

ENJOYING WILDLIFE IN THE PARK WITHOUT FEEDING THE BIRDS

Our park is home to a wonderful variety of wildlife, and we want everyone to enjoy it in a way that keeps the environment healthy.

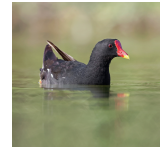
Feeding birds and other animals may seem helpful, but it can disrupt natural behaviours, harm their health, and attract pests.

Keeping food waste out of the park also helps keep our shared spaces cleaner, safer, and more enjoyable for everyone.

Instead, try these fun ways to explore the park and connect with nature while protecting wildlife and our park.

BIRD SPOTTING

How many different birds can you spot today? ____

☐☐☐☐☐

Robin

Jackdaw

Mallard duck

Blackbird

Moorhen

Download the Merlin Bird ID app to discover what other birds are found here. <https://merlin.allaboutbirds.org/>



EXPLORE THE TREE TRAIL

Follow the Tree Trail and see if you can spot over 80 amazing trees in this wonderful park. Look for these signs and download the app

movemorehighpeak.co.uk/pavgardens/tree-trail/



LET THE PARK INSPIRE YOU
SKETCH YOUR FAVOURITE VIEW



High Peak
Borough Council

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MINDFUL NATURE MOMENTS



Natures colours. What colours can you see? Can you spot 5 different natural colours around you in the park. Which is your favourite?

Cloud spotting. Lie back or look up, watch the clouds drifting by. What shapes can you spot? Can you make up a story about them?



Follow you nose. Breathing in through your nose, what can you smell? Can you pick out 3 different smells? Try being in different places like under a tree, near the stream or on the grass. Do they remind you of anything or bring back memories?



Tuning in to nature. Pause for a moment and listen carefully. Can you identify 5 different natural sounds? You might hear birds singing, leaves rustling, water flowing, insects buzzing or the wind in the trees.



Take a mindful breath. Slowly breathe in through your mouth and notice the air as it moves across your tongue. Does it feel cool, warm, fresh or dry? Take 3 slow breaths and see if you can focus on the gentle feeling of the air each time it passes over your tongue.



Get to know a tree. Take a moment to connect with a tree. Place your hand on a tree then gently run your fingers over the bark and notice its texture. Is it smooth, rough, soft or bumpy? Find another tree and compare the two. What makes each one unique? Can you imagine how long the tree has been there and what it may have seen in the park over the years?

PARK ACTIVITY QUEST

Can you spot a bird	Find a flower in bloom	Sit on a bench and take 5 deep breaths	Spot something small thats buzzing or flying
Take a moment to listen to the wind in the trees	Walk for 5 minutes at a steady pace	Find a leaf bigger than your hand	Notice 3 different natural colours in the park
Count how many different bird calls you can hear	Do 5 gentle ankle circles while seated or standing	Find a natural object with a pattern that interests you	Spot something fluffy, feathery or furry
Make a nature sculpture using sticks and leaves	Smile and do a silly walk for 20 steps	Find the tallest tree in sight!	Share your favourite park memory with someone you know

