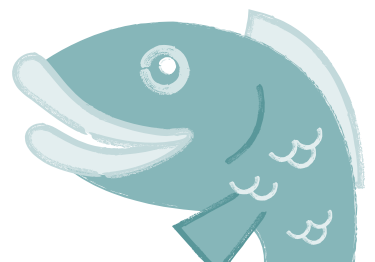
#### TIP 2

SNAPDRAGONS LIKE A SUNNY POSITION IN ANY GARDEN SOIL. SEEDS CAN BE SOWN FROM JANUARY TO MARCH.



#### FUN FACT

In many countries antirrhinum's common name is 'snap dragons' because if you look at a flower carefully, it looks like a dragon's mouth. But in Syria, antirrhinum is known as 'fish lips' – can you see why?



# MAKE & FOLLOW A TRAIL



## WHAT YOU'LL NEED

- ✓ ENOUGH PEOPLE TO FORM TWO TEAMS  
MAKE SURE YOU HAVE AT LEAST ONE ADULT ON EACH TEAM
- ✓ A SELECTION OF STICKS, STONES, LEAVES OR FLOWERS FROM THE GROUND
- ✓ PAPER AND COLOURED PENCILS OR CRAYONS
- ✓ A KEY OF TRACKING SYMBOLS
- ✓ A PRIZE FOR THE END OF THE TRAIL – WHICH COULD BE A SUPER PEBBLE OR STICK



## WHAT TO DO

1. Decide where you want to have fun with your trail – in your garden or in your local park or woodland.
  2. Invite a group of family or friends on your trail and split into two teams: one team to lay the trail and one to follow them.
  3. Get one team to lay the trail tracks. Remember to place your special prize (e.g. a super pebble or stick) at the end of the trail.
  4. Give the trail laying team a head start, then follow their trail to see where it leads.
  5. Use the paper and coloured pencils or crayons to draw a map for your trail as you go. This could be an activity for both groups or just the group following the trail.
- Alternatively, this could be a follow up activity – children can create a map of the trail, draw the symbols and what they saw.



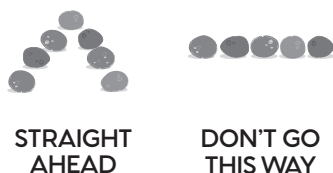
I'M LOST!

Have lots of fun on your trail but don't wander too far from safety – stay close to your group and be careful.

## LENNY'S LESSONS TOP TIPS & ADVICE

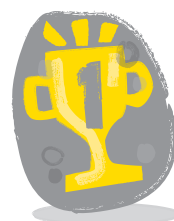
### TIP 1

Create clear trail signs to stop people getting lost!



### TIP 2

Why not do our Pebble Painting activity to create a prize for the end of the trail?!



TAKE A PHOTO & ASK AN ADULT TO SHARE IT WITH US!



# ANIMAL LEAF PICTURES



## WHAT YOU'LL NEED

- ✓ LEAVES, TWIGS & SEEDS
- ✓ A BAG TO COLLECT YOUR FOUND ITEMS

- ✓ PAPER
- ✓ GLUE

- ✓ KITCHEN TOWEL
- ✓ NEWSPAPER
- ✓ LARGE BOOKS

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## WHAT TO DO

1. During a walk around your garden, local park or in the countryside, think of an animal and then the colour of leaves you might need to make a leaf picture of the animal.
2. Keep an extra look out for twigs or seeds that might be added to your picture. Remember to collect some small leaves to use for eyes, beaks or claws.
3. Collect your found items in your bag.
4. Find a quiet place and make your animal collage on the ground when you are on your walk.

ALTERNATIVELY TAKE YOUR COLLECTED ITEMS HOME TO PRESS AND MAKE PICTURES WITH.

1. Dry the leaves you have collected by patting them with kitchen towel.
2. Open out a sheet of newspaper and spread the leaves out on the paper – make sure that they don't touch each other.
3. Place another sheet of newspaper on the leaves and put a heavy book on top.
4. Leave them for about a week – then you're ready to use your leaves to make things with!

### ADVICE

Remember to only collect leaves that have fallen to the floor and wash your hands after you have been collecting.



AUTUMN IS A GREAT TIME OF YEAR, BECAUSE OF ALL THE COLOURED LEAVES!

## LENNY'S LESSONS TOP TIPS & ADVICE

### TIP 1

When pressing your leaves, try and keep them separated.



### TIP 2

Use your pressed leaves to make lovely pictures, cards, writing paper or bookmarks.



