

Behold a beautiful full of flowers, shrubs, and trees. Each flower has a different charm, a peculiar beauty, its own delicious and beautiful colour. The trees too, how varied are they in size, in growth, in foliage—and what different they bear! Yet all these flowers, shrubs and trees spring from the self-same, the same shines upon them and the same clouds give them

So it is with It is made up of many races, and its peoples are of different colour, white, black, yellow, brown and red—but they all come from the same, and all are servants to Him.

-'Abdu'l-Bahá

Can you put the right word in the right space to make this quote complete?

- | | |
|---------|----------|
| rain | fruits |
| perfume | humanity |
| garden | sun |
| earth | God |

Can you think of things you could do to help our planet & the animals? Write them in the space below. If you're not sure, maybe this magazine will give you some ideas.

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Nature's Beautiful Colours

Juliet Thompson saw nature differently after visiting 'Abdu'l-Bahá

Can you imagine how lovely it must have been for 'Abdu'l-Bahá to be around so much colourful countryside. Can you bring nature's glorious colours to this scene by drawing green trees & grass, a blue waterfall & colourful flowers & animals?



You could write a positive message or quote on the back and send it snail mail to a friend or loved one.

Print out, photocopy, trace or draw this world, then add your hug.



Find a printout of the activity above at www.dayspring.bahai.org.uk



NATURE BINGO HUNT

Let's take a closer look at the world around us

There are many gardens, parks, woods and other green spaces where we can venture out and be 'in' nature and it's very good for us. It's been shown to reduce stress, improve physical fitness, stimulate the little grey cells (our brains) and even make us a bit more creative! What better way to spend an afternoon than being outdoors with some

fresh air and sunshine (if the UK weather permits of course!) Read about these fascinating plants, insects and birds and tick them off when you spot them. Be careful not to touch or disturb any creatures you find, we're just observing and don't want to hurt anything. Can you spot anything we haven't mentioned?

EARTHWORM



Worms are nature's compost makers, their tunnels oxygenate and drain the soil. They eat lots of dead matter and their poo improves the soil quality.

PIGEON



The pigeons you find in cities are called feral pigeons and are descendants of the 'rock dove' which can now only be found in Scotland and Northern Ireland.

GRASS



There are about 10,000 species of grass in the world and around 160 of them can be found in Britain and Ireland. Most people have grass in their gardens.

LADYBIRD



Ladybirds have 7 spots but this can vary – the record-holder had a whopping 24 spots! They help out gardeners by eating aphids. An adult can eat more than 5,000!

BUTTERFLY



These beautiful insects have most of their taste buds on their feet. They also have some on their antennae and proboscis (long drinking-straw-like tongue).

DANDELIONS



A single dandelion head can have up to 300 tiny yellow petals. They were used in the past as medicine and were eaten or drunk as a tea.

SNAIL



Snails glide around on slime to protect them as they move. You know where they have been because they leave behind a snail trail.

