



Making Summer Memorable A Big Botanical Summer!



What do I have to do?

- Create a nature journal using our guide or use any notebook
- Visit 3 separate green spaces and complete 3 different activities
- Make a herbarium specimen (instructions provided) and add it to your nature journal

Where are the sites and when are they open?



- The gardens of the South London Botanical Institute
323 Norwood Road, London SE24 9AQ
You can visit the front garden anytime and the back garden through one of our ticketed events or workshops.



- Brockwell Park Community Greenhouses
Brockwell Park - between The Walled Garden and the Tennis Courts
Open Saturdays & Sundays 11am-4pm.
See website for other bookable activities.



- West Norwood Cemetery
Norwood Road, West Norwood, London SE27 9JU
Opening hours (April to Oct) 8am-6pm weekdays / 10am-6pm weekends/bank holidays.

What do I do at each site?

Go to the relevant page and all the instructions are there along with some ideas.

What else can I do?

Yes! We have 6 different workshops that you can book in August at the South London Botanical Institute. For ages 7-13 years.

Visit www.slbi.org.uk to book and join in:

- Plant our bicycle stands and create your own plants from cuttings
- Learn about pollinators and take part in a honey tasting session
- Make your own flower press and herbarium specimen
- Pond dipping and learning more about habitats
- Join in the first of our new Botany Club!
- Create your own bunting using plants and the sun

You can find other fun worksheets and videos on our website [here](#).

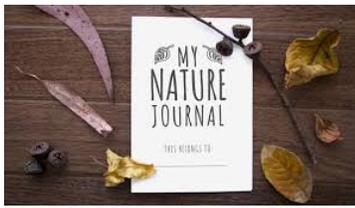
Anything else?

Photograph your work and post it on Twitter [@SLBotanicalInst](#), Instagram [@Slbi_323](#) or Facebook [South London Botanical Institute](#). Remember to hash tag [#southlondonbotanicalinstitute](#) [#makingsummermemorable](#)



HAVE FUN!



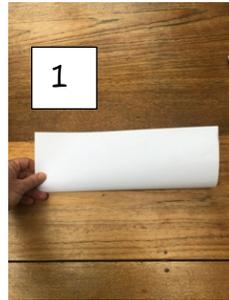
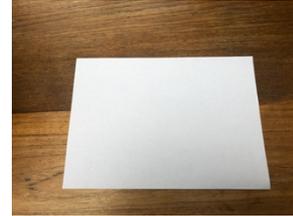


Making your own Nature Journal

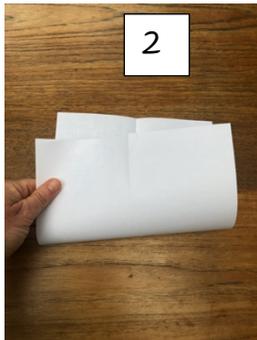
You can use any notebook for your nature journal, but if you'd like to make a mini 'zine' that will fit right in your pocket - follow these simple instructions:

Find an A4 sized piece of blank paper and lay it out on the table in the landscape position.

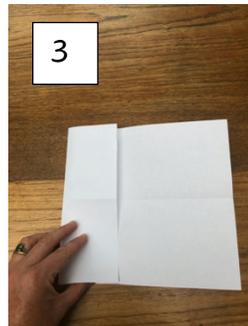
1) Fold it in half from top to bottom. Then open it back up and put it in the portrait position.



2) Fold in half from top to bottom. Then unfold and go back to the landscape position again.

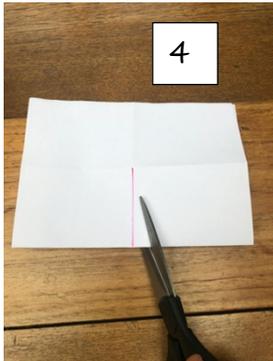


3) Now fold the left side of the paper into the centre crease (made from the last fold you did) and repeat with the right side of the paper too.

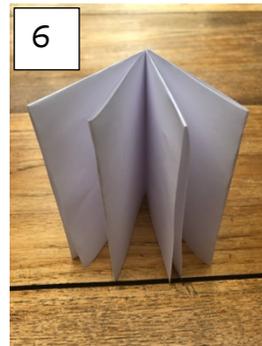
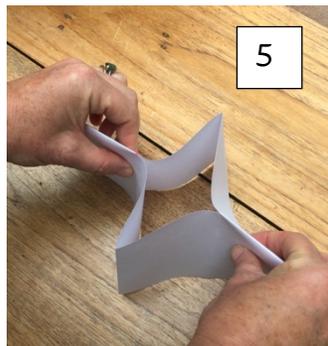


Open everything back up and return your paper to the portrait position. Fold it bottom to top one more time (as in 2).

4) Draw a line where the pink one is in the picture. With a pair of scissors, cut along the length of this line.



Once again, open up your paper and place it in the landscape position and fold it from bottom to top again. 5) Picking your paper up in this position, rest it on the table and push the two sides together to make the shape in 5.



6) Push it completely together and fold all the pages to make your mini 'zine'. **Well done!** You are good to go!

Fill your zine with drawings, photographs, poems, words, notes...whatever inspires you. You can make as many as you like.



The South London Botanical Institute

Our main garden is open on a Thursday to visitors with tickets or to children attending one of our August workshops. You can book these through our website <https://www.slbi.org.uk/>. The front garden is always open and full of lovely plants - take a visit and draw or photograph your favourite ones.