# CONTAINER PLANTING WITH A TWIST



## WHAT YOU'LL NEED

✓ **A SELECTION OF CONTAINERS**  
THEY MUST BE STURDY ENOUGH TO HOLD COMPOST AND HAVE DRAINAGE HOLES ADDED TO THEIR BASE

✓ **PAINTS, PENS OR CHALK TO DECORATE**

✓ **DRILL OR OTHER APPROPRIATE TOOL**

✓ **WATERING CAN**

✓ **COMPOST**  
✓ **SEEDS, SEEDLINGS OR PLANT OF CHOICE**



© DIRK JAM VISSER



## WHAT TO DO

1. Choose a container and make sure it is clean and dry.
2. Ask an adult to drill or punch drainage holes into the base of your container.
3. If you are using a large container, now is the time to move it into place. It will be heavy once full of compost!
4. Fill your container with the appropriate compost.
5. Sow your seeds, as instructed on the seed packet, or plant up your seedlings or plants in the container.
6. Give everything a good water using a gentle water spray, so you don't disturb your seeds or seedlings.
7. Voila! Place on a sunny windowsill or in the garden and watch your plants grow.

## LENNY'S LESSONS TOP TIPS & ADVICE

### TIP 1

Be creative! Our gardeners in the Kurdistan Region of Iraq grow in worn out wellies, footballs, old bicycle and vehicle tyres, empty food containers and more.

### TIP 2

Reusing and upcycling saves old items from going into landfill and is a cost-effective way to grow.

### TIP 3

Why not make this activity a competition with a group of friends? The most inventive container wins!

Our annual gardening competitions and Garden of the Month initiative in Kurdistan get more people growing – you can find out more about them on our website.

# MR & MRS CRESSHEAD



## WHAT YOU'LL NEED

- ✓ CUP OR CONTAINER
- ✓ THE FOOT END OF A PAIR OF TIGHTS
- ✓ CRESS SEEDS
- ✓ COMPOST
- ✓ RUBBER BANDS OR STRING & SCISSORS
- ✓ ITEMS TO MAKE THE FACE OF YOUR CRESS PERSON, SUCH AS BEADS, PIPE CLEANERS, FELT OR NATURAL OBJECTS, E.G. ACORNS & SEEDS
- ✓ GLUE GUN
- ✓ GLUE



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## WHAT TO DO

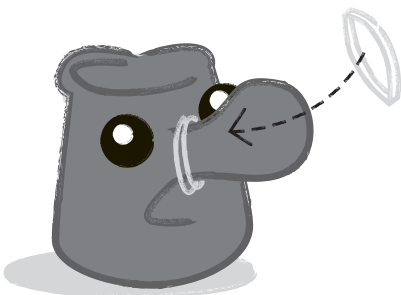
1. Place the piece of tights inside your cup or container. Overlap the tights on the top edges.
2. Put about two teaspoons of cress seeds inside the tights.
3. Almost fill the tights with compost.
4. Remove the tights and tie off the end. Turn it over so the cress is at the top.
5. Pull out some of the tights material with compost inside it to make a nose. Use a rubber band or string to hold it in place.
6. Add decorations to make the rest of the face. Remember to leave the top of the head free for the cress to grow like hair.
7. Put the finished cress person onto a saucer and water well.
8. Place your cress person on a windowsill.
9. When the seed germinates, ask an adult to cut a cross shape in the top. This is because the cress cannot grow through the tights.
10. When the cress has grown, cut your cress person's hair and use it in salads or sandwiches.

## LENNY'S LESSONS

### TOP TIPS & ADVICE

#### TIP 1

Use elastic bands or string to make a really big nose!



#### TIP 2

DON'T FORGET TO CHECK & WATER YOUR CRESS!



TAKE A PHOTO & ASK AN ADULT TO SHARE IT WITH US!



# CANE TOPPERS



## WHAT YOU'LL NEED

- ✓ A YOGURT POT, SMALL PLASTIC BOTTLE, TIN CAN OR OLD TENNIS BALL
- ✓ PERMANENT PENS OR PAINTS
- ✓ PAINT BRUSHES
- ✓ GLUE
- ✓ DECORATIONS SUCH AS BEADS, SEEDS, TWIGS, RIBBONS ETC
- ✓ SCISSORS OR A SHARP PENCIL



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## WHAT TO DO

1. Decide on a theme for your topper – do you want to make a bee, a butterfly, an alien, an imaginary creature, or something else?
2. Use permanent pens or paint to add some bright and cheerful colours to your topper.
3. Decorate your topper using glue to stick everything in place. You may need scissors or a sharp pencil to make holes for adding certain items – make sure an adult does this part.
4. Place your topper on your cane and admire how great it looks!

