



## Time to Protect Nature

- 31 Make a mini meadow in your back garden
- 32 Sow some bee friendly flower seeds
- 33 Grow a tree from a seed
- 34 Take part in a three-minute litter pick
- 35 Protect upland habitats by making your garden bog friendly
- 36 Do some Citizen Science to help wildlife
- 37 Build a bird box for your local birds to nest in
- 38 Build a bee hotel
- 39 Protect your garden wildlife
- 40 Take part in a volunteer task for wildlife
- 41 Save water to protect Dartmoor's water world
- 42 Take a climate friendly journey by walking or cycling
- 43 Make a garden water feature to attract wildlife
- 44 Improve your local community for wildlife
- 45 Become an i-Naturalist for Dartmoor

Points Score

Points	Score
1	
1	
1	
2	
3	
3	
3	
3	
3	
3	
4	
4	
4	
4	
4	
<b>Total</b>	

Your total score 35-49 Bronze, 50-69 Silver, 70 + Gold



## Time for Nature Challenge Activity Record



Help mark Dartmoor National Park's 70th anniversary of working for wildlife by taking part in the Time for Nature Challenge. It's for everyone and it's about finding ways to make time for wildlife in our busy lives. It's about enjoying the moments that lift our spirits and making new discoveries about the world around us. If we all make small changes in what we do then together we can protect the wildlife around us for future generations.

You can choose how much you want to do but you need to complete at least 5 activities from each section

- Time to enjoy nature
- Time to discover nature
- Time to protect nature

Each activity you do will earn you points. Get a total of 35 points for the Bronze Award, 50 points for the Silver Award, or 70 points for the Gold Award. Our website [www.dartmoor.gov.uk](http://www.dartmoor.gov.uk) has lots of great ideas of how to complete each challenge.

Use this Activity Record to tick off the activities you complete. When you have finished email us at [education@dartmoor.gov.uk](mailto:education@dartmoor.gov.uk) with your score and let us know how you got on to get your certificate.

You've got until 30<sup>th</sup> September 2022, so whether you are 7 or 70 come and take part in our Time for nature challenge and become a champion for wildlife!

Fold here



## Time to Enjoy Nature

- 1 Find a wild spot to sit still and watch nature for 10 minutes
- 2 Write a poem about nature and how it makes you feel
- 3 Take a close-up photo of something wild that is very small
- 4 Frame a Dartmoor view to inspire you every day
- 5 Paddle in a stream no matter how old you are
- 6 Go outdoors and paint the natural world
- 7 Walk barefoot on a grassy path
- 8 Stand on top of a tor at Dawn
- 9 Be inspired by seasonal colour
- 10 Make a wild self portrait
- 11 Go for a walk in the rain
- 12 Find some coconut flowers on a moorland walk
- 13 Get a taste for nature and collect some blackberries
- 14 Listen to the Dawn Chorus.
- 15 Go stargazing and listen to the sounds of the night

Points Score

1	
1	
1	
1	
2	
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2	
2	
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2	
2	
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2	
2	
3	
4	



## Time to Discover Nature

- 16 Visit your favourite place on Dartmoor
- 17 Discover a wild place nearby that you've never been to
- 18 Discover more about three garden birds
- 19 Discover some secret wildlife from its track and trails
- 20 Discover the diversity of a Dartmoor Hay meadow
- 21 Make a light trap to attract moths
- 22 Learn three birdsongs
- 23 Make a wildlife poster to tell people about nature
- 24 Discover more about 5 moorland plants
- 25 Find some hazelnuts that have been gnawed
- 26 Learn how to identify 3 trees by their winter twigs
- 27 Record the sound of a cuckoo on Dartmoor
- 28 Spot something wild and interesting each day for week
- 29 Discover the nature of the River Dart
- 30 Make a bird feeder and see what comes to visit

Points Score

1	
2	
3	
3	
3	
3	
3	
3	
3	
3	
3	
4	
4	
4	
1	