Wandering Emotions

Spring Story

WELCOME TO THE WANDERING EMOTIONS SPRING NEWSLETTER!

In the same way that we introduced you to Adam Acorn and the Winter Solstice in our last newsletter, this issue brings you an exciting story centred around Ruby Tubes, the wonders of Spring and the Spring Equinox. You will also find engaging and educational activities, perfect for exploring the natural world around you and gaining a deeper awareness of your emotions.

If you enjoy the story, you can look out for a copy of our next edition to find out what happens to Adam Acorn, Ruby Tubes and their friends. Just sign up with the QR code on the back page.

Happy reading!

Team Wandering Emotions x

ACTIVITY: NATURE MOSAIC

When out on your next walk look around and find objects of lots of different colours or shades, such as fallen leaves and petals. Collect all the different coloured natural objects you can find on the floor.

With your natural objects create a ‘mosaic’ This is some artwork where different shapes, colours, and objects are put together to make a pattern.

You can make any pattern and combine the colours, and objects any way that you want.

Once finished take time to admire your artwork!



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SPRING

In the UK, the season of Spring takes place from March to May. Spring is a time of ‘rebirth’ and growth. All around you parts of the natural world are waking up from their long sleep during the winter months. Days start getting longer, trees blossom, flowers begin to bloom, and the weather becomes warmer. Even the time changes.

On the last Sunday in March, clocks move forward by one hour from Greenwich Mean Time (GMT) to British Summer Time (BST). The hours of sunshine increase a little bit each day making it easier to spend more time outdoors. This can help you to feel happier and healthier. We sometimes call these feeling ‘well-being’.

ACTIVITY: FLOWER BREATHING

Flower breathing can help you feel calm, focused, and refreshed.

1. Sit or stand up straight.
2. Make yourself comfortable.
3. Hold (or imagine you are holding) a petal in your hand.
4. Take a deep, slow breath in through your nose as if you are smelling the flower, feeling your chest expand as it fills up with air.
5. Breathe out slowly through your mouth as if you are very gently blowing on the petals to make them flutter without blowing them away.
6. Repeat this three times or until you feel calm and relaxed.



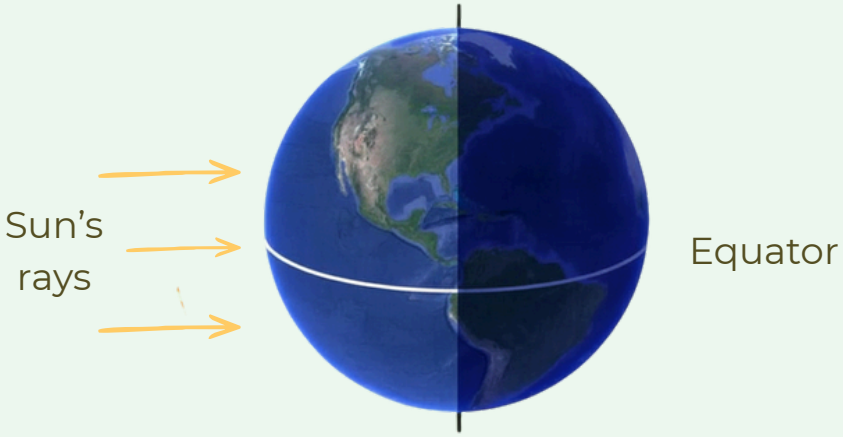
SPRING EQUINOX

The 1st March is the start of Spring, but according to the astronomical calendar, spring begins with the Spring Equinox. ‘Equinox’ comes from Latin, where equi means ‘equal’ and nox means ‘night’.

An equinox happens twice a year- in March and September when the axis of the Earth (the imaginary line through the middle of the earth from the North to South poles) is in a straight line with the sun. Each equinox happens at the same moment for everyone on the planet, but if you live north of the equator, the Spring Equinox is in March. If you live south of the equator, the seasons are reversed, so the same day is the first day of autumn.

The equinoxes

At the March and September equinoxes, the noonday sun is directly overhead at the equator.

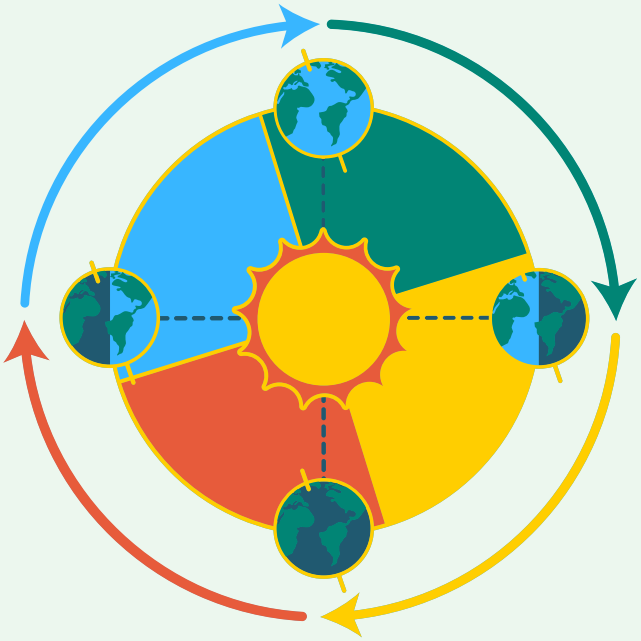


SPRING EQUINOX

The length of daylight is exactly the same (12 hours) at all points on the earth's surface on those two days of the year. An exception is the North and South Poles. The North Pole will change to permanent light for six months, over spring and summer. In contrast, the South Pole will have six months of darkness over autumn and winter.