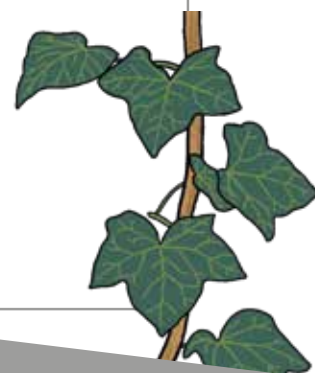
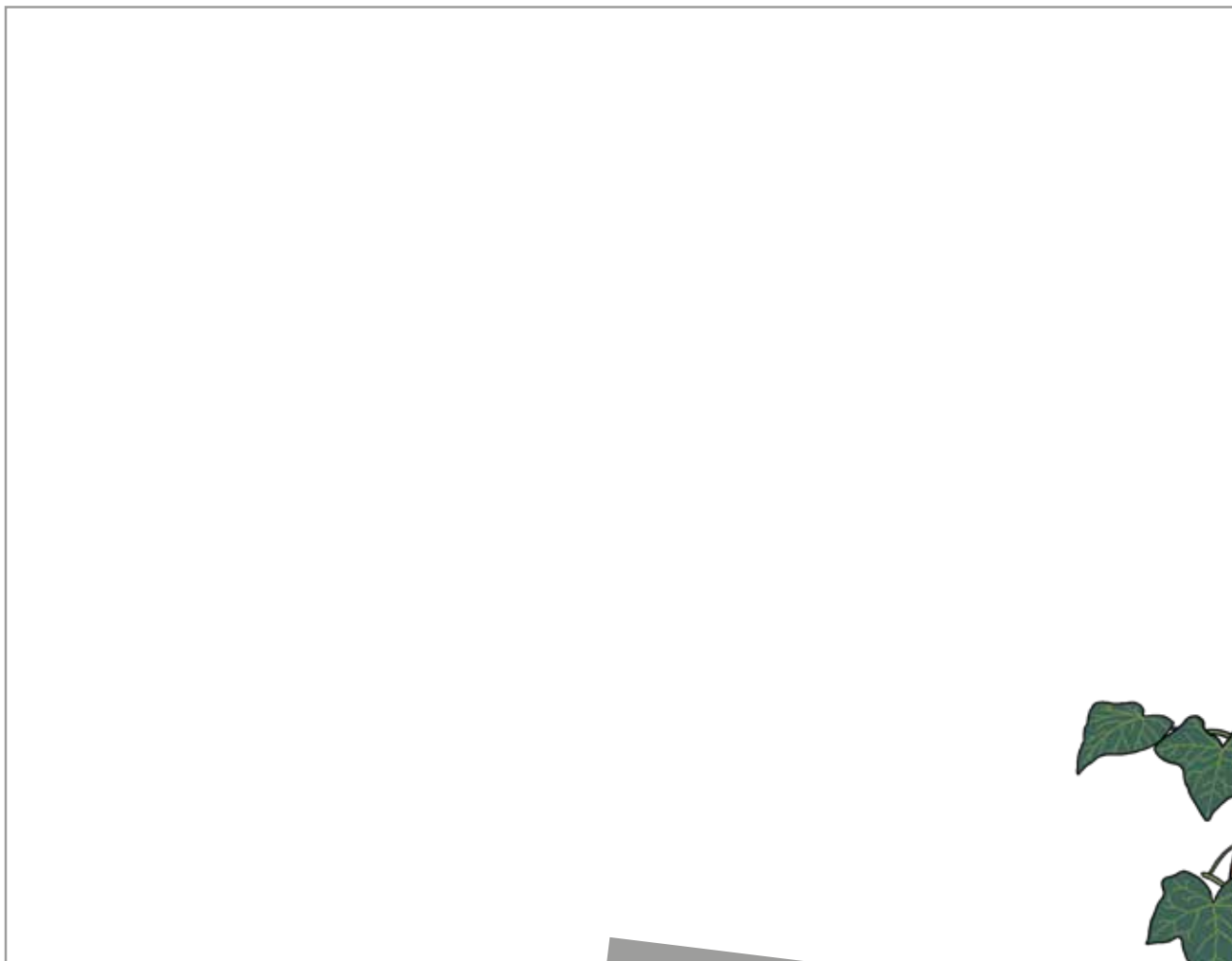
BLACKBIRD



Blackbirds have a beautiful song and love gardens because they can get lots of juicy worms. The females are actually brown and not black.



Draw a picture of something you find



It's interesting to think on how everything we see in nature, all of its diversity, activity, beauty, creativity and tiny miracles are signs of God's love for His creation.

Say: Nature in its essence is the embodiment of My Name, the Maker, the Creator. Its manifestations are diversified by varying causes, and in this diversity there are signs for men of discernment.

- Bahá'u'lláh

Woodland Wordscramble
 Can you unscramble the names of these countryside creatures and plants.

XFO

SIYAD

OGFR

AOK RETE

HENYO EBE

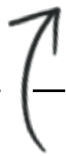
ATB



○ God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate.

- 'Abdul-Bahá





1. Draw a tree with plenty of room for the roots and all the many creatures that live in the soil.

Activity for, issue 111, page 20

2. Add in the earth the things that help you get ready to grow your spiritual muscles! For example: prayer, the love of your family, joyfulness.

3. Draw fruits on the tree and, each day, name a fruit after a good deed you have done!

TEAM DAYSPRING

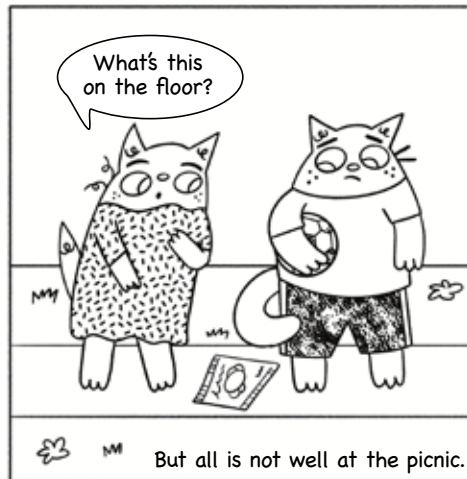
THE DAY THE PICNIC GOT TRASHED



Best friends Tebby & Fenton are at the local Bahá'í picnic.