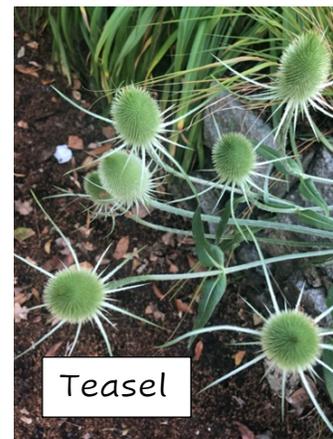


Ginkgo Tree

We have a huge Ginkgo tree (*Ginkgo biloba*) standing tall outside the front which has unusual shaped leaves. Can you draw one or find a fallen one to stick in your nature journal? Have you seen this leaf before? (Hint - take a look at our logo!)



This Teasel (*Dipsacus fullonum*) is one of my favourite plants. Did you see this one? It's very prickly!



Teasel

We also have these beautiful plants growing in the front. Can you find them?



Honesty



Sedum



Purple loosestrife



Fuchsia



Chilean jasmine

Choose your favourite plants, add them to your nature journal and see if you can find out their names. Don't forget every plant has a common name **AND** a botanical name

Eg. Sunflower (common) *Helianthus annuus* (botanical)

Find out more about our garden [here](#).





West Norwood Cemetery

Please use the main entrance on Norwood Road, close to West Norwood train station.



The cemetery is a beautiful and peaceful place to walk through. There are over 42,000 graves here - please be respectful of any funerals taking place and take care around memorials. They can be unsafe to touch or have uneven ground around them. Thank you!



I saw these ripening blackberries by the entrance - see if you can find some too!



At the cemetery we would like you to look for those areas where the grass has been allowed to grow longer - it is here you will find wildflowers growing. Draw some of these in your Nature Journals and see if you can identify them. Maybe use some to make a herbarium specimen too?



Wildflowers attract a lot of wildlife - like pollinators and other animals. What wildlife have you seen? Make a little list.

Can you find the Memorial Rose Garden? There are some lovely plant specimens here that you could draw and add to your journal



HONEY BEE



BUMBLE BEE



WASP

There are many trees to be found in the cemetery too - some of them bearing fruit. Can you find any of them? What type of fruit trees are they? How many did you find?



Brockwell Park Community Greenhouses

Registered Charity no. 1140590



Don't forget to follow their one-way system. It's like a maze in there! ➡

Not surprisingly, I'd like you to focus on **EDIBLE PLANTS** at the greenhouses. There's a huge range to be found here. See if you can find **10** different types of plants that you can eat - and draw or photograph them for your nature journals.

What can you find in an **ORCHARD**? You could make a whole page on all the different fruit trees and bushes found here.

In a sensory border you can use your senses to experience the plants. Find one for each of your 5 senses - see, hear, smell, taste and touch.



Have you found any vegetables yet? Find different coloured vegetables - purple, red, green - and draw them in your journal.



Are you feeling hungry now?

There are many uses for herbs - cooking, medicine, therapy. Which are your favourite herbs?

How to make a herbarium specimen using a flower press



What you will need:

Cardboard, blotting paper or Paper towels, newspaper, rubber bands or string, heavy books, scissors, card and PVA glue.

A herbarium is a collection of dried pressed plant specimens. Here's how to make one for your nature journal.

Collecting your plants:

Collect your flowers/leaves in the late morning when any excess moisture will have evaporated from them. Small flowers are easier to press but you can also use grasses, ferns, leaves, moss or lichens.

* Make sure you have permission to pick the plants and only take what you need, damaging the plant as little as possible. Leave plenty for others to enjoy, including the bees!



Press your flowers as soon as possible after collecting so they don't lose colour or shape.



Making your flower press:

Place your flowers/leaves as flat as you can between two sheets of folded newspaper. Arrange them into the position you want them to be in when they are dried and close it up.

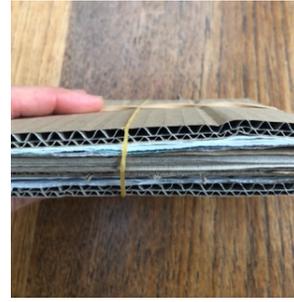
Next, carefully place your newspaper layer into a folded layer of more absorbent paper - blotting paper or paper towels. You may need to replace the newspaper or paper towels with fresh paper for several days to make sure all the moisture is removed, and the plants don't start to decay. Dandelions for example hold a lot of moisture.



Your final layers will be a top and base of cardboard. Press these layers together and fix them with a couple of rubber bands or some string.



You can make more than one press and stack them on top of each other, making sure that you have cardboard in between each layer.



Finally, place your mini flower presses underneath some heavy books or bricks and store them in a warm dry place.



Another way of doing it:

You can open up a big heavy book, line the pages with layers of newspaper, and place your flowers as flat as you can inside the book. Again, weigh it down with heavier books or bricks.



It will take 2-3 weeks for your plant specimens to dry.

* Make sure you do not disturb the flowers or remove them from between the sheets of paper during the drying process, otherwise they will wrinkle and lose their colour.

Add your herbarium specimens to your nature journal by carefully removing them from in between the layers of paper and sticking them into the journal using small amounts of PVA glue.



Don't forget to label the plants, write the date you collected them and where you collected them from.



This is a dried specimen from the herbarium at the South London Botanical Institute. You can see more examples [here](#).

I can't wait to see yours!