

Killgerm[®]
TRAINING



Happy Holidays





Hello Adventurer

Welcome to the Winter Killgerm Training Explorers Workbook!

Are you ready for the winter holidays?
Get your hats, scarves and gloves on
because we are going outside!

You may have joined us this summer to explore, but things completely change in the winter. The green leaves fade to brown and the summer sunshine is swapped for the cool glow of the frosty ground.

Inside these pages, you'll find activities, games, and challenges designed to spark your curiosity and awaken the nature explorer within.



We're going on a bug hunt!

Before we start our adventure, safety comes first. Always remember to have a **responsible adult** with you whenever you explore, and please **don't wander off** into unknown places.

To make sure you're all set for your explorations, here's a checklist of things you'll need:

1. **Suitable Shoes:** A great explorer needs sturdy shoes to walk and run comfortably while discovering nature's wonders
2. **Bottle of Water:** Stay hydrated and keep your energy up with a refreshing bottle of water by your side.
3. **Sunscreen:** Protect your skin from the sun's rays with sunscreen to enjoy sunny days without worries.
4. **Be Cautious:** When crossing roads, look both ways and wait for an adult's signal to stay safe.
5. **Be Kind to Critters:** We might meet some little critters on our journey, but remember to admire them from a distance. No poking, please!

Now, we're all set to dive into the magical world of nature! From colourful flowers to fascinating insects and chirpy birds, there's so much to explore and learn. So, please put on your adventure hat and let's explore the incredible wildlife and nature that's waiting for us this summer.
Happy exploring!





Discovery

Can you find me?

Scavenger Hunt!



Cloud



Snail



Badger



Hedgehog



Grey Squirrel



Rain



Recycle bin



Leaf



Bird



Feather



Ant



Grass



Soil



Clover



Red Fox



Hose



Robin



Stones



Worm



Tree



Watering Can



Fence



Slug



Web



Journal

Use the following pages to log all the amazing things you find on your adventures!





Journal

DATE: / /

A series of horizontal lines for writing, including a dotted line at the top and bottom of the main writing area.





