



Young North East Naturalist Your Nature Journal





1 About You

2 Being a Young North East Naturalist

3 Keeping your 10 day nature diary

4 Doing more nature activities

5 Encouraging grown ups

6 Finding out more



1

About you

Your name

Your age

Your town or village

Today's date

Your school or club

Hi, my name is Eli. I am 7 years old, and I live in Morpeth. I attend a youth club and love walking in the woods listening to the different bird song. It makes me feel calm

Hi I'm Lucy aged 8! I live in Durham and enjoy learning about nature at school. I love being outdoors, it makes me feel inspired

Hi, I'm Razan and I am 10 years old. I live in Newcastle and attend an after-school nature club. I like looking for wild flowers in the street, it always surprises me

How does nature make you feel?
Tick the words you agree with

Happy Calm Excited

Surprised Inspired

Other ways? Write them down





2 Being a Young North East Naturalist

How do you enjoy nature?

Tick the circles you agree with

- I enjoy looking at nature
- I enjoy listening to nature
- I enjoy smelling nature
- I enjoy touching nature
- I enjoy photographing or filming nature
- I enjoy drawing or painting nature
- I enjoy nature poems, songs or stories
- I enjoy nature books, magazines, or websites
- I enjoy visiting places with nature
- I enjoy making lists of nature that I notice



What other ways do you enjoy nature? Use the space below

CAREFUL WITH YOUR WORDS!
 A naturalist enjoys learning about nature
 A naturist enjoys taking off all their clothes



Discover wilder places and where they are in the North East

Some great wild places in the North East:

- Lindisfarne National Nature Reserve
- Farne Islands National Nature Reserve
- Kielder National Nature Reserve
- Castle Eden National Nature Reserve
- Durham Coast National Nature Reserve
- Teasmouth National Nature Reserve
- Cassop National Nature Reserve
- Gosforth Nature Reserve
- Northumberland National Park
- Northumberland Coast Area of Outstanding National Park
- North Pennines Area of Outstanding National Park
- Tyne Bridge in Newcastle (summer only)
- Derwent Valley
- Rivers Tweed, Tyne, Wear & Tees



Add these wilder places and ones you know to your A-Z of North East nature on page 33

Where does nature live?



Habitats are types of places nature needs for a home, for food and to travel about. These are habitats:

Urban Places with houses, shops, roads and parks Where is nearest to you?	Woodlands Places with lots of young and old trees Where is nearest to you?	Scrub Places with shrubs and grasses around them Where is nearest to you?	Heathlands Places with lots of heather and few trees Where is nearest to you?	Grasslands Fields with lots of tall grasses Where is nearest to you?
Mountains Remote places that are very high Where is nearest to you?	Wetlands Places that are marshy with plants Where is nearest to you?	Freshwater Places such as lakes, ponds, streams and rivers Where is nearest to you?	Coastal Places with sea, beaches, cliffs and salty marsh Where is nearest to you?	Farms Fields with hedgerows growing crops and livestock Where is nearest to you?
Gardens An area that some homes have, often with grass and flowers Where is nearest to you?	Greenspace From small areas of grass to parks and school fields Where is nearest to you?	Brownfields Places where industry has or has been Where is nearest to you?	 <p>Wildlife corridors are routes animals travel by air, water or land to get around. They might even pass through a garden near you</p> <p>Can you see where nature passes your home?</p>	

Nature is all around you

Things to learn about



Rocks and Soils	These contain minerals and are a mix of plants, dead animals, air and water	Moss and Lichen	You can find these on walls, fences and trees
Climate and Weather	Long and short term, can include temperature, rain, cloud and sun	Birds	These have two legs, feathers, wings and beaks. Some fly, some do not
Water	All of nature needs this to survive, it can be salty, saline or fresh	Reptiles and Amphibians	One includes snakes and lizards, the other includes frogs, toads and newts
Habitats	This is where wildlife lives such as woodlands, wetlands and farms	Mini-Beasts	Small invertebrates that include beetles, butterflies, spiders, bees, wasps and flies
Microbes	These are tiny living things found all over but are too small to see	Whales and Dolphins	These are large mammals that live in the sea and are exciting to spot
Plants	These include trees, shrubs, flowers and grasses. They have roots, shoots, leaves and stems	Fish and Crustaceans	They both live in water, one has gills and fins, the other include things such as crabs, shrimps and lobsters
Land Mammals	These are warm blooded animals that have hair or fur. Females produce milk	Stars and Planets	These are bodies of rock or gas that circle the sun, the others are bright lights that are like the sun
Fungus (Fungi)	These include mushrooms and moulds, they live in soils, dead leaves, and sometimes on plants and trees	Dinosaurs	These are extinct reptiles that can be found as fossils in rocks

Can you cut these out and match them back up?



There are names for different types of expert naturalists

Can you add these to your A-Z of North East nature on page 33

Ornithologist studies birds

Environmentalist is someone who is concerned about protecting the natural environment

Geologist studies rocks

Mammalogist studies vertebrates (e.g. Apes to Zebra)

Herpetologist studies amphibians and reptiles

Cetologist studies whales and dolphins

Lepidopterist studies butterflies and moths

Naturalist learns all about different types of nature

Arboriculturist is a person who studies trees

Ecologist studies interactions between types of nature

Palaeontologist studies dinosaurs

Mycologist studies fungi and mushrooms

Lichenologist studies lichens

Entomologist studies insects

Biologist studies humans, plants, animals and the environment

Bryologist studies mosses and liverworts

Pteridologist is a person who studies ferns

Microbiologist studies microbes

Entomologist studies insects

Botanist studies plants and trees

Lichenologist studies lichens

Zoologist studies all animals

I am a naturalist as I enjoy all nature

I'm an ornithologist, also known as a 'birder'

