



Grass between my fingers

SEASONS
DIGITAL

Welcome to *Seasons*. We are so pleased you have joined us today!

***Seasons* is a series of stories (also available as an audio version) by Miss Jacqui commissioned by Upswing for you to enjoy in your favourite park, garden, or any small patch of green space you can find, but you can still have lots of fun at home as well.**

Are you ready?

Imagine that you are outside

That you have placed yourself on a soft patch of green grass

Did you know that there are over 6000 different types of grass in the world,

That some types of grass can grow as tall as is 40 meters!

Did you know that grasses are found on every continent on earth even in the frozen Antarctic and grasses cover 30 percent of the planets dry land?

Where was I? I sometimes get distracted, ah yes.

Imagine that you are outside

That you have placed yourself on a soft patch of green grass

That in the distance you can hear wind chimes gently singing their song

You look up before seeing the clouds move on and letting the sun shine

You bask in it

Taking a deep breath

Before lying down in the soft green grass

Did you know there are some grass plants from 1,000 years ago that are still living today?

You stretch your arm out, while letting out the tension you have building up in your hands

You let the grass dance in between your fingers

You kick off your shoes before using one foot to slide a sock off and then the other

You allow the grass to tickle your feet

You try to bury your toes in the soil below

You can hear the rustling of leaves as the breeze passes by

You can see the ants hard at work marching in single file
You think about the life below in the soil
Like wiggly worms and the ground beetles
You know to be gentle cause here you are a giant

You can smell that rain is coming but you want to take in this moment for as long as you can
Take a deep breath
And another

You take this moment to just be still.
You are snapped back into your surrounding by a flash of lighting
You begin to count (1, 2, 3...)
Before the rumble of thunder in the very near distance
Then you feel an ever so subtle drop of rain on your forehead
The rain that you knew was coming has arrived in its abundance

You begin putting your shoes back on and looking for shelter under a tree
The sound and sight of rain is calming
It doesn't take long before that rain cloud passes
And the sun greets you once again

Let's find a patch of grass and go on an insect safari...

Wherever it is – a country field – a park – or a patch of grass on a street corner - even the smallest patch of grass can be a world full of tiny creatures.
Can you peek into the grass?

You can look in the soil, under leaves, on flowers, and in the air.
Remember that to the insects you're a GIANT...so be gentle and don't hurt these tiny creatures and put things back carefully after you've had a look.

What is the largest insect you can find? The smallest? The most interesting?

It's ok if you can't get outside today, you can do the safari at home...we share our houses with all kinds of interesting creatures, if you look hard you can find clues - a cobweb in a corner or a moth hole in your favourite T-Shirt.

Take a few minutes to look around you.

Each season brings exciting changes.

In Spring, things begin to wake up from a wintery sleep, can you find...

- new green shoots
- Spring flowers bluebells, daffodils, and crocuses
- early morning dew

If you head out on a Summer's day, can you find...

- fluffy dandelion clocks
- a cluster of daisies
- a four-leaf clover

In the Autumn see if you can track down...

- prickly conker cases
- a cluster of mushrooms
- a curly worm cast

In Winter, see if can you find...

- a big wet muddy puddle
- fallen tree cones
- a frosty glaze

Thank you for reading. My name is Miss Jacqui. If you've liked this experience, tell us about it on Instagram, Facebook or Twitter [@upswingaerial](https://www.instagram.com/upswingaerial)

We'd love to hear from you and we'd love to see drawings or photos of what you've found in your natural world.

We also invite you to visit your local library where you can find a whole world of stories, poems and books that will help you discover more about the natural world around us.

We'd also like to thank our funders: The John Lyons Charity; Brent, London Borough of Culture; and Wembley Park Community Fund

And remember, you can come back to read this poem and do the activities as many times as you like. We hope to hear from you soon.