



# Nature is Home

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?**

Have you ever noticed those single yellow flowers that grow in between concrete slabs in the pavement? Have you ever given them an epic story of how they must have survived to grow right in this exact spot?

How many grey pigeons have you seen today? (They seem to be everywhere)

Did you hear any foxes last night?

Have you seen plants grow in unusual space? Like up and around fences or wrapped around lamp posts?

Have you ever thought about how vines can grow as tall as a building?

I want you to close your eyes and think back to the very moment when you first felt like a plant growing despite concrete.

That moment, is the very moment when you felt connected to the earth.

Nature is something we experience everyday.

From the sun's rays waking us up through our curtains in the morning,

To the moon watching over us when we place our heads back on our pillows at night.

It's important to remember that nature has remained alive regardless.

And we should do our very best to protect it,

by being aware of the creatures around us,

We should treat nature like a friend.

Because

We have always been a part of nature,  
You can find nature everywhere you look,  
Outside your front door,  
Birds flying by your window, maybe they stop to say hello every once in a while.  
Inside your kitchen,  
Maybe even around a fruit bowl or two, (what's your favourite fruit?)  
Have a look around plant pots,  
Maybe around some cress you might be growing,  
In corners for 8 legged friends.  
Remember to be gentle like rain racing down windows.

We have always been a part of nature,  
Look in places and space you might have never looked,  
Like playing hide and seek with nature,  
Or even your own legendary adventure.  
Try to spot a lady bug or bee  
What about a leaf that you like the look of,  
How about naming a flower?

Whether it's grass, concrete, or carpet, place your feet on the ground  
Know that you belong  
That you have found your place

We have always been a part of nature, but we might not have known it.

You can bring more nature into your home by growing something. Next time you are chopping carrots, don't throw out the tops. Plant them for some greenery in your home.

You need a small container, some soil and carrots. Choose carrots that have some green showing at the top. Cut the carrot tops off at approximately 1 inch in length...you can eat the rest.

Plant the carrot tops in the container filled with soil so that a little of the orange top peeks through. Keep the soil moist, but not soggy and place the container by a bright window. Your carrot tops won't become a new carrot, but they will flower and produce seeds.

Each season brings exciting changes. Take a trip down your street or look out of your windows. What do you find if you take the time to look?

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

- new shoots from your plant pot
- a pair of pigeons cooing and sticking their chests out – sitting on a power line
- the morning song of birds – the Dawn Chorus – returned from their warm winter getaways singing outside your bedroom window.

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

- a flurry of fruit flies over a fruit bowl
- worms or snails appearing on the pavement after a rainstorm (be careful not to step on them)
- the smell of freshly cut grass
- a warm breeze through your window

In the Autumn see if you can experience ...

- a cool morning mist
- a robin singing from hedgerow, trees or bush (they are one of the few birds left singing in Autumn)
- Piles of rust-coloured leaves on your street

In Winter, see can you observe...

- the frost on your windows in the morning
- flights of starlings in formation making shapes in the sky at dusk
- the stars at night (it gets dark much earlier, so they are easier to see)
- an urban fox out for an evening walk

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](#)

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.