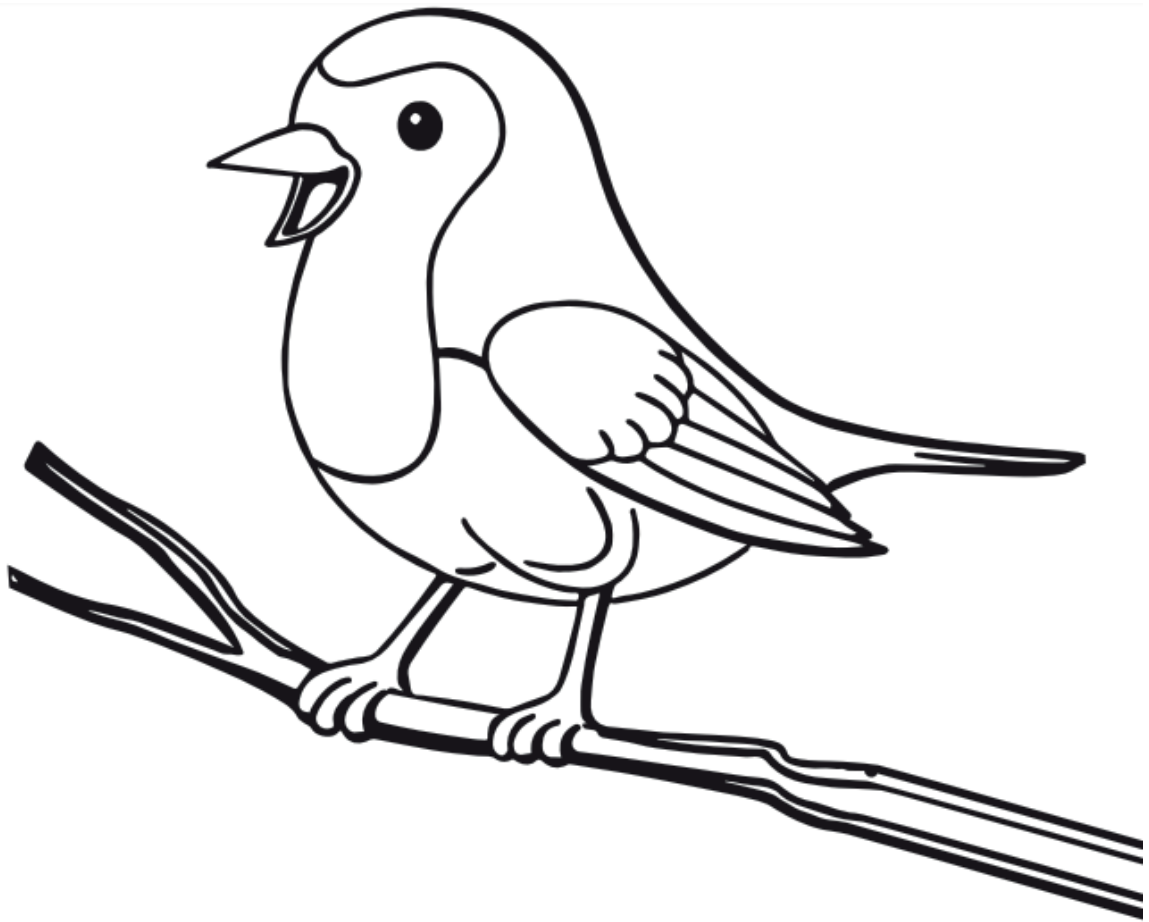
Journal

DATE: / /

Journal page with horizontal lines for writing. The page is ruled with a dotted line at the top and bottom, and solid lines in between. The spiral binding is visible on the left side.

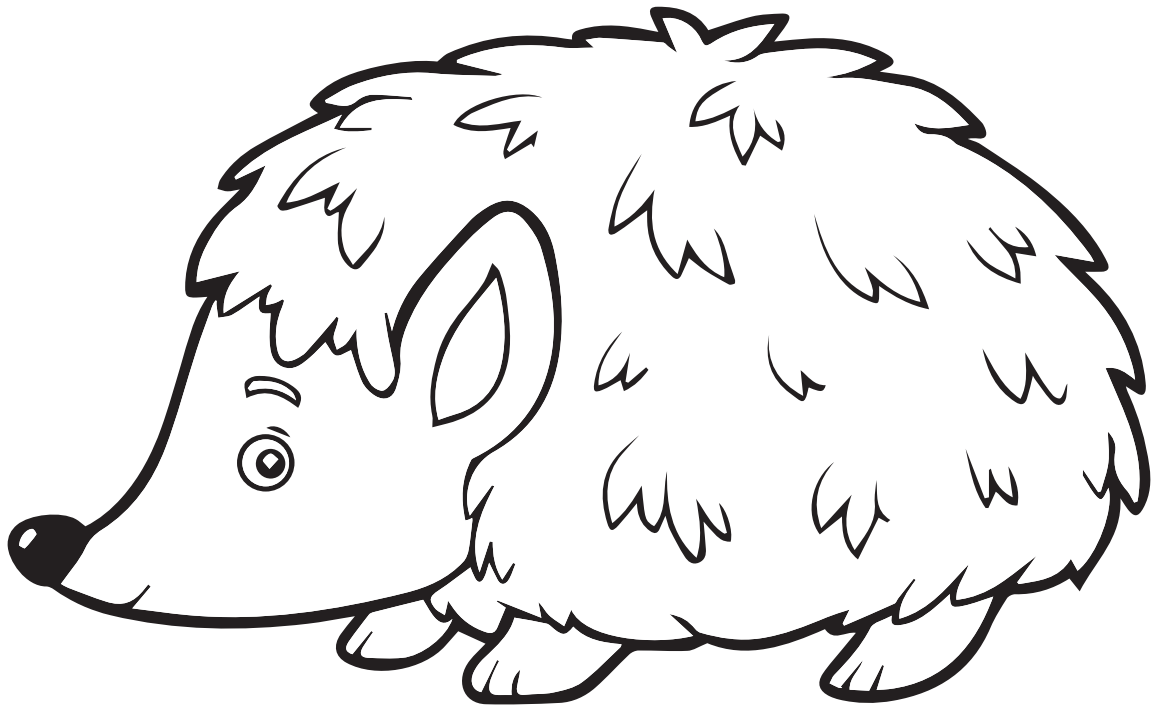
Discovery

Colour me in!



Discovery

Colour me in!



Discovery

Colour me in!



Discovery

Colour me in!





Discovery

Word Search!

R	O	B	I	N	D	D	E	E	R	R	P
X	C	J	B	A	D	G	E	R	Y	A	R
Q	G	E	K	L	E	A	V	E	S	B	E
N	I	M	M	F	A	S	A	N	T	A	S
P	Y	O	T	Q	W	I	N	T	E	R	E
F	F	C	D	F	O	X	W	T	X	I	N
H	E	D	G	E	H	O	G	S	I	K	T
B	O	C	H	R	I	S	T	M	A	S	X

Find the following words in the puzzle.
Words are hidden → and ↓ .

