

Killgerm<sup>®</sup>  
TRAINING



# Happy Holidays



# Hello Adventurer

## Welcome to the Killgerm Training Explorers Workbook!

Get ready to discover and adventure as we dive into the great outdoors!

This resource has been carefully crafted to make your summer vacation an exciting and enriching experience. Say goodbye to boredom and hello to endless opportunities to explore and connect with the wonders of nature that surround you.

This workbook is your passport to a world teeming with fascinating creatures, awe-inspiring landscapes, and natural marvels waiting to be uncovered.

**Our mission is simple: to inspire you to step outside and discover the world around you.**

Inside these pages, you'll find a treasure trove of activities, games, and challenges designed to spark your curiosity and awaken the nature explorer within. From scavenger hunts that lead you to hidden wonders to tracking animal footprints in the dirt, you'll learn to observe and appreciate all that surrounds you.

So, get ready to unleash your inner explorer and make this summer one you'll remember. The great outdoors awaits you - let's dive in together!







# Let's Build a Bug-Inspired Base!



Before we start building, let's make sure we're ready for a safe outdoor adventure. You'll need a grown-up with you at all times to help you explore, gather materials, and build your base safely..

Here's what you'll need for your mission:

- 1. Sturdy Shoes:** You'll be walkin, crouching and carrying things - so wear shoes that protect your feet.
- 2. Bottle of Water:** Builders need to stay hydrated, especially on warm days..
- 3. Sunscreen:** If the sun's out, make sure you've got sunscreen on before you begin.
- 4. Adult Supervision:** Only build with the help of an adult. They'll help check what's safe to use, carry heavier things, and make sure you're exploring safely.
- 5. Be Kind to Nature:** Use only natural materials that are already on the ground-like fallen sticks, leaves or stones. Never pull things off trees or disturb plants or animals

## Ready to build?

Your challenge is to create your very own bug-inspired base - a mini den, fort, or hideout just for you, using natural materials you collect outdoors.

Think about how insects make their homes - some burrow underground, some hide in bark or leaves. Let those ideas inspire your design! Your base could be big enough to sit in, or just a small hideout space that you've imagined and shaped.

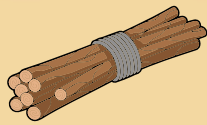
There's no right or wrong way to build - just be safe, stay creative, and have fun outdoors.

Let's get building!



# What Can You Use?

Here are different materials you might find to help build your bug-inspired base. Stick to things already on the ground, and **always check with your adult before picking anything up.**



Long sticks



Bark pieces



Large fallen leaves



Dry grass or hay



Pebbles or stones



Pinecones



Fallen seed pods



Moss



Plant pots



Clothes or old blankets



Buckets or storage tubs



String or garden twine



Shells



Garden canes or bamboo poles



Old newspaper



Cardboard boxes



Cotton ribbons



# Journal

Use the following pages to document your adventure as a Bug-Inspired Builder! From planning your ideas to gathering materials and building your base this is your space to keep track of it all.







