

Changing seasons

Here are some ideas of how you can use the beautiful outdoors in a fun and safe way. Please ensure you have read the [Introduction to Norfolk Autumn Outdoors](#) for some important safety tips to help you along your way.

We have made this guide interactive so please click on the blue underlined section to follow the website links.



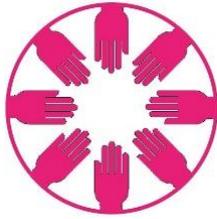
Give back (and care)



Take notice of nature

- Support wildlife during the autumn by making: [a Hedgehog home](#), [a bird kebab](#), [an apple feeder](#), [a bat box](#), [a beetle bucket](#),
- Find out why [garden insects are important](#)
- Protect water voles and hedgehogs as they [face extinction](#)
- Make sure you [dress appropriately for activities](#)
- Share advice from [Action For Happiness - taking care of your body](#)

- Go out and find some [fungi](#)
- Have [fun with leaves](#)
- Use this [seasonal spotter sheet](#) from RSPB
- Spot [conkers](#), [nuts and berries](#)
- Find and identify [Invertebrates](#)
- Watch out for [migrating wildlife](#)
- Plan your activities using the [weather forecast](#)



Connect with others

- Create a story/poem based on the changing season
- Make ink stamps with seeds/leaves, [leaf crowns](#) and [Autumn Art](#) to give to others
- Make a [botanical bookmark](#)
- Collect fruits to [make jam](#) and share with others
- Talk with others about the changing seasons and how it makes you feel
- [Collect seeds](#), fruits and herb cuttings for gifts



Be active in the outdoors

- Keep fit and active in Autumn, use this [Thriving with Nature guide](#).
- Access the outside little and often if it's cold and windy, perhaps build [a den](#) to keep warm.
- [Kites](#) are great for windy days and coats make great superhero capes
- Make an [Anemometer](#) to watch the wind speed
- Build a [toy land yacht](#) to use outside
- Use the [changing colour of leaves](#) for crafts



Keep learning

- How is wind and rain made? How can we measure rainfall? Learn about the [different types of weather](#)
- Check out [traditional/folklore](#) weather prediction
- Follow the [journey of cuckoos](#) from Norfolk to Africa
- Learn about [why leaves change their colour](#), [how seeds are distributed](#), [how trees grow into seeds](#) and [how insects survive the winter](#)
- Read about [pink footed geese](#), just one of Norfolk's seasonal visitors.
- Learn about [fungi, lichen](#) and [mushrooms](#)
- Find out how to [identify trees even after the leaves have fallen](#)
- What are [winter berries](#)?

For further resources visit;

- Woodland Trust - [First Signs of Autumn](#)
- Days out with the kids - [Autumn Activities](#)
- BBC Radio 4 - [Autumn Oddities](#)