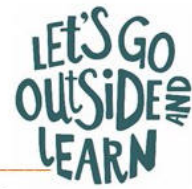


OUTSIDE INSIDE



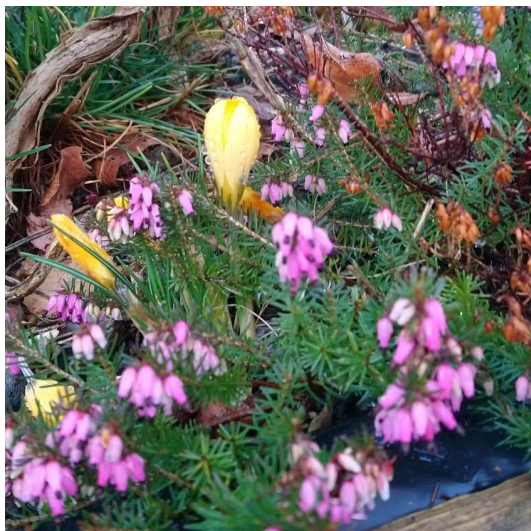
HOME BASED NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2021

Funded through the Hounslow Thriving Communities Response Fund
Let's Go Outside and Learn CIC Registration 9435120

Newsletter 29 / February 2021

Welcome to our newsletter!

Hooray, it's February and as we look forward to spring coming along to bring us good cheer, Najma has sent us some lovely flower pictures from her walk around Isleworth. The colours certainly bring cheer on a dull day.



textures on the trees created by the lichen as well as the moss on the ground. You may even spot some fungi.





Sometimes, you can see faces and animals on tree bark too.

Can you see the face in this one?

How many types of lichen can you spot in the picture?



What is Lichen?

Lichens come in a range of odd shapes and varieties.

You can think of lichen as a successful partnership, between a fungus and an algae.

Lichens can be big and bright or small and dark.

What's more, our amazing lichens can take on a variety of shapes and forms.

[Follow this video to find out more about the very clever lichen.](#)

More about moss

Moss needs water to survive and reproduce, so you'll find them in damper areas such as woodland where there is limited sunlight and surfaces close to the damp ground.

Moss is a non-vascular plant which means they do not have a network of vessels to move water and food around the plant. All moss cells need access to water from the environment.



HAPPY FRIEND'S DAY

Did you know that the 14th February is for everyone!

On February 14th, people in Finland celebrate Ystävänpäivä, which is translated as Friend's Day.

Why not send a friendship message to some of your friends this weekend?



Action for Happiness

We love this Action For Happiness Chart and thought we would share it. It gives you a challenge a day all through the month.



ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones

 "The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

 "The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

www.actionforhappiness.org

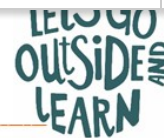
Happier • Kinder • Together

Stay In Touch

At this time of year, it's really important to stay in touch. Bring your cuppa to the phone for a chat.

We are always available for a chat on a Tuesday from 11-12 on our free conference line. Please get in touch if you would like to join in. We always have really interesting conversations and a bit of fun too!

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If you are still isolated in your home by the Coronavirus or want to meet new people, join us and use nature as an inspiration.

Take part in our nature-based activities to learn something new, awaken your senses and connect with others via a weekly telephone chat. In addition, there are weekly activities on the website and regular project newsletters. TO JOIN IN PLEASE REGISTER

Website www.lgoal.org

Email outdoor.learning@outlook.com

Phone Mairi 07939001731 or Frances 020 8401 6837

facebook.com/LetsGoOutsideAndLearn/



**Click here to look at our website for more ideas of things to keep
you busy over the next few weeks**

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