I am a botanist, I love plants



Notable North East naturalists in history



Here are some North East naturalists from the past. Add them to your A-Z of North East nature on page 33

St Cuthbert (634 AD – 687 AD) was a monk on Lindisfarne. He protected Common Eider ducks

Joshua Alder (1792 – 1867) was from Newcastle-upon-Tyne. He had a cheese business and was a zoologist who enjoyed drawing nature

William Edward Beck (1855 – 1930) was a naturalist who protected nature at Gosforth Nature Reserve

George Clayton Anderson (1808 – 1877) from Newcastle-upon-Tyne. He was an explorer and naturalist

Albany Hancock (1806 – 1873) was brother of John Hancock and also from Newcastle-upon-Tyne. He studied and drew sea slugs

Thomas Bewick (1753 – 1828) was a wildlife artist and author from Gateshead

Mary Midgley (1919 – 2018) a lecturer at Newcastle University. Her work was on science and animal rights, and she founded the Gaia Network

Daniel Oliver (1830 – 1916) was from Newcastle-upon-Tyne. He was a botanist and worked at Kew Gardens in London

Evelyn Lobley (1902 – 1977) was from Hexham. She was one of Britain's leading bryologists

David Bellamy (1933 – 2019) lived in Durham. He was a botanist, author, campaigner and TV presenter

Margaret Rebecca Dickinson (1821 – 1918) was a botanical artist who lived her life by the Tyne and the Tweed

Marie Victoire Lebour (1876 – 1971) was from Northumberland. An expert on crustacean, mollusc and plankton

Grace Hickling (1908 – 1986) was a nature conservationist with an interest in seals and protecting the Farne Islands

Mary Jane Hancock (1810 – 1896) was an amateur botanist and enthusiastic water colour painter

Lord William Armstrong (1810 – 1900) was from Newcastle-upon-Tyne. He was an engineer and amateur naturalist

John Hancock (1808 – 1890) was an ornithologist from Newcastle-upon-Tyne. A museum is named after him

Do you know any famous naturalists?



You can enjoy and protect nature in all sorts of jobs

Add the jobs to your A-Z of North East nature on page 33

TV, Radio and Video presenters makes shows about nature

Artists can draw or paint nature

Singers can make songs about nature

Writers can write poems or stories about nature

Entrepreneurs can make great ideas happen that benefit people and nature

Accountants can work for nature organisations

Child carers can provide nature activities for children

Marketers can create ideas and advertise ways to enjoy nature

Coders can create nature games and nature websites

Farmers and Foresters can make homes for nature in fields and woodlands

Builders can use sustainable materials and consider wildlife on construction sites