BADGER
CHRISTMAS
DEER
FOX

HEDGEHOGS
LEAVES
PRESENT
ROBIN

SANTA
WINTER



Facts

I bet you didn't know this...



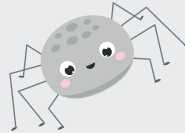
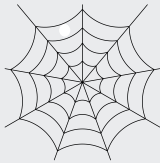
- 1) **Ants:** Ants are social insects that live in **colonies**. They work together to gather food and take care of their young. Some ants can lift objects many times their own body weight!



- 2) **Grasshoppers:** Grasshoppers have powerful legs that allow them to jump great distances. They are **herbivores**, which means they eat plants.



- 3) **Spiders:** Spiders are not insects, they are actually **arachnids**. They make silk webs to catch their food. Most spiders are not harmful to humans.



- 4) **Butterflies:** Butterflies start their lives as caterpillars. They go through a process called **metamorphosis**, where they transform into a **chrysalis** and eventually emerge as a beautiful butterfly



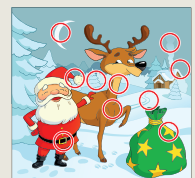
- 5) **Bees:** Bees are important **pollinators**. They help plants make fruits and seeds by spreading pollen from one flower to another. Bees also make **honey!**



Spot the Difference!



Find 10 differences



Bird ID

House sparrow
Passer domesticus



INTRODUCTION

The cheeky little house sparrow is a regular sight throughout the country where it is often in close contact with man.

House sparrows are regularly seen in or near buildings and it is here that their nests are often built. Constructed mainly by male birds, the nests are made of straw and dried grass. They can be in holes in walls, in chimneys, rainwater down-pipes and under eaves of houses. The nests can also be found in adjacent shrubbery, ivy etc and house sparrows can even make nests of old nests of other bird species including the swallow (*Hirundo rustica*) and the house martin (*Delichon urbica*).

LIFE CYCLE

The breeding season runs from April to August. Clutches generally contain 4-6 eggs which are grey/white in colour, speckled with darker brown. Up to 3 broods can be reared each year. Incubation takes about 12 days.

After hatching, the young are fed by both adults and fledge after 11 to 18 days, depending on weather and food supply.

Size: 40 - 150 mm

Plumage:

Male: Brown with black speckles, grey rump and crown, white wing bar.

Female: Dull brown. Grey rump, crown and wing bar absent.

Sexing: See plumage.

Flocks are very much a part of sparrow life as they are an effective means of exploiting local abundances of food and also offer considerable protection from predators. They generally form in late summer and are often composed largely of juvenile birds. Flocks can roam over several miles to feeding grounds.

DIET AND SIGNIFICANCE

The house sparrow is generally a grain feeder and can be seen in large numbers in fields at harvest time. In the urban environment, where populations may spend the whole year, sparrows have learned to exploit stored food, especially groceries such as cakes, pastries or bread, where they will feed straight from the product or after pecking through the wrappers.

Their presence inside units where animal food or human food is handled in bulk or where livestock is housed can create a serious health risk. Ideally, birds other than poultry are prohibited in poultry units.

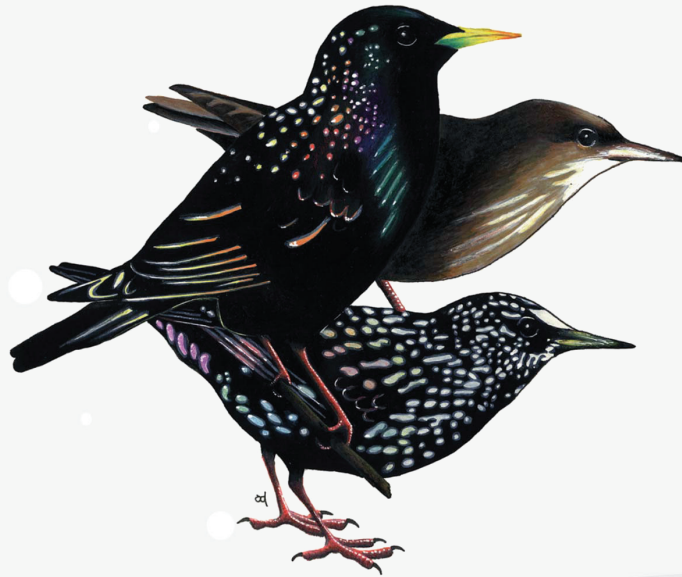




Bird ID

Starling

sturnus vulgaris



INTRODUCTION AND HISTORY

The starling is a common bird, often associated with areas containing scattered trees such as parkland and gardens.

