



Feb Fun and Inspo



Shrewsbury
Shopping Centres
DARWIN & PRIDE HILL



Search for the Garden Birds



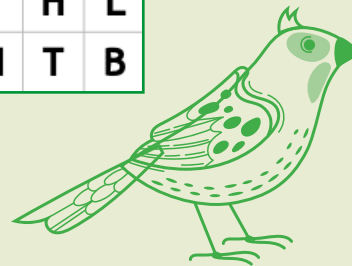


Search for the Garden Birds

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

16 common garden birds are hiding out in the wordsearch box. Use your birdwatching skills to find them all. You can see the answers on the last page.

Binoculars are optional!

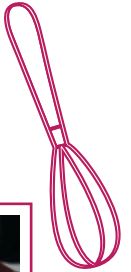




Food for thought.
Which topping are you?



Food for thought. Which topping are you?



Shrove Tuesday (a.k.a Pancake Day) is just around the corner on February 16th. Make sure you get your ingredients in good time and sort those glorious toppings!

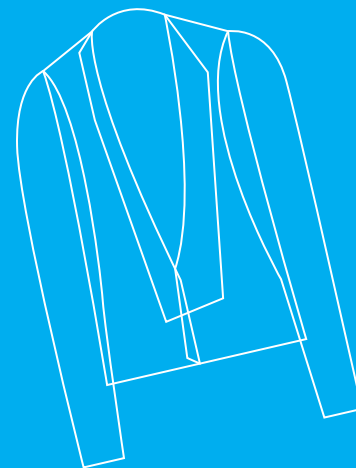
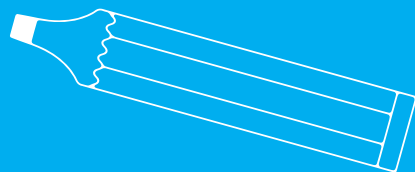
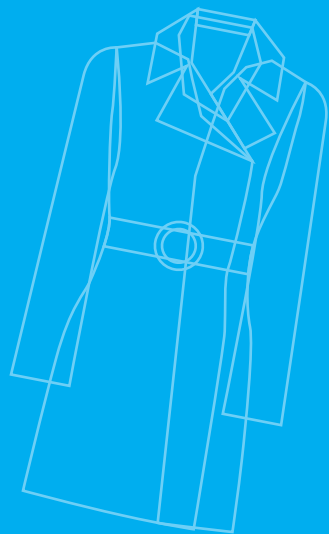
You'll need some plain flour, eggs, milk and vegetable or sunflower oil. Quantities depend on the type and how many pancakes you're planning to server.

We're a big fan of Nutella with a bit of ice cream, what's your signature pancake?

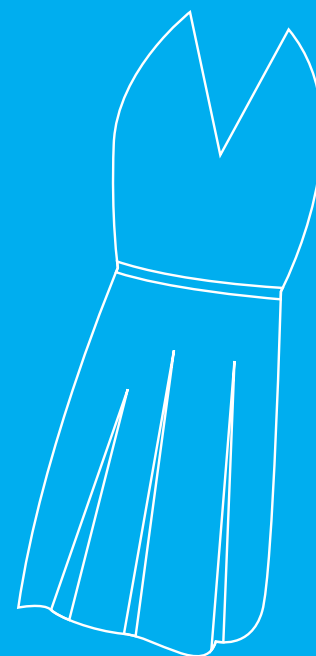
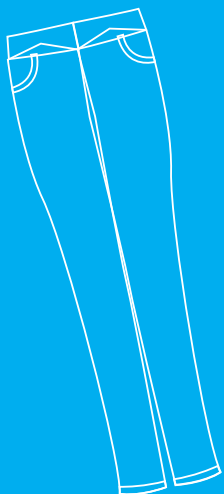
- The Traditional - Lemon and sugar
- The American - Maple syrup and bacon
- The Afternoon Tea - Strawberry jam and clotted cream
- The Ice, Ice, Baby - Ice cream, flavour of your choice or a mix. We recommend mint-choc-chip.
- The Savoury - Smoked ham and cheese
- The Nutty-nanna - Banana and peanut putter, with a sprinkle of chocolate

They all sound good to be fair...



