



WWF

FOR YOUR WORLD



# SEASONAL RESOURCE FOR YOUTH GROUPS



# SUMMER

There's so much to see when the weather allows us to get outside and see the natural world at the peak of its beauty. There's so much to see in woodlands; trees provide large, shady canopies now they are in full leaf, gardens and parks are colourful and full of flowers and growing spaces are brimming with delicious edible crops growing in size before our eyes. Wildlife are enjoying this time, beautiful pollinators can be seen in their habitats, including many different species of bees and butterflies foraging around for nectar and pollen. Ponds, rivers and streams are teeming with activity from the wildlife that visit and live there, as a place to source food and reproduce. Coastal areas display vegetation at peak growth and rock pools are a great place to find a host of marine life.

Summer is the UK's warmest season and begins in June. This is caused because the northern hemisphere is angled towards the sun. Summer months are known as June, July and August in the meteorological calendar. In the astronomical calendar it begins around the 21st June and the day is celebrated historically as summer solstice. The date is the longest day of the year, when the sun reaches the highest point in the sky. From this point the days get shorter until the winter solstice.

Rainfall during the summer is variable year on year. June is the month that averages the most sunshine and July tends to experience the warmest temperatures. Scotland and Northern England tend to experience the coolest temperatures and London and the Southeast have the highest temperatures. Sometimes prolonged spells of warm weather and heatwave conditions are created because of anticyclones.



## GET COOKING, GROWING AND CREATING

The summer is a great time to appreciate the richness of English flavours. We have created a range of activities for your group to do this Summer. Cooking can be so much fun when you use seasonal produce – why not visit a local pick your own farm and have a go at making your own fruit jam, using our scrumptious jam tart recipe. Thinking about seasonal food, why not encourage your group to grow their own salad leaves, they only need a small space and once you pick they regrow again and again, which is handy as salad is really popular in the hot weather. Get creative with a plastic bottle slow release watering system for your vegetables and plants during the hot weather.



© Richard Stonehouse WWF-UK

# STRAWBERRY BOTTLE PLANTER

Plastic bottles make fantastic hanging planters for any garden, green space – or even a window box. By recycling your plastic bottles, you can begin to grow a wider variety of plants or flowers that will add a touch of colour to your home, school or community centre. We particularly enjoy growing strawberries – they’re so colourful and so delicious to eat!

## WHAT YOU NEED

- Plastic bottle
- Scissors
- Marker pen
- Drawing pin
- String
- A few strawberry plants
- Soil/compost
- Trowel

**GLOBALLY,  
ONE MILLION PLASTIC  
WATER BOTTLES ARE  
USED EVERY MINUTE AND  
91% OF THEM ARE NOT  
RECYCLED.**



60 minutes      all ages      Outdoor fun

## INSTRUCTIONS

1. Remove the cap and label from the plastic bottle, and draw a large circle half way down. This will be the opening for your planter. Ask an adult to help you to cut out the circle on the side of your plastic bottle.
2. Use a drawing pin to create holes on either side of the top of the bottle. Feed the string through the holes and tie the ends together.
3. Using your trowel, carefully add your soil/compost into the hole in the bottle.
4. Gently tuck your strawberry plant into soil in your bottle, giving it a light sprinkle of water.
5. If you’re planning on hanging your strawberry planter outdoors, then use the drawing pin to make a few holes in the bottom of the bottle to allow for drainage.
6. Your planter is now ready for hanging!



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# SLOW RELEASE WATERING SYSTEM



## WHAT YOU NEED

- Plastic bottle with lid, 2 litres is the ideal size but smaller ones will work
- A nail
- Hammer
- Scissors
- Gardening trowel
- Water can

## METHOD

1. Wash your bottle out thoroughly and remove label.
2. Remove the cap from the bottle and place it lid side down on a piece of scrap wood. With help from an adult use the hammer and nail to punch 3 – 4 holes into the cap (watch your fingers!). The more holes you have the faster the water will flow out. Once done screw the cap back onto the bottle.
3. Cut off the bottom of the bottle, ideally between 1 to 2 inches. If your soda bottle has a moulded line around the bottom, you can cut along this line. To get you started gently squeeze the bottle, and with scissors cut a small slit in the bottle. Let go of the bottle and continue to cut the bottom of the bottle off. Don't throw the bottom of the bottle away!
4. Using your garden trowel, dig a hole into the soil. The hole needs to be deep enough so you can fit the bottle halfway into it and about 4 to 6 inches away from the plant stem. Be careful not to damage or cut through the roots.



60 minutes



Age 8 upwards



Outdoor fun

A 2 LITRE  
PLASTIC BOTTLE IS  
THE IDEAL SIZE AND DO  
NOT FORGET YOU WILL  
NEED THE LID

5. Place the bottle into the hole you have just created, cap side down. Gently pat the soil around the bottle to fix in place.
6. Fill the bottle with water and if you want to insert the bottom of the bottle in the top, this will prevent any dirt getting into the bottle and causing a blockage.
7. Remember the drier the soil the faster it drinks the water, so keep an eye on it.





# TAKE ACTION ON PLASTIC POLLUTION!

## WHAT YOU NEED

- Protective gloves
- Litter picker
- Bag for litter
- Bag for recycled items
- Clip board and record sheet
- Pencil



60 minutes



All ages



Outdoor fun

## TAKE ACTION

Plastic is everywhere. From our local rivers and beaches to the remote Arctic sea, it is choking our oceans and killing wildlife. Every year we dump 8 million tonnes of plastic waste into our seas. Plastic pollution is also a major threat to marine life. According to scientists, plastic particles can be found in around 90% of the world's seabirds.

**IF WE  
DON'T ACT NOW, BY  
2050 THERE WILL BE  
MORE PLASTIC IN THE  
SEA THAN FISH**



## METHOD

1. Organise your group to go to your local beach or river. Please follow your own risk assessments and trip guides.
2. Split into small groups, dependant on the size of your group.
3. Allocate an area for each group with an adult.
4. Start litter picking! Don't forget to record your findings, you will be amazed at what you find.
5. Gather back at the end of the session and discover what each group has found.
6. Why not set a challenge to see which groups collects the most litter.
7. Try and recycle as much of the litter you have found but dispose of the other waste responsibly.

# LETTUCE HELP YOU GROW YOUR OWN!

Create your own mixed salad full of vitamins A, C and K and dietary minerals especially iron. Harvest the small tender leaves regularly to ensure a supply of salad leaves over a period of time. The suggested seeds to grow result in pretty red and green feathery leaves, lush looking with nutty and peppery tastes.

## YOU WILL NEED

- Recycled pots or containers to sow your seeds in. Large 4 pint milk containers when chopped in half and holes placed in the bottom and plastic vegetable trays make great pots to use for growing
- Multi-purpose compost that does not contain peat
- Used and washed lolly sticks
- Gloves (optional)
- A watering can with a fine rose
- Salad seeds such as Mizuna, Mustard 'Giant Red', Lettuce 'Salad Bowl', Lamb's Lettuce and Salad Rocket.
- Soil/compost
- Trowel



**SOW TO  
HARVEST TIME  
- FOUR TO FIVE  
WEEKS.**

© Martin Curry WWF-UK



30 minutes



All ages



Outdoor fun

## METHOD

1. Wash your pots or container if they have been recycled and used for growing before, this will remove any pests and disease. It is important to make sure your planter has holes in the bottom. If it does not have holes the planter will quickly fill with too much water and your plants will drown.
2. Fill your pots nearly to the top with the compost, crumbling the compost through your fingers to ensure there are no large lumps. Gently tap the pot or container on the surface you are working on to remove air pockets without pressing down on the compost.
3. Gently scatter salad seeds over the surface of the compost. Then cover with a thin layer of compost at a depth no deeper than the width of your little finger. Label the containers with the variety of leaves you are growing and the date, using the lolly sticks and a pencil (this will not wash off).
4. Water the seeds and place in a sheltered but sunny spot. Regularly water your seeds making sure the compost does not dry out. Germination should occur within a week.
5. Watch to see when the leaves are big enough to eat. Harvest them by snipping a few leaves from each of the plants you have grown about 2.5cm from the bottom.
6. The centre of the plant is where the growth is taking place to reproduce the leaves, so take care not to damage this part. With regular watering the plants should produce 3-4 cuts of salad.



# VEGETABLE KEBABS

## INGREDIENTS

- A selection of vegetables, home-grown or locally produced is ideal. One of each is perfect – courgettes, peppers, onions, tomatoes, aubergines, and a selection of mushrooms.
- 1 tbsp of Local clear honey
- 1 tsp of grainy mustard
- 1 tbsp of vegetable oil

## EQUIPMENT

- Campfire or BBQ, please make sure an adult is there to manage this
- Cooking brush
- Metal skewers or FSC wooden skewers
- Oven gloves



60 minutes



All ages



Outdoor fun

## METHOD

1. If using wooden skewers, you will need to soak these in water for up to 30 minutes.
2. To make the glaze mix the honey, oil and mustard in a bowl and add seasoning.
3. Chop the vegetables in thick slices or chunks.
4. Thread your chopped vegetables onto the skewers, make sure you have a good selection of each vegetable on each skewer.
5. Use the cooking brush to brush the vegetables on the skewers with the glaze. Leave some glaze to add before serving.
6. Place on the camp fire or BBQ for about 20 to 30 minutes.
7. Remove from BBQ or campfire, make sure you are wearing your oven gloves!
8. Add some remaining glaze and serve.

