

# Nature at home

Experience the magic of  
Forest School from home!



## Helping Hand Nest Material

*Birds are now in full nesting mode and can be heard singing to attract a mate and defend their territories. You might also see them collecting natural materials.*

*You can help birds build their nests by gathering natural material for them to find.*

### Step One

On your walk in a local park or in your garden, gather some natural materials for the birds to find and use to build their nests.

Nest builder materials include:

- Twigs and sticks.
- Dead leaves.
- Grass clippings and dead grass.
- Yarn, wool, string, cotton etc.
- Feathers.
- Lichen and moss.
- Pine needles.
- Mud.
- Straw and other plant stems.

### Step Two

Leave your collection out in your garden, local park or your balcony for the birds to discover.



## Kit List

- Natural materials you can find outside in your garden or on a walk.

Only use natural materials and not plastic, human hair or material that might have been sprayed with a chemical, as these can harm the birds



City of Westminster



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA