

Fantastic Flowers

Wild flowers are starting to brighten up our parks and open spaces. Not only do they bring colour and beauty to your local area, they also support a huge variety of wildlife too including bees, butterflies and beetles. [Plantlife](#) have some helpful seasonal flower spotter sheets to help you identify them all year.

Grow like a flower

All plants start off life as a seed. They need water and soil to grow, then sunshine and air to flourish. Pretend to be a seed and grow into a flower, here's how:

- ❖ Roll into a ball on the ground, you are a seed in the soil.
- ❖ First grow your roots, so wriggle your feet into the ground, and make a big slurping noise to drink up some water.
- ❖ Next your shoot pops out of the soil, so put your hands together above your head and say 'shoot'.
- ❖ Then your stem grows up tall, slowly stand up and take a deep breath of fresh air.
- ❖ Your leaves start to grow, spread out your arms and stretch your fingers into the sunshine. Your leaves make food from the sun, say 'yum, yum!'.
- ❖ Your face can become a big fat bud, so puff out your cheeks, before turning into a beautiful smiling flower.
- ❖ Last of all make your hand turn into a bee, buzz into your flower, which helps your flower make seeds and start all over again!

Be a Bee

Bees and flowers help each other. Bees are looking for pollen, which is the yellow dust inside the flower. Buzz around like a bee, and gently wiggle your little finger into a flower, and take a look, you might have collected some pollen like a bee. Flowers need bees to pollinate them, which helps them produce seeds. With the pollen on your finger, move it into another flower of the same type. Well done - you have just pollinated a flower!



Flower Power

Discovering flowers is a great way to use your senses. Smell different flowers, do they all smell the same? How many different colour flowers can you spot? What do the petals feel like? Lots of plants have different textured leaves, some are rough, some soft, some smooth - just be careful not to touch a nettle because they are stinging! If you have a magnifying glass take a closer look at the flowers. The common dandelion is more beautiful than at first glance, each brilliant yellow flower head is made up of lots of individual florets, not just petals.

Go Wild Flower Spotting

On your daily walk, you don't need to go far before spotting some local wild flowers. Just look in the grass verges, your local park or open space.

Why not join [The Great British Wildflower Hunt](#) and record the flowers you see on your way. Plantlife have a good town [wild flower spotter sheet](#), but here are a few that you are sure to spot this week without too much trouble:



Green alkanet



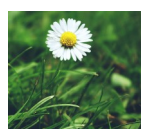
Speedwell



Cow parsley



Red dead nettle



Daisy