Engineers can reduce waste, water use and pollution

Gardeners can make bee and butterfly friendly gardens

Teachers can inspire people to study and protect nature

Shop staff can sell nature friendly products

Influencers can inspire followers on social media to love nature

Business people can help people protect the environment

Hairdressers and Beauticians can use nature friendly beauty products

Fashion designers can create nature friendly clothing

Police and Firefighters can protect and rescue wildlife

Lawyers can use the law to protect nature





3 Keeping your ten day nature diary

Places to include on your nature map

Home

Garden

Neighbourhood

School

Park

Woods

Roads

Hedges

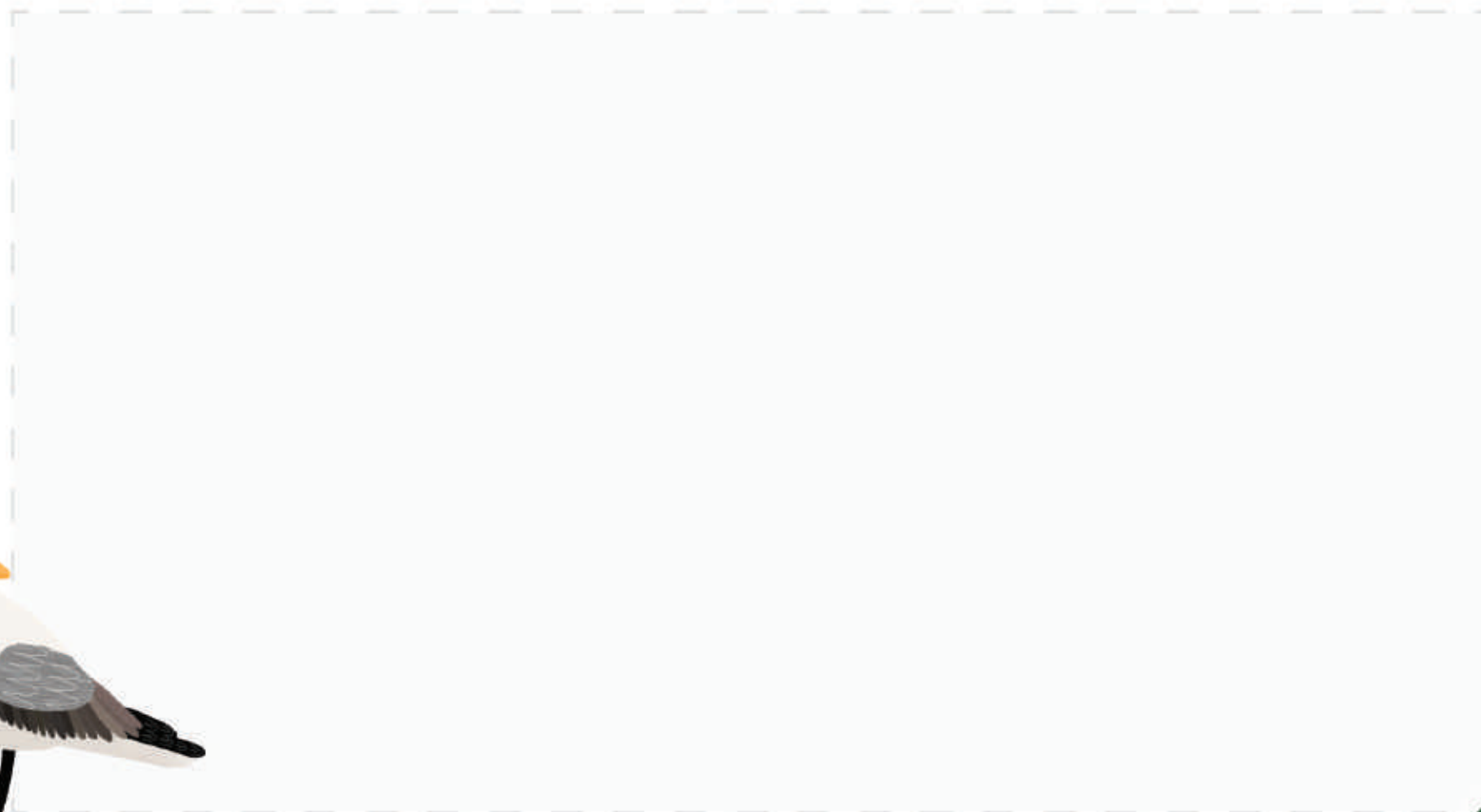
Ponds

Streams

Seaside

Hills

Start by drawing a map of your local patch. Draw your home in the middle. Then draw the places nearby where you hope to find nature



Things to do and help you fill your nature diary



Explore nature in your area and fill out your nature journal. Colour each box as you do them



Try to

Go for a walk and experience the beauty outdoors	Collect leaves. What colours and shapes can you find?	Read a nature book. Can you review it?	Listen to birds. How many different sounds can you hear?	Look for bugs. How many different species can you find?
Draw a tree. Will you sketch, colour, paint?	Visit a park. What wildlife can you see?	Smell flowers. What is your favourite?	Write about your favourite thing in nature	Watch a nature program
How many bees and butterflies can you find?	Close your eyes and listen for wildlife	Have a meal outside	Watch the birds. How many different kinds can you see?	Wrap up warm. Lie on your back outside and watch the stars
Watch the clouds. What shapes can you see?	Keep a list of the different wildlife that you see	Go barefoot and feel the earth beneath your feet	How many different kinds of fungi can you find?	Start a nature collection table
Keep a list of what you see in different seasons	Watch the sunrise or sunset	Ask your family and friends what nature they like	Design a poster with ideas to protect nature	Take lots of photographs of nature

- Enjoy nature everyday
- Enjoy nature wherever you are
- Enjoy nature with others
- Enjoy nature with all your senses
- Enjoy learning nature facts
- Enjoy creating your A to Z of North East Nature on page 33

DAY 1

Date

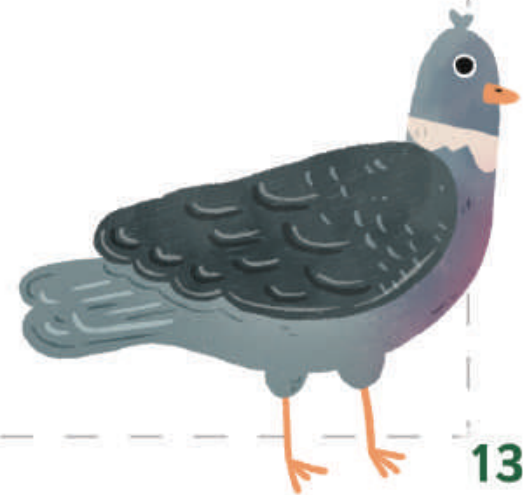
Location

Weather

What activity did you do? Use the space below



A large rectangular area enclosed by a dashed line, intended for writing a response to the question 'What activity did you do? Use the space below'.



DAY 2

Date

Location

Weather

What activity did you do? Use the space below



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DAY 3

Date

Location

Weather

What activity did you do? Use the space below



A large rectangular area enclosed by a dashed line, intended for writing an activity report.



