

60 SECONDS IN NATURE

ARE YOU UP TO THE CHALLENGE?

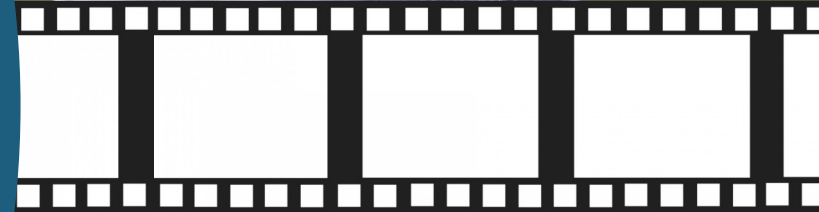
We're bringing the outdoors inside with our new 60 seconds in nature challenge. It's easy!

- 1 Choose a Scottish wild animal or plant.
- 2 Do some research to find out some top facts about the animal or plant you have chosen. Draw a picture which shows what it looks like.
- 3 Set up a camera or smart phone which you can record a video on, and set a timer for 60 seconds. You might want an adult to help you. You can present from inside your home or head outside into nature.
- 4 Standing in front of the camera, hold your picture up and tell us as much as you can about the wild thing you picked. See how much information you can cram into 1 minute!
- 5 If you (and your responsible adult) are happy for us to share your video with others , send it to us by email and we'll post it on our social media pages so that everyone enjoy your 60 seconds in nature!

EMAIL: VOLUNTEERCOORDINATOR@SEABIRD.ORG



© Gavin McDougall



© Gavin McDougall