

# Practitioner's Guide

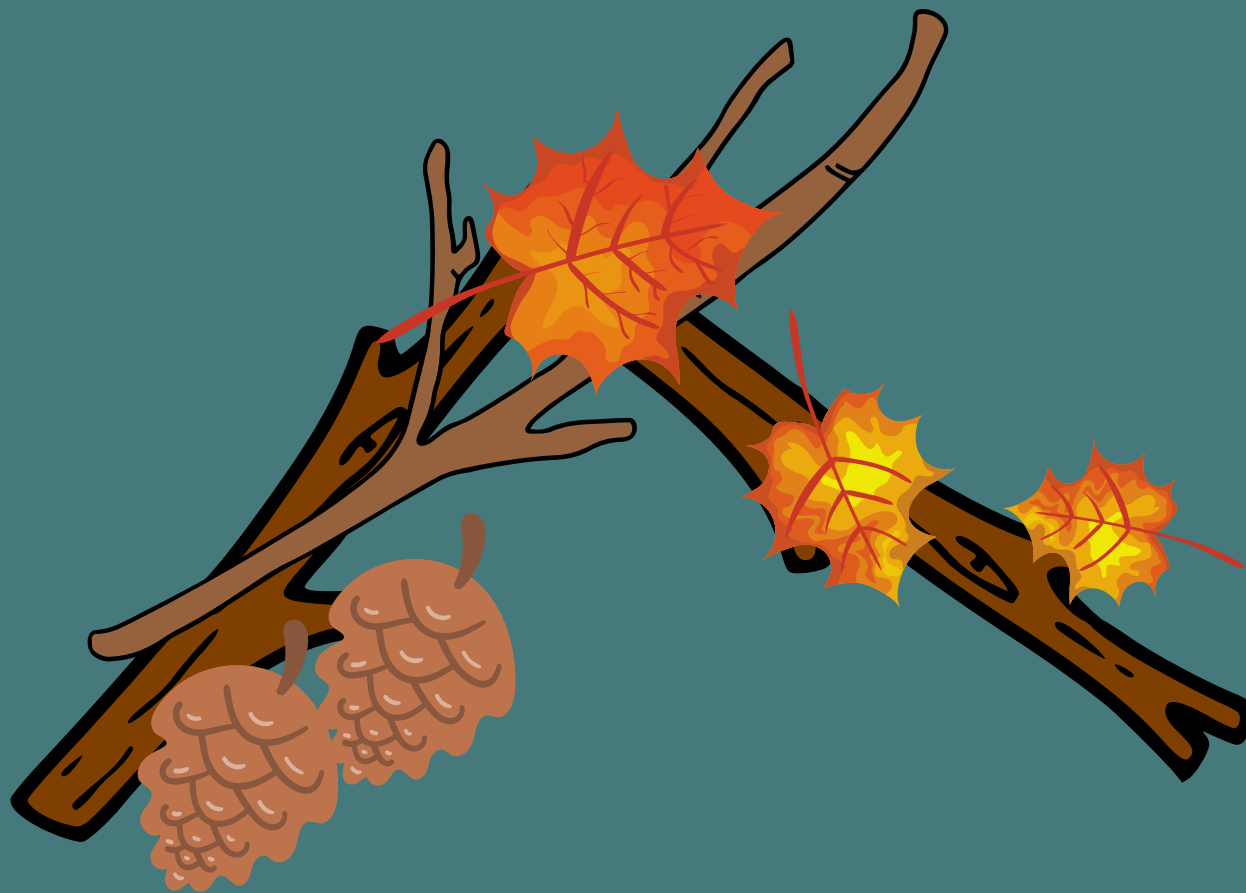
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TIPS



## Autumn Activities

**1. What autumn materials can you gather? pine cones, leaves, sticks? Why not create a lovely autumn den for an animal? What animal is your den for?**



**2. Jump in a pile of leaves. November is the perfect time for this as the leaves have now fallen. Gather the leaves in a pile and have fun jumping in them!**



**3. Autumn is the perfect time to forage, you could use your ingredients to make soup or even pesto. Remember to wear gloves to avoid prickles and stings!**



**4. Wrap up with layers- now is the time to get the gloves, hats and scarves out. Wear an under layer of thermals, keeping warm means more time outdoors in the cold air!**



**5. Of course, insects love the autumn weather too! Try bug hunting by looking under rocks and leaves.**



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