DAY 4

Date

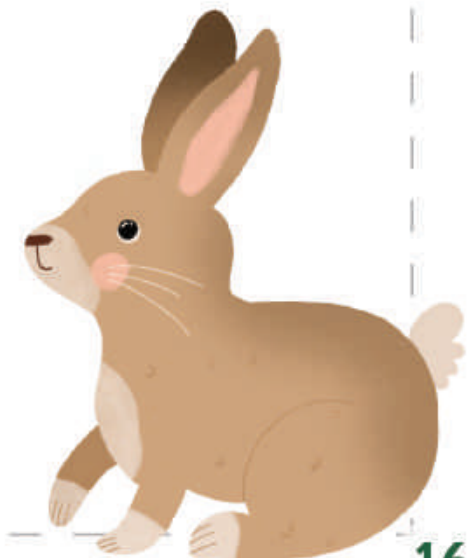
Location

Weather

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DAY 5

Date

Location

Weather

What activity did you do? Use the space below



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DAY 6

Date

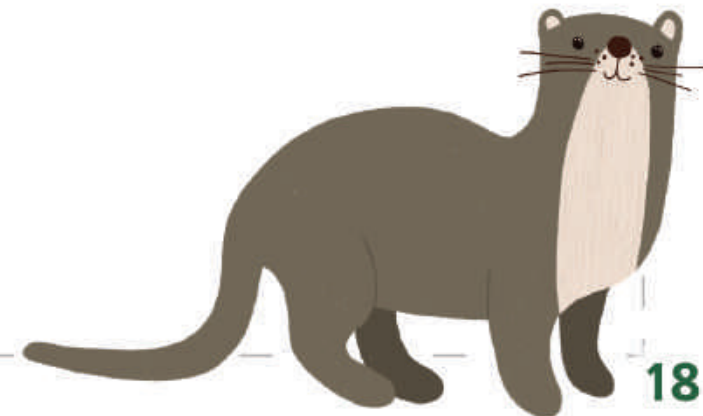
Location

Weather

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DAY 7

Date

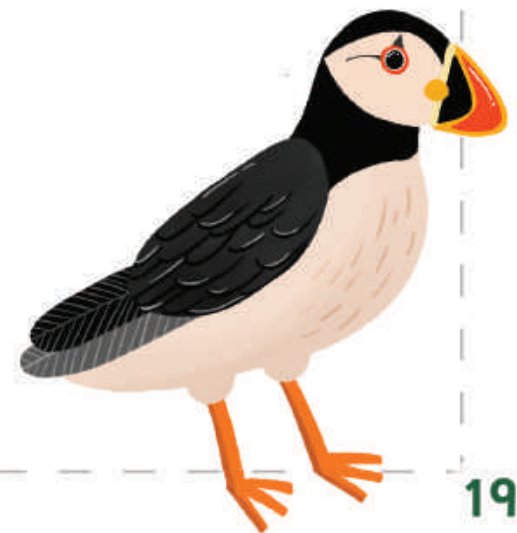
Location

Weather

What activity did you do? Use the space below



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DAY 8

Date

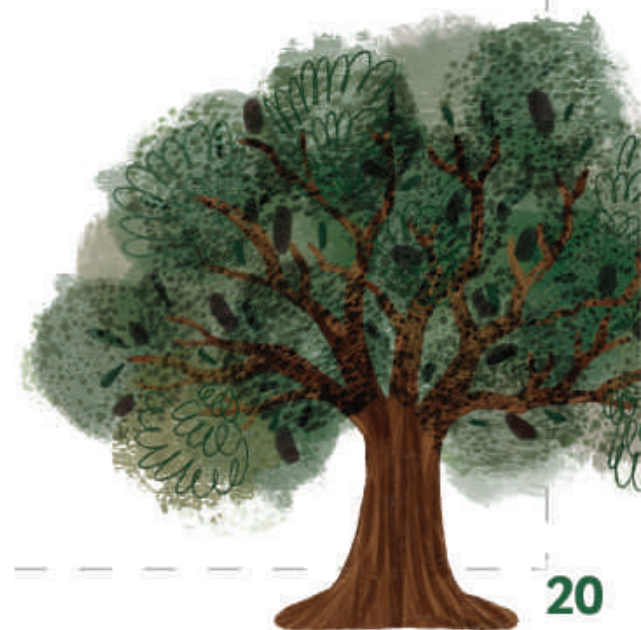
Location

Weather

What activity did you do? Use the space below



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DAY 9

Date

Location

Weather

What activity did you do? Use the space below



A large rectangular area enclosed by a dashed line, intended for writing a journal entry about the day's activities.



DAY 10

Date

Location

Weather

What activity did you do? Use the space below



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4

Doing more nature activities



To do list

- Learn North East words for nature
- Write a nature poem or song
- Make North East nature bunting
- Get crafty and make a fox
- Create your little box of nature
- Fill out your A-Z of nature
- Complete your North East word search
- Complete and identify the minibeast
- Match the mammal tracks
- Do a bioblitz

There are lots more things you can do to enjoy nature. Have a go at some of these activities



Notes

Learn North East words for nature



Did you know that people in the North East use local dialect words that are not used elsewhere in the United Kingdom

Batts are flat lands that form an island

Beck is a stream

Beuk is a book

Bonny is beautiful

Bord is a bird

Bourn or burn is a stream

Brock is a badger

Bumble Kite is a blackberry

Bummler is a Bumble Bee

Butterloggy is a butterfly

Canny is nice

Carr is a boggy or marshy area

Causey is a causeway

Champion is excellent

Clarts is mud

Cleugh is a small ravine

Coble is a small fishing

Coo a cow

Corbie is a raven

Craa is a Crow

Crag is a rocky outcrop

Cuddy duck Eider duck (after

St Cuthbert)

Cuddy's legs are herrings

Curl is coal

Cushat is a pigeon

Dene is a small valley

Dodd or **Tod** is a fox

Dyke is a ditch

Esh is an ash tree

Fell is a hill

Flee is a fly

Force is a waterfall

Gallowa is a pony

Garth is a garden

Gill is a ravine

Gissy is a pig

Gowk is a cuckoo

Harrin' is herring

Hather is heather

Haugh (Hoff or harf) is flat land on the riverside

Heugh a coastal hill

Holm is an island in a river

Hope is a valley side

Hyem or **Yem** is Home

Ing is a meadow

Kye is a cow

Laa is a hill

Laverock / Laverick is a skylark.

Leazes is a pasture land

Ling is heather

Linn is a waterfall

Linty is a wren or a linnet birds

Lonnen is a lane or track

Lop is a flea

Lough is lake

Magpies is a Newcastle

United fan

Midgee is a gnat

Mizzle is a slight rain

Mozzy is a mosquito

Neb is nose

Paddock is a frog or toad

Peth is a road up a hill

Pike is the top of a conical hill

Plodge is to wade into water

Shiel is a shelter

Sparra or **Spuggy** is a sparrow bird

Trod is a footpath

Urchin is a hedgehog

Watter is water

Have you heard of some of these North East words before? Do you know anymore to add to your A to Z?