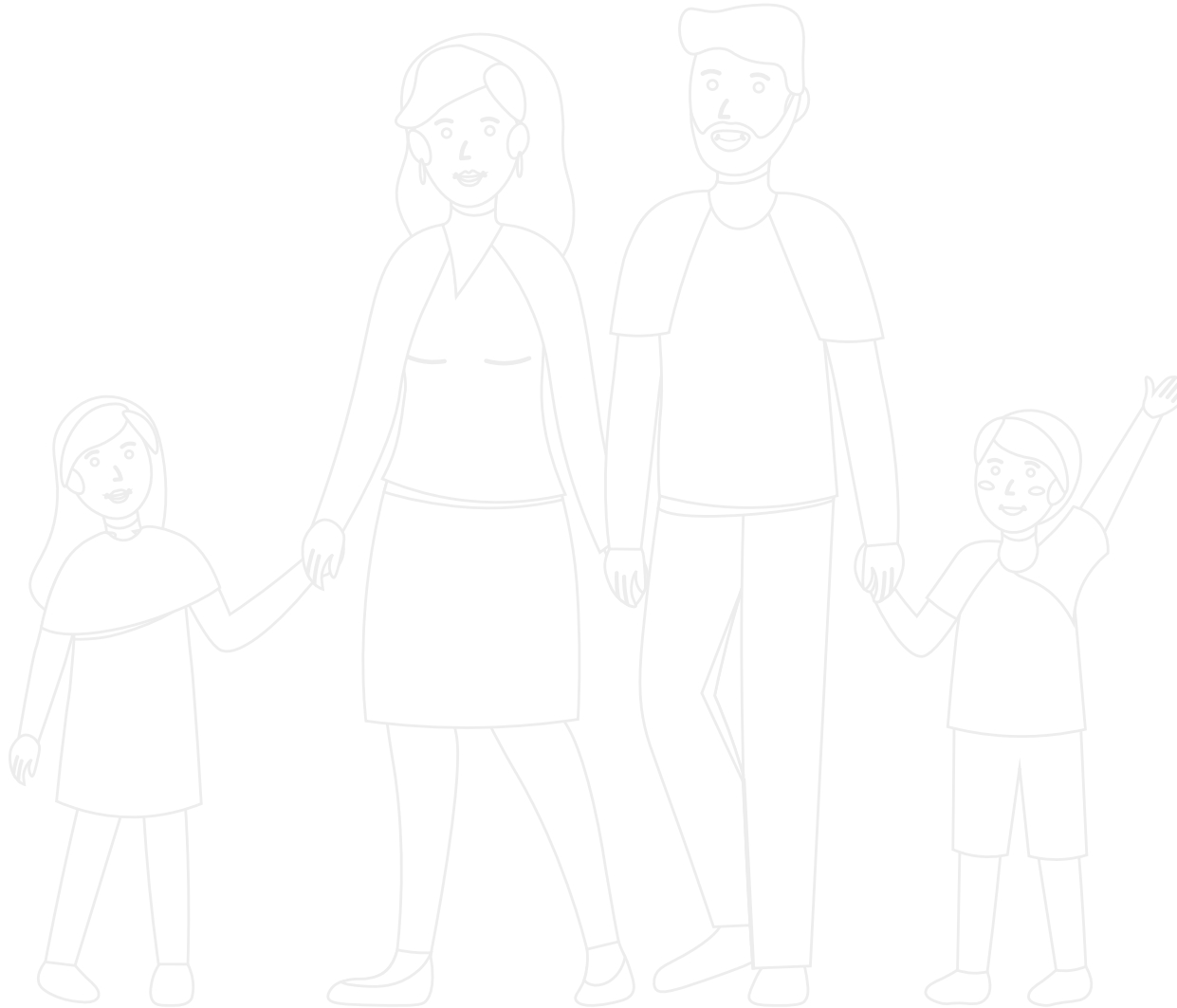


**Design your own
fashion styles
for your family**



Design your own fashion styles for your family.

Something for the kids to have a go at, ask them to imagine what clothes will look like 50 years from now and model/draw them on our family here:





