



***Can we go back to the garden now please?" asks Annie.  
"Yes of course you can, just open your eyes".***

*(From the children's book "Planet Earth needs Our Help"  
© MC 2015)*

## **ACTION SPEAKS LOUDER - 2024**

### **Activity-1...Back to the garden**

(Exploring, Noticing, Discovering, Learning, Taking Action)

- **Get yourself a sketchbook**...notebook...iPad...mobile phone...camera... whatever works for you.
- **Then stop**...take a few deep breaths...relax....go outside into your garden (if you don't have a garden check out the building you live in for "green spaces")... visit family/friends gardens...local community gardens, parks, nature reserves & National Trust gardens.
- **What do you notice (use your 5 senses)** what do you see, hear, smell, taste, touch. Notice the way nature survives and looks after itself and its environment, wonder at its beauty and resilience.
- **Be creative documenting your observations**, with drawings, collage, land art, words (haiku, poetry), images, music, movement....
- **Be inspired and motivated to stop and think**, review, reimagine, re-design your own garden, home environment, your lifestyle habits; what works, what doesn't, for you, what stays, what goes and changes you want to make.
- **Have a vision-Scenarios**...my garden now - my garden in 12 months - what steps will I take. Revisit your vision on a regular basis - how environmentally friendly is it? What needs to change? What can I do differently? What works, what doesn't (always with climate change in mind)
- It is ok to stop and change direction from time to time...one moment, one day at a time, give yourself permission.

**Some free, downloadable, colouring/activity sheets for your delectation and those mindful moments!**

- [Colouring sheet. Back to the garden \(2024\)](#)
- [Colouring sheet. Save Energy \(2024\)](#)
- [Landart \(2024\)](#)
- <https://planetearthneedsourhelp.com/wp-content/uploads/2021/07/PE-BackToTheGarden.pdf>
- <https://planetearthneedsourhelp.com/wp-content/uploads/2021/07/PE-ColourIn-4-EcoGardens.pdf>
- <https://planetearthneedsourhelp.com/wp-content/uploads/2023/04/Whatkidscando2021.pdf>



## A few useful links to gardens, open spaces, & resources in BCP and "other". (Add your own!)

- <https://parksfoundation.org.uk/>
- <https://bcpprojects.net/>
- <https://friendsoftheearth.uk/nature/a-world-to-grow-up-in>
- [https://www.rspb.org.uk/birds-and-wildlife/natures-calendar/natures-calendar-february?utm\\_source=nature on your doorstep january24&utm\\_medium=email&utm\\_term=&utm\\_content=13&utm\\_campaign=nature on your doorstep](https://www.rspb.org.uk/birds-and-wildlife/natures-calendar/natures-calendar-february?utm_source=nature%20on%20your%20doorstep%20january24&utm_medium=email&utm_term=&utm_content=13&utm_campaign=nature%20on%20your%20doorstep)
- <https://uptoncountrypark.com/>
- <https://www.comptonacres.co.uk/>
- <https://parksfoundation.org.uk/kingfisher-barn/>
- TurnersNursery  
[https://www.facebook.com/groups/148831245150425/?locale=en\\_GB](https://www.facebook.com/groups/148831245150425/?locale=en_GB)
- <https://www.nationaltrust.org.uk/visit/dorset/kingston-lacy>
- <https://www.nationaltrust.org.uk/visit/dorset/brownsea-island>
- ChestnutNursery -  
[https://www.facebook.com/chestnutnurserypoole/?locale=en\\_GB](https://www.facebook.com/chestnutnurserypoole/?locale=en_GB)
- <https://www.cherrytreenursery.org.uk/>

The Story of STUFF: <http://storyofstuff.org> –

<https://youtu.be/9GorgroiqgM?si=CuPPWNDJla7-m3Kn>

## The science behind the story "Planet Earth Needs Our Help"

<https://planetearthneedsourhelp.com/wp-content/uploads/2021/07/PE3PE-TheScienceBehindMP2020.pdf>

"Planet Earth Needs Our Help" plans to;  
[complement and support their Climate Emergency Declarations in the BCP and in Dorset](#) : "Doing things differently" "Working together"

[www.planetearthneedsourhelp.com](http://www.planetearthneedsourhelp.com)