Words were listed on the
Geordie Dictionary at
www.EnglandsNorthEast.co.uk

Write a nature poem or song



You could include...

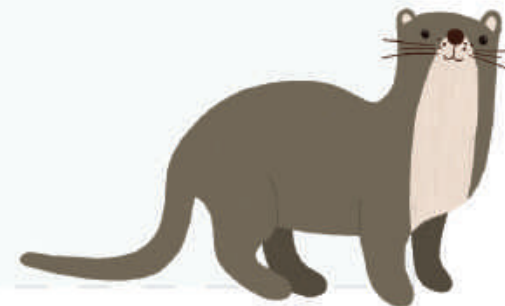
What you see in nature

Where you go

What you like

How you feel

Try writing your own
North East nature
poem using North East
words? I like writing
about 'bords'



Make North East nature bunting



What you need



scissors
(ask an adult for help)



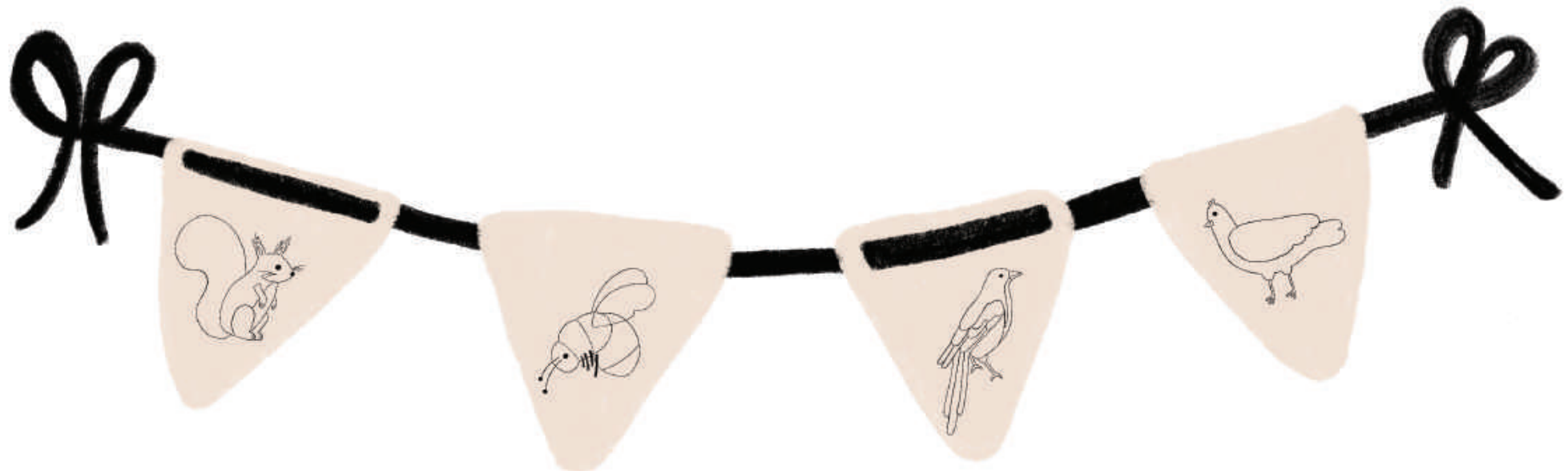
colouring in pencils

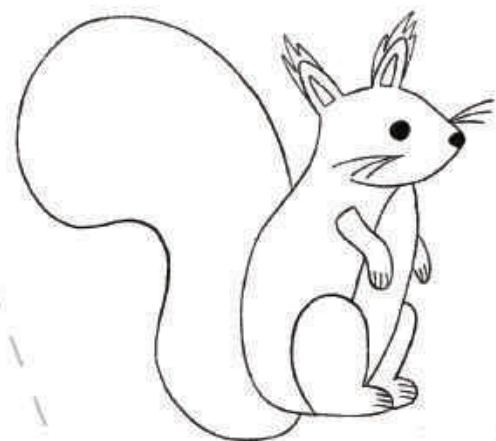


string

What to do

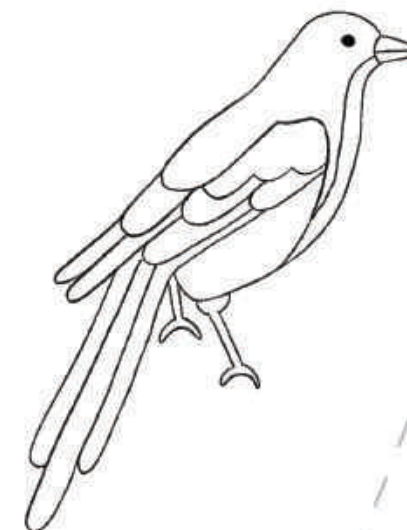
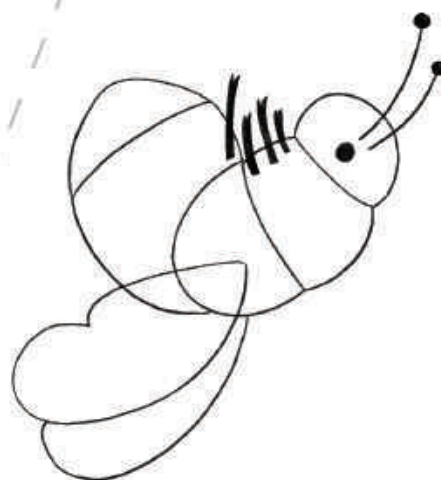
- Cut out the triangles
- Colour in the drawings
- Choose the order you want your bunting
- String them together
- Add as many triangle buntings as you want
- Draw your favourite nature in the empty bunting