They've played games, sung songs & had some of Mrs Fadei's legendary sholeh zard*!



What's this on the floor?

But all is not well at the picnic.

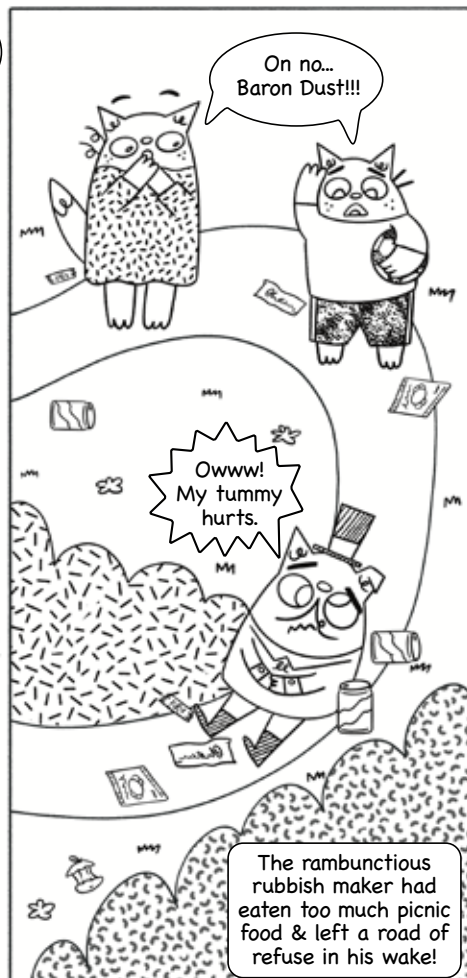


It's used crisp packets...

& fizzy drinks cans.

& sticky sweetie wrappers!

They follow the trail of terrible trash until...



On no... Baron Dust!!!

Owww! My tummy hurts.

The rambunctious rubbish maker had eaten too much picnic food & left a road of refuse in his wake!

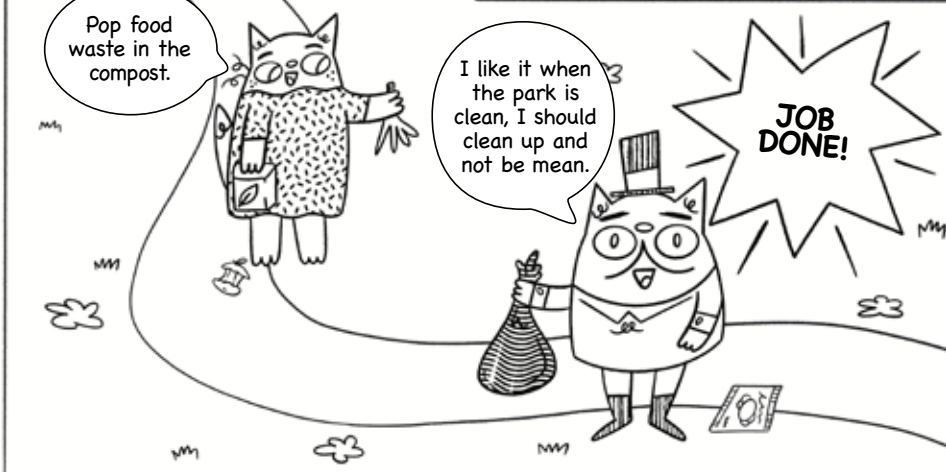


They help the Baron pick up his loathsome litter & sticky sweepings.

Don't forget to recycle.



TEAM DAYSPRING jump into action with their great ideas & kindly hearts.



Pop food waste in the compost.

I like it when the park is clean, I should clean up and not be mean.

JOB DONE!



