

Meadow Activities Guide

Spending time around your meadow
and enjoying its diversity



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Nature at Work



These guides have been produced by Groundwork East as part of East Suffolk Council's Nature at Work programme. Nature at Work aims to respond to the climate and nature emergency by supporting nature to thrive at hundreds of community sites across East Suffolk: www.eastsuffolk.gov.uk/nature-at-work

Groundwork East registered charity number: 293141 | www.groundwork.org.uk/east/

Activities around your meadow

Helping people interact with the beauty of nature and the environment around them.

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Leisure Activities:



Groups with activities such as walking, yoga, exercise, gardening and nature, are an excellent way to encourage the community to spend more time in and around the meadow whilst engaging people in well-being boosting tasks.

Holding community events alongside your meadow to promote visibility and encourage attendees to interact and take stewardship of the space . Events could include picnics, litter picks or themed talks about the ecosystem or biodiversity.



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Learning Activities:

The wider community can enjoy bird watching, botanical surveyance and using specialised applications, people of all ages can join in with data collection for wildlife surrounding the meadow.



Starting up a meadow creates learning opportunities for the wider community. Schools can incorporate activities like wildflower scavenger hunts, biodiversity bingo and surveys into their curriculum.



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Creative Activities:



Nature is an inspiration to us all. By encouraging groups to explore your new Nature at Work patch you can help them discover new ways to get creative. This may be through a form of art of creative writing like poetry. Promoting the use of your meadow for creative purposes provides opportunity for people to let their well-being thrive.

All members of the community can get involved creatively. Encourage art groups to use the space as a subject, inspire photographers and stimulate a bond between children and the natural world - use fallen petals, branches and leaves to create portraits.



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Full Activities List:

- Bird Watching
- Identifying Bugs/Pollinators
- Picnics
- Foraging workshops
- Nature Walks
- Scavenger hunts
- Seed Bomb Making
- Wildflower/Wildlife Bingo
- Photography
- Art Sessions
- Community Walks
- Community Events
- Gardening Sessions
- Poetry/Writing Sessions
- Competitions
- Natural Portraits
- Botanical Surveyance
- Community Events
- Yoga/Cross Fit Classes



Identification support

If you want to use a tool to help you to identify and record species we recommend the following citizen science applications:

- [iNaturalist](#)
- [iRecord](#)
- [PlantNet](#)
- [Merlin Bird ID](#)
- [eBird](#)

We hope this guide has given you an insight in how to encourage interaction and in how to enjoy your wildflower meadow