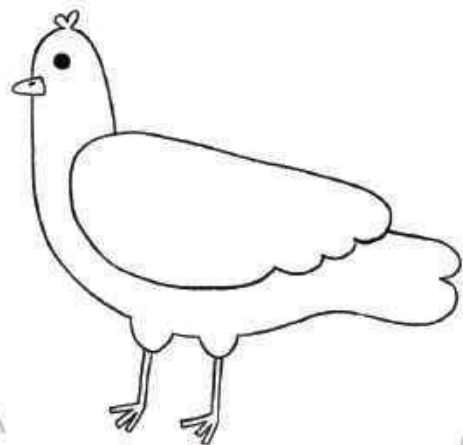


Red Squirrel

White-tailed Bumblebee

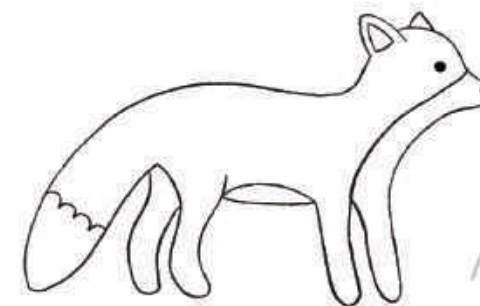
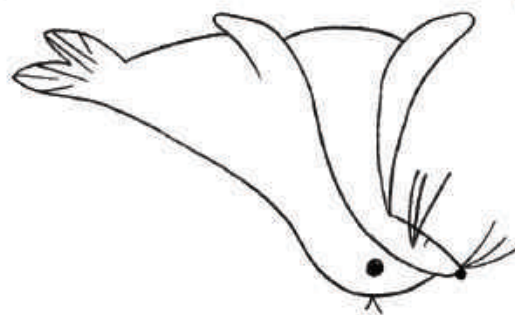