YOU CAN  
ALSO MAKE FRUIT  
KEBABS FOR  
DESSERT!



# TEA GARDEN

Recycle vintage cups and saucers from the back of cupboards, summer fayres and charity shops and make them purposeful as pretty mini planters. These make pretty summer themed table arrangements or gifts for friends and family.

## YOU WILL NEED

- Pretty tea cups and saucers
- Potting compost
- An old bowl
- An old tablespoon
- Very small growing alpine plants such as Sempervivums (houseleeks), Saxifrage and Sedums
- Grit or gravel (fine in size)

YOU CAN  
EVEN USE AN OLD  
TEAPOT AS A  
PLANTER.



30 minutes



Age 6 upwards



Indoor fun

## METHOD

1. Into your bowl mix a spoonful of gravel to each spoon of compost. Think about the size and amount of your teacups, as to how much material you may need.
2. Into your teacup place a teaspoon of gravel into the bottom.
3. Then add the compost mixture to fill around a third of your cup.
4. Remove your plant from its current container and place into the teacup. Around the edges of the plant fill the area with the compost mix and gently firm in place.
5. Gently cover the surface of the compost around the plant with gravel.
6. Carefully water the planted teacups and do not over water the plants as they require little water. A good way to check the water needs is to touch the compost if it is dry then water a little. If it is damp the plant is happy.
7. The plant should produce flowers or rosettes, as these are produced snip off dead heads to increase flowering. In future your plant may produce lots of rosettes or foliage and you will be able to be split it in half to make more plants.



# SUMMER JAM TARTS

## PREPARATION TIME

25 minutes

## COOKING TIME

10 minutes

## INGREDIENTS

- Basic recipe for shortcrust pastry or ready to roll pastry
- $\frac{3}{4}$  of homemade jam
- A little flour

## EQUIPMENT

- Teaspoon
- A round pastry cutter
- 2 x 12 cake tins
- Rolling pin

## METHOD

1. With help from an adult pre heat the oven to 220 degrees or gas mark 7.
2. Make the shortcrust pastry or for a speedy version use ready to roll pastry.
3. Grease your cake tin with vegetable margarine or butter.
4. Coat the surface you are baking on and rolling pin with flour.



60 minutes



ALL ages



Indoor fun

5. Mould your pastry ready to roll into a ball.
6. Lightly roll your pastry with your pin using short, quick strokes. With each few rolls turn your pastry and turn over. Always ensuring it does not stick, sprinkling more flour if needed.
7. Roll out pastry fairly thinly.
8. Take the pastry cutter and cut out circles closely together. As you cut, press down then slightly twist and then lift each with the pastry inside. Follow on by tapping to release so not to lose the neat circle shape.
9. Each pastry circle should be gently placed into a circle within the cake tin.
10. Collect together the trimmings, mould into a ball and roll and cut and place in the tin as before. You will need around 20 – 24 pastry circles in the tins.
11. In the centre of each of the pastry circles place a teaspoon of jam. Ensure you do not over fill as the jam will spill over as cooking takes place.
12. Place in the top of the oven and bake for around 10 minutes or until the pastry is golden.
13. Remove carefully from the cake tins while hot, leave to cool on a wire rack.



© Tishara Fawcett / WWF-UK

# SHORTCRUST PASTRY

## PREPARATION TIME

25 minutes

## INGREDIENTS

- 200g plain flour
- 50g butter or dairy free alternative
- 50g vegetable margarine
- Pinch of salt
- 2 tablespoons of cold water

## EQUIPMENT

- Sieve
- Mixing bowl
- Table knife
- Tablespoon

LEAVE THE  
PASTRY IN A COOL  
PLACE UNTIL IT IS  
READY TO USE



60 minutes



All ages



Indoor fun

## METHOD

**Top tip** – to make successful pastry, your hands, ingredients and equipment should be kept as cool as possible. Begin by washing your hands in cool water.

1. Take the mixing bowl and sift in the flour and salt, then add the margarine and butter. Cut the margarine and butter into small pieces and coat with the flour.
2. Using fingertips, rub the fat into the flour until the mixture looks like breadcrumbs, making sure not to over work the mixture.
3. Measure out 2 and a half table spoons of cold water, pour into the mixture and mix with a knife. Flour the hand you write with and use this hand to gather the mixture together and make a firm dough. The bowl should be clean and not sticky. If the mixture is too dry then add a tiny splash more cold water and if too wet, a tiny sprinkle of flour.
4. Leave the pastry in a cool place to rest until it is ready to be used.