Random Acts of Kindness Day



Did you know Random Acts of Kindness day is on the 17th February

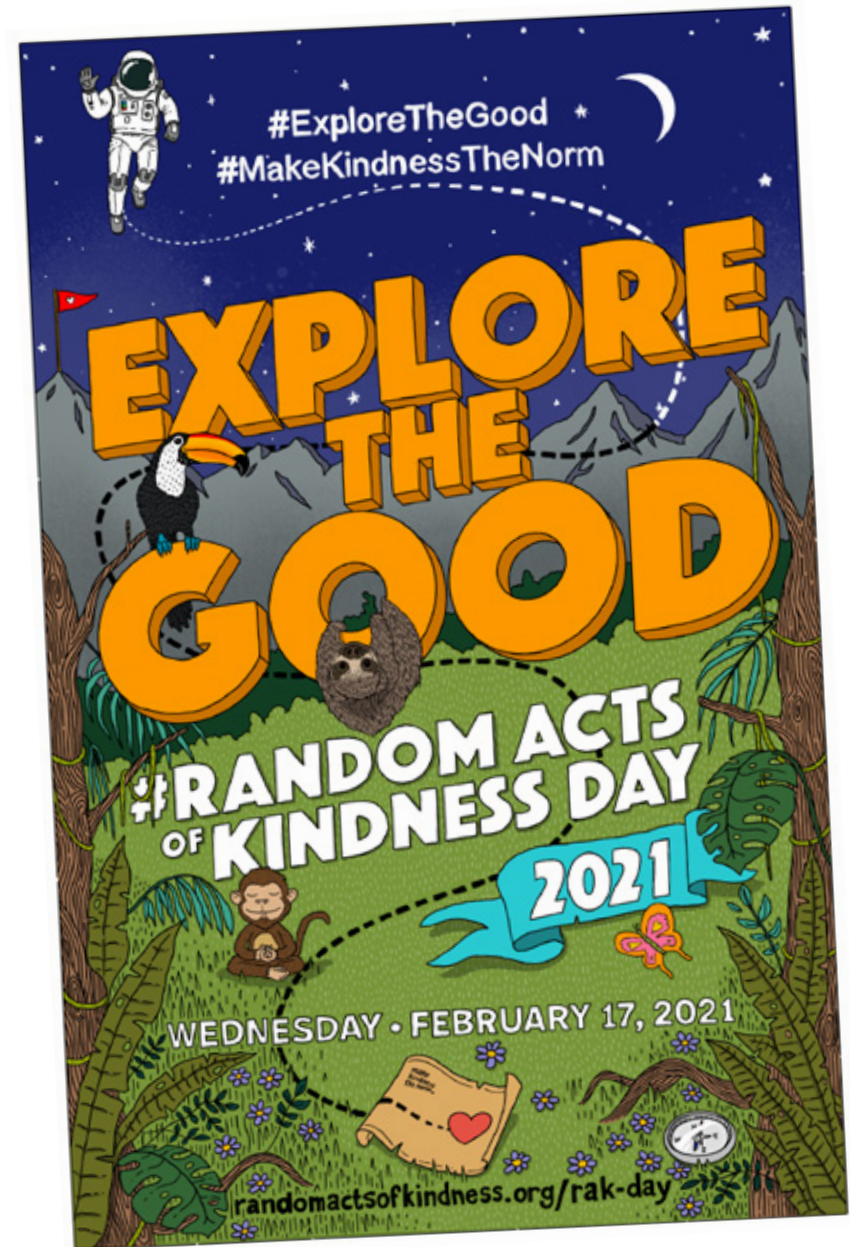
Some little, simple kind actions can change someone's day. Next time you're out for your exercise, just say hello or good morning/afternoon to the first person you pass, even if it's just a gentle wave or smile.

Text that friend who's been a bit quiet recently, just to say 'Hey, what you up to?'

One of our favourites is sharing some good news, the more random - the better. Check out The Happy Newspaper online, they have some great pieces.

Maybe leave a note for the binmen just to say 'thank you' Pop a 'just because' card through a neighbour's door, there's only so many letters from banks and junk mail one can go through.

Lastly, next time someone tells you some good news about themselves be sure to show them you're happy for them and that it's great, we all need a little encouragement and positive recognition once in a while. Even if it's acknowledging the first failed attempt at banana bread.



Nature Quiz



Nature Quiz

How well do you know your birds?

1) Birds feathers are only for flight.

True or False?

2) The White-Tailed Eagle is Britain's smallest Bird.

True or False?

3) There are 600 species of bird in Great Britain.

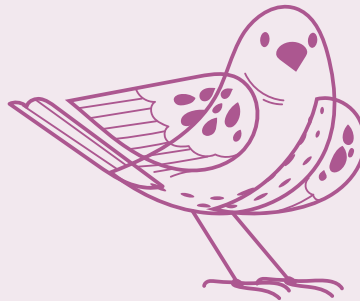
True or False

4) Birds, nests and eggs are protected by law.

True or False

5) The Common Swan is the tallest bird in Great Britain.

True or False



Quiz Answers

How many did you get?

Bird Search

JACKDAW
ROBIN
GREENFINCH
STARLING
PIED WAGTAIL
PIGEON
MAGPIE
GREAT TIT
ROOK
LONG TAILED TIT
THRUSH
BLACKBIRD
BLUE TIT
GOLDFINCH
SPARROW
CROW

Nature Quiz

1) False, feathers have many uses for birds other than just flying. They also attract mates and are used for camouflage.

2) False, The White-Tailed Eagle is Britain's Biggest Bird, it has a wingspan of 200-240cm and a length up to 90cm and weight of up to 5kg for males and 7kg for females.

3) True, as of 2019 there were 600 species of wild bird recorded in Great Britain.

4) True, wild birds in Britain, whether a resident or visitor, are protected under the Wildlife and Countryside Act.

5) False, The Common Crane is the UK's tallest bird.