

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Encouraging bees

Bees are pollinators and they are incredibly important for our eco system. Sadly bee numbers are in decline. The UK has been recorded as 'one of the most nature depleted countries in the world and the loss of our wild spaces means that bees do not have the nature they need to thrive' (WWF).

Teach children about bees, how important they are for our planet and food production and how they can help bees to survive with our top tips below.



- Plant bee friendly flowers that are rich with pollen and nectar from March to October (primrose, buddleia, marigolds, hollyhocks, foxgloves, lavender, cosmos, geums, hellebores, crab apples etc.). Bees love purple, violet and blue flowers. The Bumblebee Conservation Trust has a guide for bee friendly trees and flowers you can download: <https://www.bumblebeeconservation.org/>
- Create a wildflower area in your garden. Use old tyres or pots if you don't have garden soil to plant in
- Dandelions are a great first food for bees waking from hibernation so leave your grass to grow and don't mow dandelions
- Do not use pesticides in your garden as these can be toxic to wildlife and insects
- Make or purchase a bee house and hang it in full sun to support solitary bees to lay their eggs
- Create bee nests out of garden pots (add moss and loose hay and find a spot next to bushes or plants, dig the soil so it will cover half the pot, turn the pot upside down and place in the soil, scrape the soil around the pot)
- Teach children how to care for a tired bee (usually found staying still, on the ground). They can help the bee by letting it rest before flying away. If the bee does not fly away (and has been on the ground for a long time) then you can gently place the bee on a bee-friendly flower. If there are no bee friendly flowers, as a last resort, you can mix equal parts of sugar and water and place on a spoon or upturned bottle cap and place at the front end of the bee. Step back and leave the bee to rest before it flies away.

NDNA products to support you with these tips

- [Developing quality outdoor provision](#) – live virtual classroom training.

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Find more resources at www.ndna.org.uk/hub/myndna