## LENNY'S LESSONS

### TOP TIPS & ADVICE

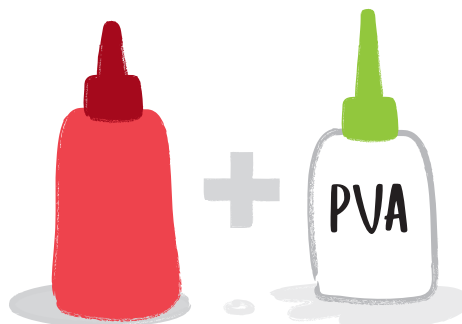
#### TIP 1

Canes are used to support plants in the garden and adding toppers can help protect gardeners from potential injury.



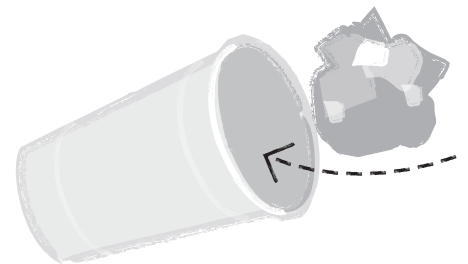
#### TIP 2

If you use paint to decorate your topper, a mixture of poster paint and PVA glue (ratio 1:1) will help to make it waterproof.



#### TIP 3

A small pot may get blown off in the wind so you could stuff with newspaper or tin foil to help hold it on the cane.





# MAKE A SEED STORAGE BOX



## WHAT YOU'LL NEED

- ✓ A STURDY BOX SUCH AS A BISCUIT TIN OR RECYCLED PLASTIC CONTAINER THAT CAN BE CLOSED TO EXCLUDE MOISTURE
- ✓ SCISSORS & GLUE
- ✓ SEED CATALOGUES, OLD MAGAZINES OR OTHER PAPER FOR COLLAGING
- ✓ CARD OR PAPER
- ✓ CARD DIVIDERS TO WRITE THE MONTHS OF THE YEAR ON
- ✓ VARIOUS PACKETS OF SEEDS



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## WHAT TO DO

1. Select your favourite pictures from the old seed catalogues or magazines.
2. Decorate your container with flowers and vegetable pictures – fix in place using the glue.
3. Check each seed packet to find out what months of year the seeds should be sown. Separate the packets into piles according to their sow date.
4. Make a filing system by labelling 12 pieces of card with each month of year.
5. File your seed packets in your container with each monthly card.
6. On another piece of card or paper, write instructions to describe how the seeds should be stored. Attach this to the lid of the box.

## LENNY'S LESSONS TOP TIPS & ADVICE

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WHICH MONTHS ARE BEST FOR SOWING SEEDS?

### TIP 1

Don't forget to keep the lid of your container closed when it isn't in use – this keeps out moisture and ensures your seeds will germinate well when sown.

### TIP 2

Did you know seeds can be collected straight from the garden, dried and saved for the following year?

KEEP US DRY!!





# MAKE A MINI WORMERY



## WHAT YOU'LL NEED

- ✓ 2 LITRE CLEAR, PLASTIC BOTTLE
- ✓ WATER SPRAYER TO DAMPEN LAYERS
- ✓ SHARP SAND
- ✓ COMPOST OR SOIL OR A MIXTURE OF BOTH
- ✓ A FEW WORMS PER BOTTLE
- ✓ SCISSORS
- ✓ WORM FOOD, GRATED CARROT, VEGETABLE PEELINGS, DEAD LEAVES, SHREDDED NEWSPAPER
- ✓ BLACK CARDBOARD



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## WHAT TO DO

1. Collect some worms from outside. Look under stones in damp places, the compost heap if you have one, or dig a hole.
2. Cut the top quarter off the bottle, to make a lid.
3. Make a small cut in the side of the lid so that the top can close over the bottom part.
4. Fill the bottle with alternating layers of sand, soil, sand, compost, sand, etc. Spray each layer with water so that it is damp.
5. Add a few worms to the top of the bottle and watch them burrow down.
6. Add the worm food to the top.
7. Wrap the black cardboard around the bottle to make it dark. Worms do not like light and making it dark will encourage them to burrow around the outside of the bottle so they can be observed.
8. Place the wormery in a warm place.
9. Remove the cardboard for observation periods and record findings. Check that the soil remains damp and that there is food available for the worms.
10. After one week, release the worms back into the garden.

## LENNY'S LESSONS TOP TIPS & ADVICE

### TIP 1

Do not feed the worms citrus fruits or onions.

YUCK, A LEMON!



### FUN FACT

Worms help to improve the quality of soil and healthy soil means that plants can grow well.

### TIP 2

The layers disappear as the worms mix the sand and soil together and channels appear where the worms have burrowed. You may also see the food from the top being dragged downwards.

### TIP 3

Wash your hands well after handling worms, compost and other items.

