



Air	Land	Water
<p>Support a local charity such as The Air Ambulance: airambulancesuk.org</p> <ul style="list-style-type: none"> • Star gazing – wonder at the stars in the sky. Can you see any constellations? • Use the ISS Spotter app to track the international space station • Explore on the internet panoramas from high places • Go up in a lift to a good local viewpoint • Plan a virtual trip by air • Watch an airshow on TV or online • Read about the history of flight • Spend some time colouring in a book, possibly of birds or butterflies, by yourself or with someone else and both colour while talking • Learn to identify butterflies • Take part in the RSPB big garden bird watch or join Butterfly Conservation • Crochet or knit a bird, bee, butterfly • Make a bird box 	<p>Support a local charity such as The Wildlife Trusts: wildlifetrusts.org</p> <ul style="list-style-type: none"> • Sample a new food or cook a dish using plant-based ingredients • Spend 5 minutes a day, subject to weather conditions, just sitting and listening, looking, and smelling what is happening around. Make a note of anything unusual. • Plan a virtual trip on land • Increase your walking steps • Write a poem or read poems about a landscape • Either write a letter or telephone someone you have not contacted since lockdown, not email. If possible, arrange to meet up. • Grow herbs on a windowsill or maintain a window box • Make a bug hotel • Paint a rock to be put in a public place • Make leaf rubbings, carving or make a leaf impression on air-drying clay to make a keyring 	<p>Support a local charity such as The Rivers Trust: theriverstrust.org</p> <ul style="list-style-type: none"> • Take a trip on water or plan a virtual trip • Support refugees. Is there a local charity collecting items near you? • Sample new food or cook a dish using something from the sea or fresh water • Learn about the history of the RNLI • Enjoy a foot treatment or a footbath • Research royal seaside resorts • Paint a seascape, river scene or boat • Compile a quiz about water for your Trefoil • Write a story on an adventure at sea • Complete a jigsaw of a waterscape • Read a series of books about the sea such as Captain Hornblower • Use the an app to track cruise ships • Make a picture using capillary action on felt pens and filter papers

If you already donate to these charities or others, use our magazine or Facebook group to find out about local rescues or projects.