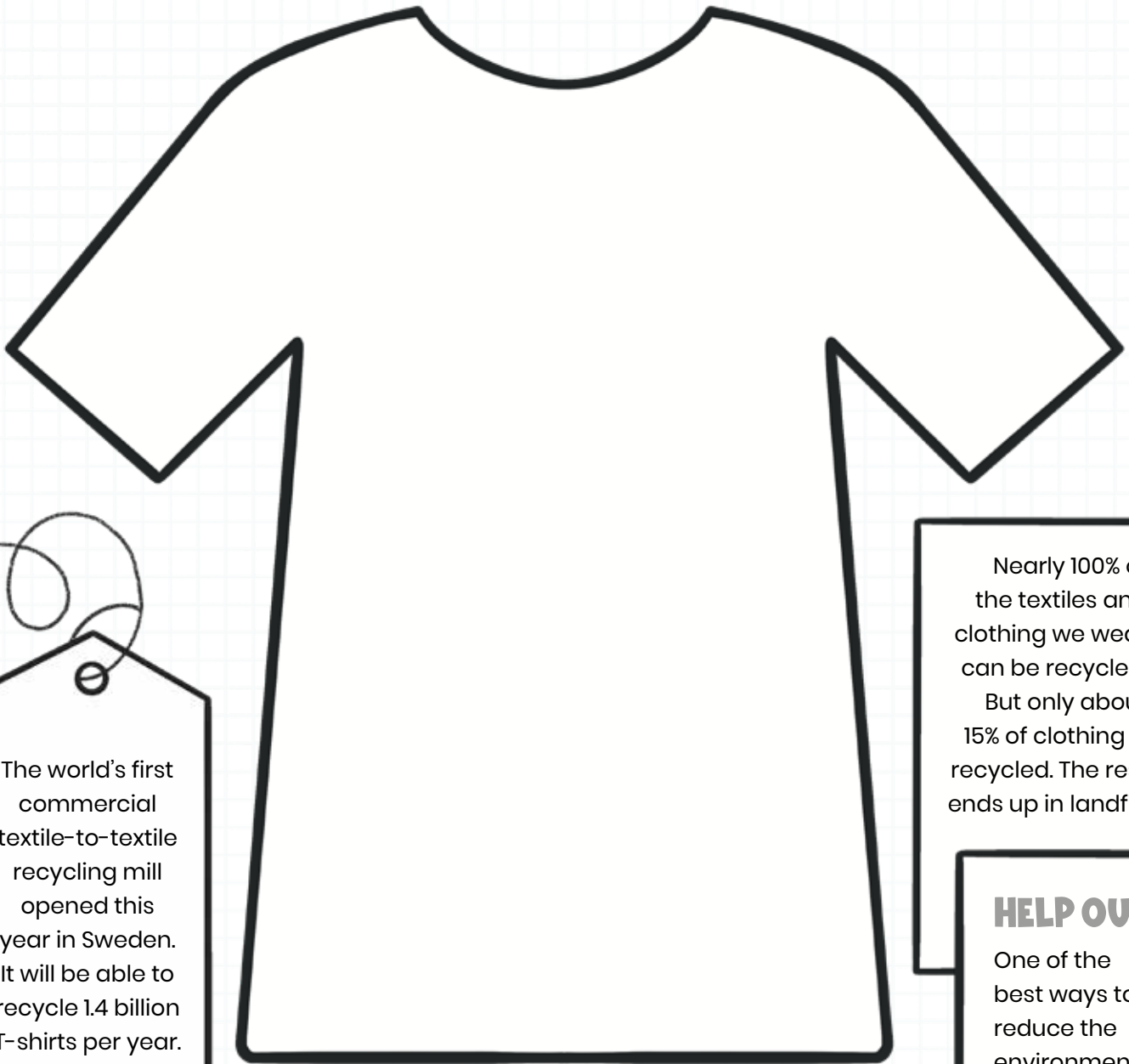
TEAM DAYSPRING says: Let's work together to keep our world **THUMBS UP** tidy & clean!!!

*Sholeh zard is a traditional Iranian saffron and rice pudding.

DESIGN A T-SHIRT

Imagine you're a top designer at an eco fashion label and it's your job to design a t-shirt that will inspire a generation to care for the environment.