Magpie

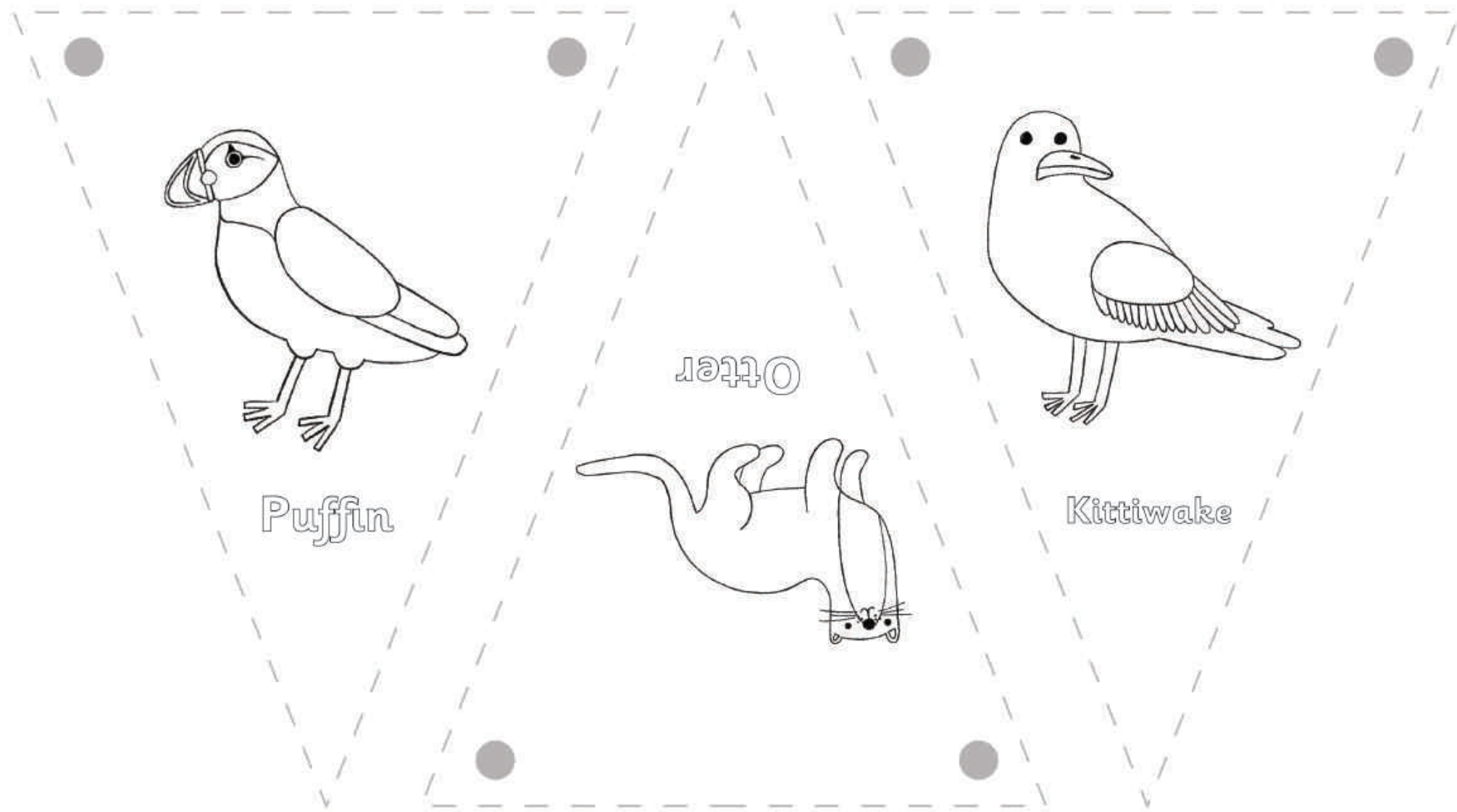


Wood
Pigeon

Grey
Seal

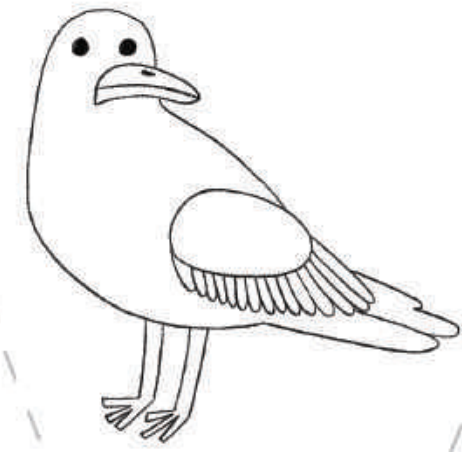
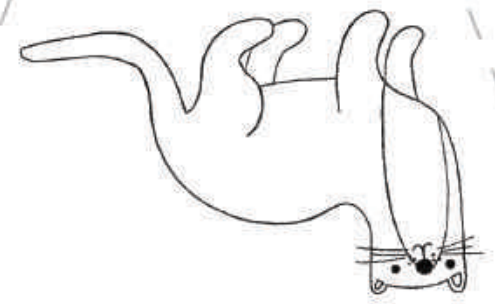


Red
Fox

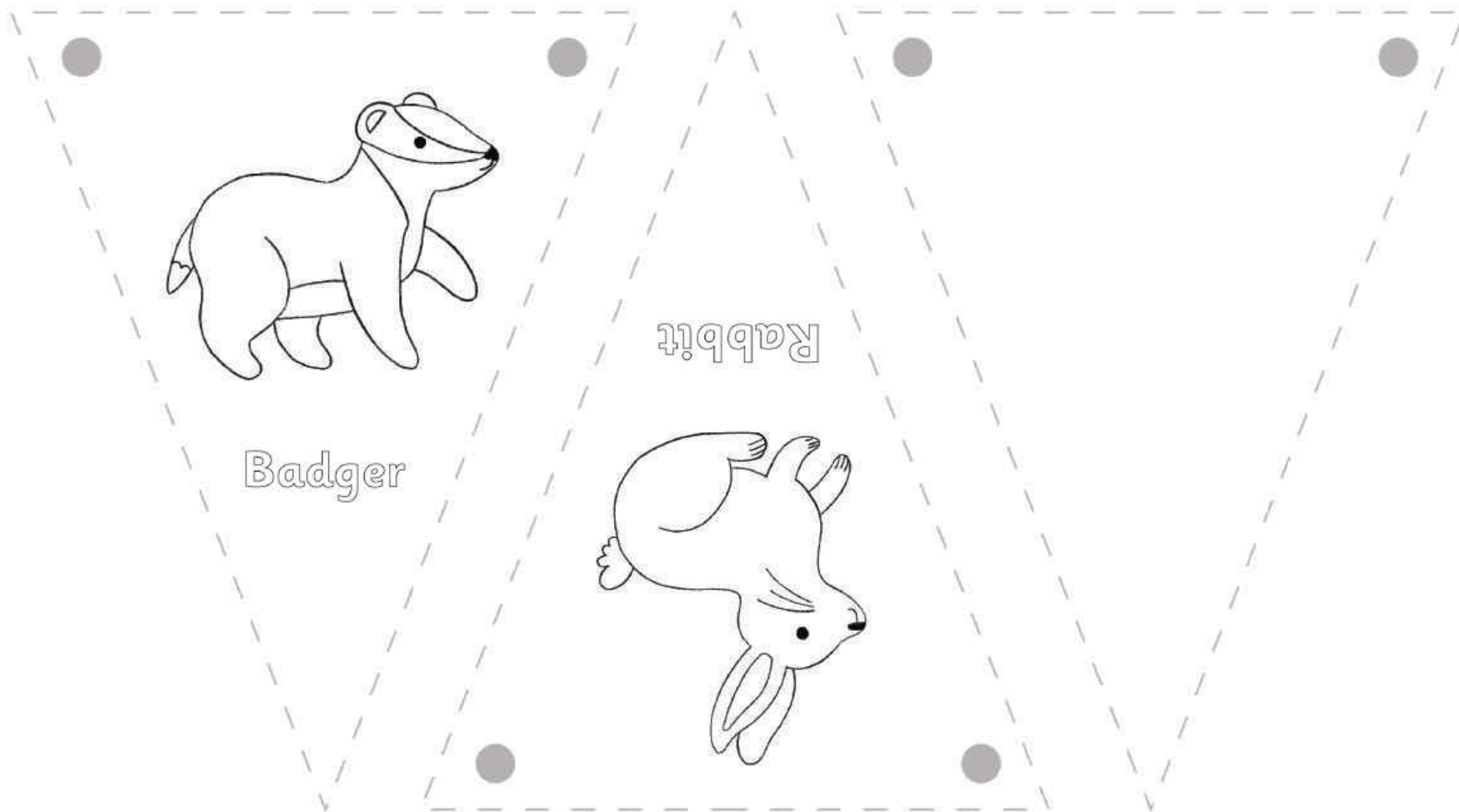


Puffin

Otter



Kittiwake



Get crafty and make a fox



You might find it hard to spot a fox, but you can create your own fox craft and keep it in your bedroom

