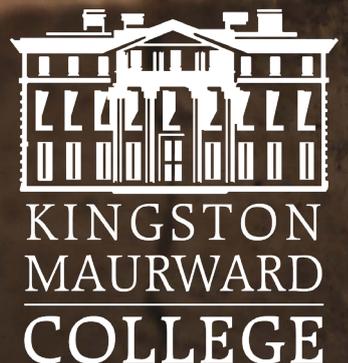


Keeping Busy

Issue 4



Connect with Nature



If you are interested in helping wildlife experts identify the variety of life in a particular location, a BioBlitz could be the solution.

What do I do?

- Choose a local area near you where nature is abundant. This could be a park, cemetery, canal or riverwalk. *(Please remember to follow social distancing rules and government guidelines).*
- In a set amount of time, find and identify as many species of plants, animals and fungi as possible.
- You can keep a record of your findings by downloading the Natural History Museum app: [nhm.ac.uk/take-part/digital-nature-journal.html](https://www.nhm.ac.uk/take-part/digital-nature-journal.html)

Bioblitzes are a museum-led scientific research activity which include pond dipping, field surveys and wildlife walks.

You can find out more information on their website: [nhm.ac.uk/take-part/citizen-science/bioblitz.html](https://www.nhm.ac.uk/take-part/citizen-science/bioblitz.html)

Happy Discovering!



The British Trust for Ornithology organise a bird watch, which is currently free to join: bto.org/our-science/projects/gbw.

It involves recording numbers of birds, mammals, insects and amphibians that you see in your gardens and submitting your findings online. This information is then collated to give an overview of species which inhabit or visit our gardens by location.

One of our Learning Support tutors has put together a recording sheet which give examples of the animals you will most likely find in your garden. Please download this from kmc.ac.uk/events.

To help you stay healthy and fit, apps on your phone offer free routines, allowing you to do a variety of exercises at home. One app our staff are using is:

- *7 Minute Workout*. Free to download. Clear instructions, with beginner to intermediate routines, depending on your fitness level.



Stay Healthy

Be Sustainable

Making compost from Kitchen and Garden Waste

To keep those important decomposers (i.e. *bacteria, fungi, mini-beasts*) happy, well fed and working hard, you will need two parts green (nitrogen) to one part brown (carbon) waste mix.

Green waste can include:

- Vegetable peelings
- Grass clippings
- Ground coffee and tea
- General garden waste and clippings

Brown waste can include:

- Shredded newspaper/cardboard
- Finely chopped woody stems
- Leaves
- Straw
- Wood Ash

Avoid the following:

- Perennial weeds (*horsetail, Japanese knotweed, plantain, poison ivy*) or weeds with seed heads (e.g. *dandelion*).
- Cooked meats
- Cooked foods
- Oil

Top Tips for Success

Cut, tear or mash up the waste into smaller pieces for quicker decomposition. Turn the pile regularly to introduce more air and heat. Occasionally add water to keep hydrated.

Use fresh grass clippings to wipe out the kitchen waste bin after emptying it to save using cloths and water.



If you are worried how to safely search the web, [internetmatters.org](https://www.internetmatters.org) gives advice on how you can keep yourself safe, categorised by age group.

Their website covers topics including:

- Social Media Privacy Guides (including gaming sites like Twitch/ Steam etc).
- Broadband and Mobile Networks

Stay Safe Online