Create your design here



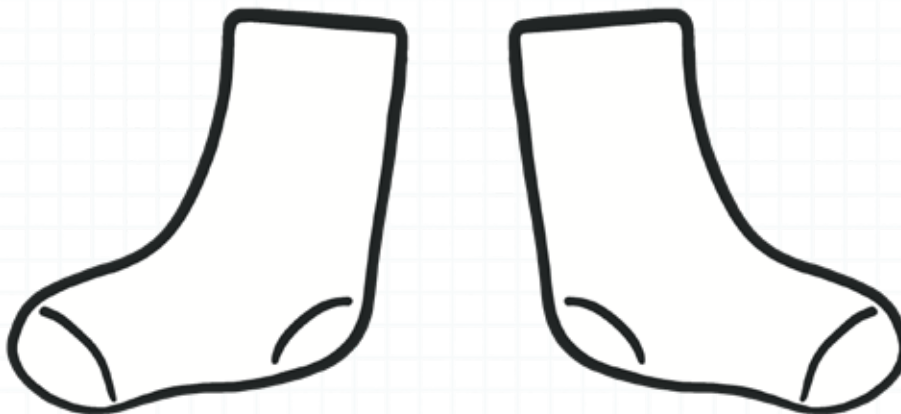
The world's first commercial textile-to-textile recycling mill opened this year in Sweden. It will be able to recycle 1.4 billion T-shirts per year.

Nearly 100% of the textiles and clothing we wear can be recycled. But only about 15% of clothing is recycled. The rest ends up in landfill.

HELP OUT!

One of the best ways to reduce the environmental impact of clothing is to reuse – buy from charity shops and donate used clothing to Clothes Aid.

Don't forget the matching socks!



WHAT'S IN A NOSE?

Draw a line and match the nose name to the creature it belongs to.

Bill	Pig
Mandible	Elephant
Snout	Butterfly
Muzzle	Toucan
Proboscis	Horse
Trunk	Millipede

FASCINATING FACTS

Enjoy these diverse truth nuggets about our amazing world

70.8% of our planet is covered with water, so only 29.2% is land.

Australia has more than 750 different species of reptile.

Iceland is growing by 5cm a year due to tectonic plate activity.

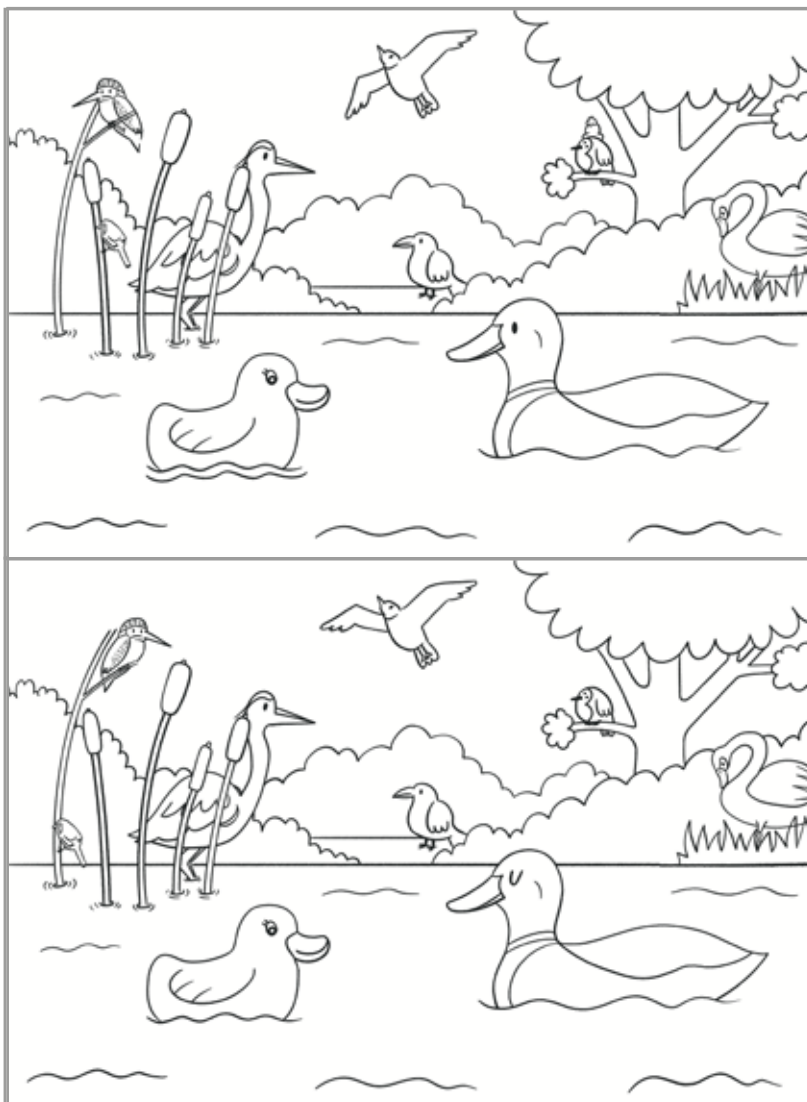
A whopping 840 languages are spoken in Papua New Guinea.