After the day of the equinox, the Earth starts to tip away from, or towards, the sun depending on where you live. In March, for those living in the Northern hemisphere it gets warmer turning into summer. For those living in the Southern hemisphere it gets colder, turning into winter.





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ACTIVITY: SUNFLOWER YOGA FLOW 🌻

1. Stand with your feet about hip-width apart
2. Inhale while sweeping your arms overhead, reaching tall like a sunflower reaching for the sun.
3. Exhale while bending your knees and sweep your arms down and across your body, as if gathering energy.
4. Repeat the flow with your breath, 3-5 times, or as many as you feel like.

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When practised regularly, this activity can:
- Enhance energy flow and vitality.
- Reduce stress and anxiety.
- Open the heart chakra, promoting love and compassion.
- Improve spinal mobility and strengthen legs.

🌻



THE STORY OF RUBY TUBES

Ruby Tubes is a flower sprite, a child of the forest. Her favourite time of year is Spring. She is nicknamed “Ruby Tubes” because that is the colour of the tubes of honeysuckle that she wears in her hair and carries with her wherever she goes.

Although Ruby Tubes loves all the woodland flowers, honeysuckle is her particular favourite. That probably explains why some of the tree guardians, (who think Ruby Tubes is an especially delightful child), call her “Honey” for short. Ruby Tubes does not go to school in the oak trees with all the seed sprites. She is far too young. Instead she spends most days playing in the woods with the other flower sprites.



ACTIVITY:

Can you find and match these flowers to the flowers that make up Ruby Tubes? Every part of her is made up of flowers, even her eyes and hands!





HONEYSUCKLE



FOXGLOVE



CAMPION

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Ruby Tubes' very best friend is Jack-a-Dandy. When Jack-a-Dandy goes out to play, he always wears a top hat with fine clothes to match. He thinks that this makes him look very dapper indeed. Unfortunately, the other flower sprites think Jack-a-Dandy dresses like that because he is vain and a terrible snob. They constantly snigger at him behind his back and call him nasty names such as 'Fuzzy' and 'Bum Fluff'. They even try to knock of his top hat and blow his hair into the wind. This makes Jack-a-Dandy very sad.

Only Ruby Tubes knows that Jack-a-Dandy is actually shy and very self-conscious about his fine and wispy hair. In fact Jack-a-Dandy would like nothing better than to throw off his hat and fine clothes and run through the meadows with the other flower sprites, but he is terrified that if he does, his hair will probably disappear altogether.

(Jack-a-Dandy is a dandelion like the one in this picture)!



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ACTIVITY:

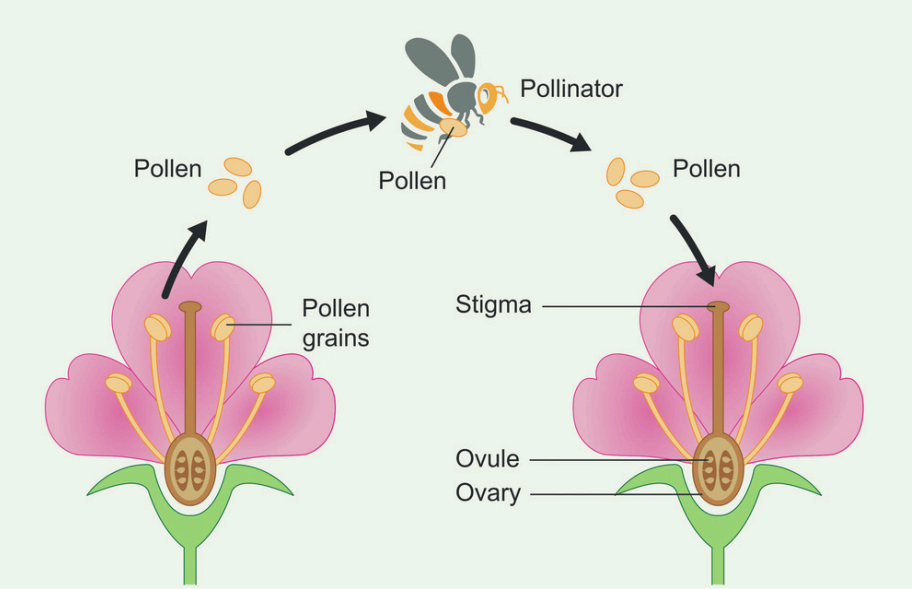
Can you find the Ruby Tubes flowers on your next walk? These flowers appear in spring along with other flowers such as daffodils, daisies, bluebells and roses. Make a note of when and where you first see them so you can look out for them again next year!

Flower	Where	When
Daffodil		
Daisy		
Bluebell		
Rose		
Honeysuckle		
Foxglove		
Campion		

POLLINATION AND BIO-DIVERSITY

The word ‘biodiversity’ refers to all the different animals and plants in the world and how they live together. Biodiversity changes over time as certain species of animals and plants become extinct and new ones evolve. Some of the things that can cause this to happen are climate change, pollution, and the loss or destruction of the natural home or environment, (habitat), of that species.

The relationship between a pollinator and plant is very important to the survival of both species so influences how they evolve. Plant species develop characteristics to attract pollinators. These include brightly-coloured petals, sweet tasting nectars, and strong scents. As the pollinator species becomes reliant on nectar for its food, it develops body parts and movements for collecting the nectar from the plants more efficiently.



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ACTIVITY:

Can you name all these pollinators?

Have you seen any of them before? Are there any that you have not seen? How do some of them make you feel? What do they make you think?

Look out for them next time you are playing or walking outside!



NAME:



NAME:



NAME:



NAME:



NAME:



NAME:



NAME:



NAME:



NAME:

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SCAN QR CODE

Find out more and sign up to our next newsletter!