What you need



black pen



toilet roll tube



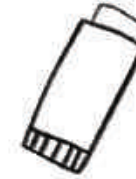
orange paper



white paper



googly eyes



glue stick



scissors
(ask an adult for help)

What to do

- Glue a strip of orange paper to cover the tube
- Cut out the white of the chest, ears, cheeks, tail and feet
- Cut out the head shape
- Stick the chest, ears, cheeks, tail and feet to the fox
- Attach the head to the body
- Finally stick on the eyes and use your pen to draw the nose





Create your little box of nature

Find a box. A shop might let you have one. Keep your nature things safe and dry

Now, find as many as possible

1. Something rough
2. Something smooth
3. Something soft
4. Something hard
5. Something spiky (be careful)
6. Something unusual
7. Something red
8. Something yellow
9. Something strange
10. Something beautiful
11. Three kinds of leaf
12. A pinecone
13. An acorn
14. A feather
15. A flower



What else can you find to add to your nature box?
Remember, do not keep any living animals in your box!



Fill out your A-Z of nature



You will need extra paper to include all the nature, places, words, people and organisations that you have learned about in this journal. Keep adding what you discover! **Write as many words as you can for each letter**



A	B	C	D	E	F	
G	H	I	J	K	L	M
N	O	P	Q	R	S	T
U	V	W	X	Y	Z	



Run out of space? Get more paper!

Complete your North East word search



Word Search



N I R C F K B E E W P D T Y C B E L L J
 I A M E E F F O F W U S D P U T G O O F
 L R B G D H U W A O G Z W A D C K J T H
 X S R L O S P N F F A D J F N N Z U T A
 Q X Y Y U L Q X G L Y J H Y E C I Q E W
 P W T L R E D U C I E T D V U X M F R T
 A A R A D Q B F I J N T E D K A D O E H
 H U R D J B T E I R T E E O I J B X P O
 C U J Y V M U U L N R Y R W T T D A I R
 B K Q B O A Q T F L C E X K T Z R O G N
 A Q T I M G E D T B S H L S I C A M E T
 W F G R W P O J X E A I U E W K G Z O O
 T D J D Z I J Q G K R D X A A N O A N W
 G H E D G E H O G U N F G L K D N C J D
 H Z Q S Y C A M O R E G L E E V F O O O
 B J J S W J N C W O D K K Y R P L T R L
 A M Q A J B N R X M L Q M C L O Y Z C P
 T I D A N D E L I O N K Q Q J G X V H H
 K W D H N S J O A K T R E E V D S Z I I
 P U F F I N E V Z H O P Z U F K P N D N

- | | | |
|-------------|-----------|-----------|
| REDSQUIRREL | PUFFIN | BLUEBELLS |
| BUTTERFLY | DEER | DANDELION |
| HAWTHORN | KITTIWAKE | SYCAMORE |
| GOLDFINCH | DRAGONFLY | OAKTREE |
| PIGEON | LADYBIRD | DOLPHIN |
| ORCHID | HEDGEHOG | SEAL |
| | BADGER | BEE |
| | MAGPIE | BAT |
| | FUNGI | FOX |



Word searches are fun to do, can you find as many of the North East species as you can in this word search?

Complete and identify the minibeast



Take a closer look, can you draw the other half of the minibeast and make them symmetrical?
See if you can identify what they are and write the name in the box

Ladybird

Try drawing something else you found

All of these minibeasts can be found in your local area, keep a look out for them if you venture outside of the North East





Match the mammal tracks

Try matching the mammals to their tracks. Next time you are walking through the woods, keep an eye out for signs of these animals



A

B

C

D

E

F



Answers: a-fox, b-badger, c-red squirrel, d-otter, e-deer, f-rabbit

Do a bioblitz



A bioblitz is a type of citizen science where you notice and record all the types of nature that you find

Species name	How many did you see?	Date and Weather	Place	Description



5 Advice for grown ups

Nature is everywhere. Moments matter more than minutes. Use all your senses, and knowledge will follow

10 tips about noticing nature for your grown up

1. It requires no previous experience
2. It uses your senses more than your knowledge
3. It needs your enthusiasm more than your skills
4. It brings together family, friends and groups
5. It can be done indoors and outdoors
6. It can be done close or far from home
7. It can be free or cheap to do
8. It can be done in lots of different ways (see page 12)
9. It takes moments more than hours
10. It can be enjoyed all year round



10 ways nature can help you and your grown up

1. Making you smile
2. Improving your mental health
3. Keeping you physically active
4. Building your confidence and self esteem
5. Making you curious
6. Keeping you busy
7. Preparing you for your week
8. Getting to know your neighbourhood
9. Making friends
10. Joining clubs and societies



6 Finding out more!



Can you add any more organisations? Add these and your own to your A to Z on page 33

- Natural History Society of Northumbria
- Royal Society for the Protection of Birds
- Botanical Society of Britain and Ireland
- Marine Conservation Society
- British Trust for Ornithology
- Urban Green Newcastle
- Butterfly Conservation
- Forestry Commission
- Environment Agency
- Natural England
- Woodland Trust
- Wildlife Trusts
- National Trust
- Plantlife
- Froglife
- Buglife



Keep being inspired by North East nature!

Everyday!

Wherever you are!



Thank you!

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It was developed with the help of



St Wilfrid's R C Primary School



Eastlea Primary School



Grange First School



Ivy Road Primary School



Mountfield Primary School

We would love to hear from you

Please share your feedback on our website
www.nhsn.ncl.ac.uk

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