More than four million pairs breed in Britain every year and are joined by at least 30 million more that migrate here from Northern and Eastern Europe.

Yet up until the middle of the last century, the starling was relatively uncommon in Britain. The rise in numbers in this country is part of a general pattern throughout Europe in which starlings have increased in numbers and spread westwards. However, some very recent studies are suggesting that the number of starlings in the UK is in decline.

LIFE CYCLE

The nest of a starling is a substantial structure built mainly of grasses. Nests can be found in trees and in cavities in buildings. A normal clutch consists of 4 eggs which are incubated for 11-13 days. The eggs are small (about 3cm long) and an attractive pale blue colour with no markings. Whilst breeding, the parent birds will stay in their nest site.

After hatching, the chicks grow rapidly on a protein-rich diet fed by both parents; in the first 12 days, their weight increases from 5g to 60g. Fledging takes place after 21-22 days. In most years, the parents begin a second clutch of eggs. First brood juveniles leave to join communal roosts and so flocks may contain large numbers of young birds.

DIET AND SIGNIFICANCE

During the breeding season (April onwards), starlings spend much of their time feeding in grassland on insects. When soft fruits become available in summer, they will become an important food source. Starlings become omnivorous eaters during the winter months, scavenging outside factories, in parks and at refuse tips.

The common sight of huge flocks of starlings will be familiar to many. Sometimes more than a million birds gather together in night roosts. Numerous starlings can be seen wheeling around and darkening the sky at dusk. This communal roosting occurs from late summer until the following breeding season when the flock splits up.



Looking after our planet!





Super POWER

Did you know that you have an incredible power that can make a big difference in protecting our planet?

Unleashing Your Superhero Power: Imagine having the power to make the world a cleaner, greener, and happier place. That's exactly what you do when you conserve energy! When you turn off lights, unplug devices, and use electricity wisely, you're using your superpowers to save the Earth.

Lights Out, Adventure On:

Turning off lights when you leave a room is like sending a powerful signal to the planet that you care. Challenge yourself to see how many lights you can turn off each day!

Switch to LED Bulbs:

Did you know that special bulbs called LED bulbs are like magic wands that save energy? They use much less electricity than regular bulbs and last much longer.

Unplug and Play:

When you're not using your gadgets, like tablets or game consoles, be a true superhero and unplug them. This stops them from using any extra energy.



DIY CHRISTMAS

Get ready to add something festive to your home this Christmas with a handmade wreath!



Here's what you'll need:

- Toilet roll tubes.
- Green paint.
- Red decorations (beads, buttons, or anything red).
- Scissors.
- Glue.

Let's get started:

1. **Collect Your Tubes:** Gather some toilets roll tubes. One tube makes one star shape. We used 16, but you can make a lovely wreath with as few as six.
2. **Paint the Tubes:** Once you have your tubes, start painting them green. For the best results, paint both inside and out.
3. **Shape the Tubes:** After the paint dries, pinch two sides of each tube to create an oval shape.
4. **Cut the Tubes:** Cut each tube into five slices. Each slice should be about 2cm deep (though this will vary based on your tube). Use scissors to cut along the tube.
5. **Glue the Tubes:** Apply glue to the outer edge towards the centre of each slice and stick it to another piece of the tube. We used hot glue, but you can use double-sided tape, glue dots, or a glue stick. Make sure to get help from an adult if you're using hot glue.
6. **Create the Star:** Keep gluing the slices together until you form a star shape.
7. **Add Berries:** If you see glue in the centre, cover it up with red beads to look like berries. You can also use buttons or circular pieces of card.
8. **Repeat the Process:** Repeat the steps until you've used all the painted tubes.
9. **Connect the Stars:** We advise laying out the stars on a table to make sure you have enough to create your wreath. Then, glue them together tip to tip.
10. **Add a Ribbon:** To hang your wreath, attach a ribbon to the top.

Remember, it's best to keep this decoration indoors as it may not withstand outdoor weather. Take extra care when using scissors and always ask an adult to supervise.



Weather Tracker

See how the environment changes around you.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Make your own Christmas Baubel

Colour me in and cut me out!



Killgerm[®]
TRAINING