# STRAWBERRY JAM

## INGREDIENTS

- 1 kg Strawberries
- 1 kg Granulated sugar
- Juice from 1 lemon

## EQUIPMENT

- Weighing scales
- Chopping board
- Knife
- Large pan
- Potato masher
- Desert spoon
- Plate
- Recycled jam jars with lids
- Labels

REMEMBER  
TO PUT A DATE ON  
THE LABELS



60 minutes



Age 6 upwards



Indoor fun

## METHOD

1. With help of an adult wash and chop your strawberries in half.
2. Add your strawberries to a large pan and over a low heat soften the strawberries. Once soft you can use a potato masher and mash the strawberries.
3. With help of an adult add the sugar and lemon and stir over a low heat until the sugar has dissolved.
4. With help of an adult boil steadily for about 6 minutes, or until at setting point. To test if the jam is at setting point, spoon a little onto a cold plate and leave for a minute (be careful not to burn your fingers, ask your adult helper to check it's cool enough to touch). With your finger push the jam if it crinkles and separates without flooding back, then the setting point has been reached. If the jam floods back return to the boil for another minute and retest again.
5. Set aside for 10 minutes to cool. Gather your jars and spoon the jam into the jars and label. Remember to put the date on the label.



# HOMEMADE LEMONADE

## INGREDIENTS

- Zest of a lemon
- 300g of caster sugar
- 300ml water
- Juice from 6 lemons
- 3 pints of water

## EQUIPMENT

- Large saucepan
- Small holed grater
- Lemon squeezer
- Sieve

CHILL THE  
LEMONADE IN THE  
FRIDGE AND THEN  
ENJOY!



30 minutes



Age 6 upwards



Indoor fun

## METHOD

1. Place into a large saucepan the zest of a lemon, 300g of caster sugar and then pour in 300ml of water. Keep stirring over a medium heat for approximately 4 minutes until the sugar dissolves.
2. Then remove from the heat and add the juice of 6 lemons, 3 pints of water and then stir.
3. Using a fine sieve strain the liquid into a jug and chill in the fridge. This can be enjoyed for up to 3 days but must be kept in the fridge.



# BADGE IT UP

These activities support the following badges for Girlguiding UK and The Scout Association

**Rainbows:** Wildlife Explorer

**Brownies:** Wildlife Explorer

**Guides:** Rescue your rubbish, Consumer conscious

**Rangers:** Cooking, Cook, Community action, Vlogging

**Scouts and Cubs:** Chefs activity book, Environmental conservation badge

# EMPOWERING THE FUTURE GENERATION

Green Ambassadors for Youth – GA4Youth – is a fantastic badge programme to help 5-14s take the lead on green issues in their groups and their community. Our friendly Green Ambassador team – Leafy, Wheel, Switch, Crush, Smith and Tap – will help them get informed, get involved and get sharing on



six topical green issues. Designed with the help of over 100 leaders, it offers six themed activity sets, a suite of posters to help you plan your green journey, and a badge scheme to reward young people for their achievements. [wwf.org.uk/youth](http://wwf.org.uk/youth)

# DID YOU KNOW?

Nature is vital – it's our life support system and we can't survive without it. But our world is under threat like never before. Globally we're using all the planet's resources faster than nature can restore itself.

THERE COULD BE MORE PLASTIC IN THE SEA THAN FISH BY 2050.

WILDLIFE POPULATION SIZES HAVE PLUMMETED BY 60% IN LESS THAN 50 YEARS.

WE LOSE AN AREA OF FOREST THE SIZE OF A FOOTBALL PITCH EVERY TWO SECONDS.

FOOD IS A MAJOR DRIVER OF WILDLIFE EXTINCTION. THE FOOD WE EAT IN THE UK ALONE IS LINKED TO THE EXTINCTION OF AN ESTIMATED 33 SPECIES AT HOME AND ABROAD.

ONE IN SIX SPECIES IS AT RISK OF EXTINCTION BECAUSE OF CLIMATE CHANGE.



© Sophie Lankear

WWF's Living Planet Report 2018 revealed the scale of human impact on our precious natural world. The Our Planet series, now streaming on Netflix, shows the awesome splendour of the natural wonders that we risk losing, but also carries a message of hope: we can still save our planet if we act now.

We'll shortly be releasing specially designed activities to support Netflix's Our Planet series. Resources will be available soon so register your groups interest to access the leader notes and activities. [wwf.org.uk/ourplanetyouth](http://wwf.org.uk/ourplanetyouth)



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