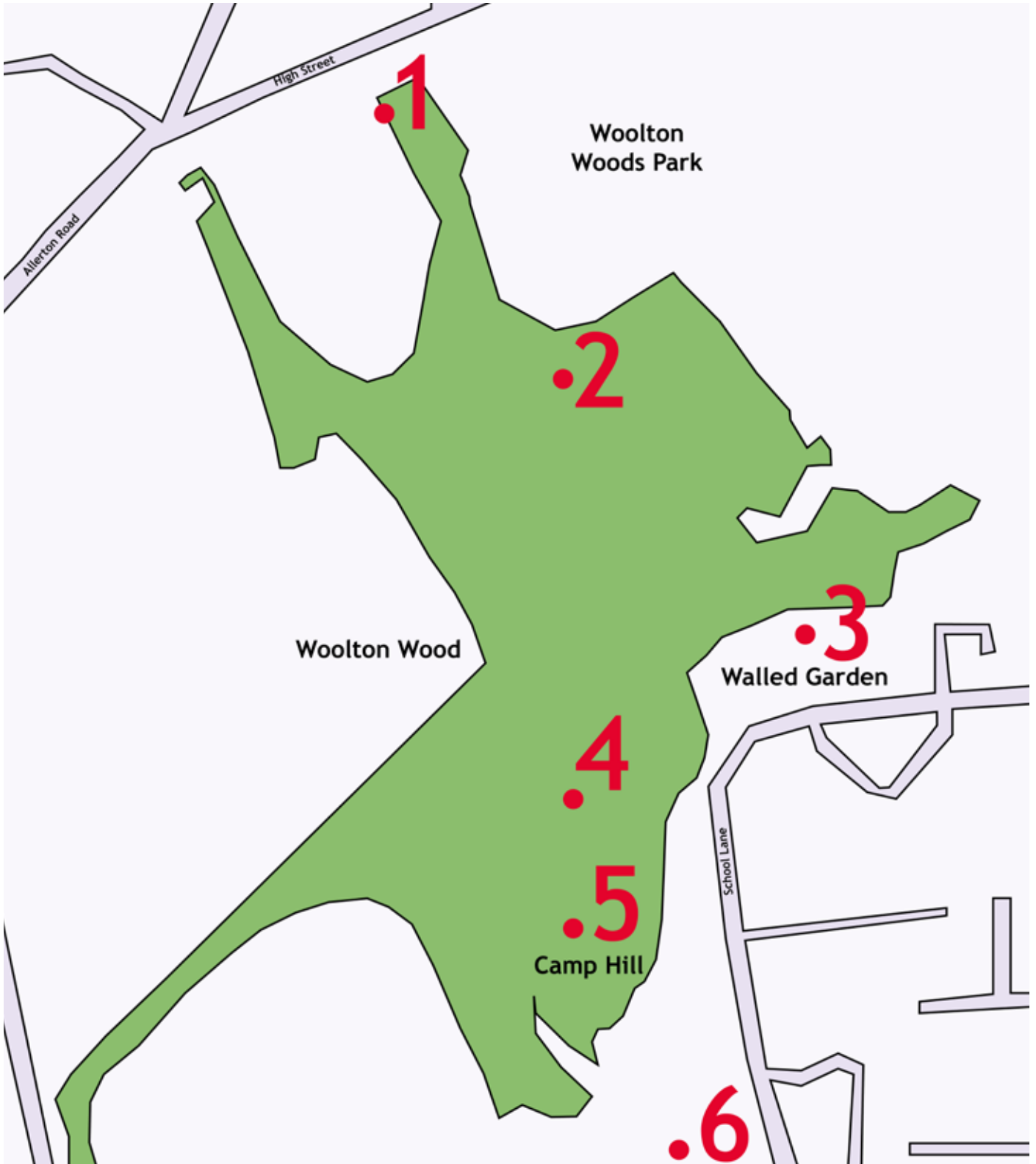




# Nature Trail at Camp Hill



### Pause Point 1: The Bee Garden

How many types of bee can you read about at the bee garden?

Can you draw a bee?



Post a photo of your drawing and you could be in with a chance of winning your own bee hotel! Make sure to follow our social media channels below and tag us in your post so that we can see!

[#StrawberryFieldNatureTrail](#)

 [/StrawberryFieldLiverpool](#)

 [@strawberryfield](#)

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### Pause Point 2: Woods on Camp Hill

Trees are so important for our environment. Let's take a mindful moment in the trees.

Take some time now to look up and watch the trees move in the breeze.

Take a deep breath in, hold it for four seconds and breathe all the air out for five seconds.

Do that again.

Now reach your arms up to the sky and sway from side to side like you are a tree.

Take another deep breath in and out.

Now reach all the way down and touch your toes, before slowly standing up straight.

Feel a sense of calm as you leave the wooded area.

### Pause Point 3: Floral Clock in the Walled Garden

How many flowers can you name as you count the hours of the clock?

Flowers are important for our environment too, they can feed insects, birds, animals and humans, and provide natural medicine. They also help plants reproduce by attracting outside pollinators.



### Pause Point 4 - The Open Space of Camp Hill

How many different ways can you see that people are using this space? For example cycling, other exercise, dog walking.

Green open spaces are really important. They give us space to relax away from our devices, helping our mind and bodies to be healthy.

### Pause Point 5 - Stone Wheels

These stone pillars or wheels have been left here, what do you think they are and who might have left them here?

There is a lot of history in this place which you may know about. If not, why not look it up?



### Pause Point 6: Dutch Garden

This sunken garden was planned years ago, what would your dream garden look like? Why not try to draw it or imagine it in your mind?