Coral reefs are the biggest living structures on earth.

Our planet is about 4.5 billion years old, now that's very old!

'Arachibutyrophobia' is the fear of getting peanut butter stuck to the roof of your mouth.

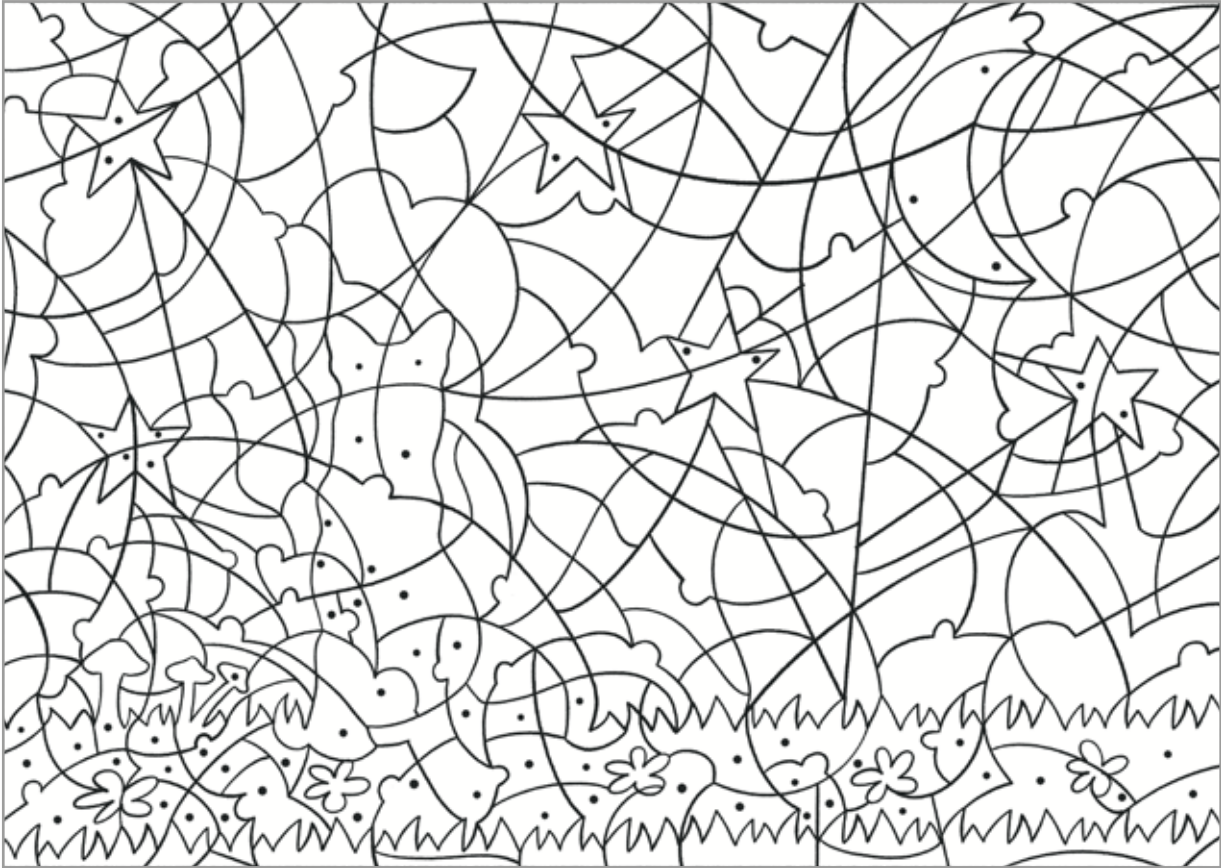
SPOT THE DIFFERENCE



Can you spot the 6 differences between these UK birds?

SILHOUETTE

Colour in ONLY the shapes with dots to reveal a peaceful scene.



WHAT WILL YOU DO?

In this issue of Dayspring we've explored our amazing planet and looked at some of the things you could do to help look after it. If you could change just one thing today, what would it be?

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JOKES

What do you call a pile of cats?
A meowtain.

Why did the leopard hate playing
hide and seek?
Because it was always spotted.

Can a bear dance?
They can, but just barely.

What do you call an explosive monkey?
A ba-boom!

Why didn't the crab share its toys?
It was too shellfish.