DATE: / /

# Journal



DATE:    /    /

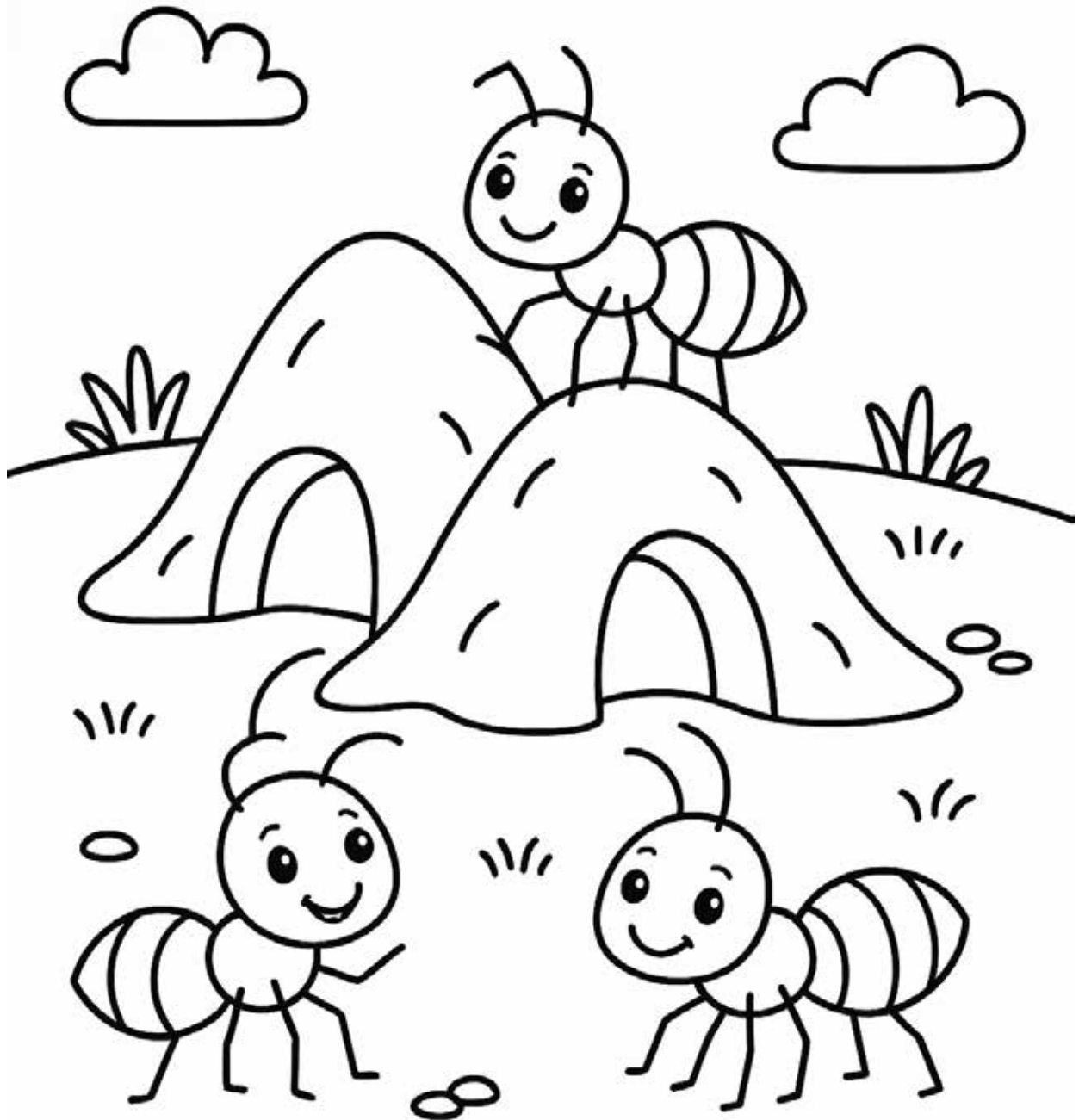


# Journal

Lined area for journaling.

# Inspiration

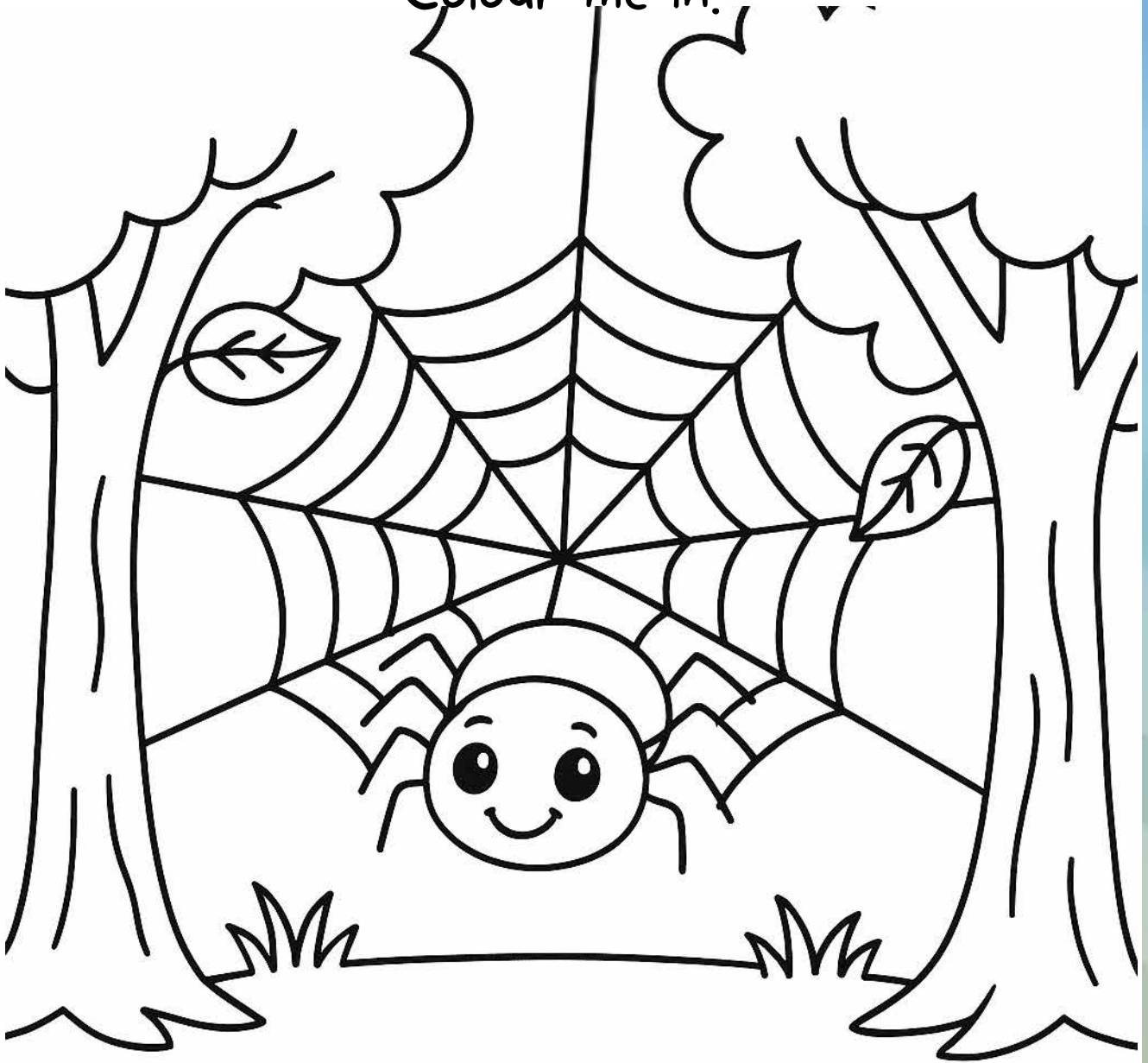
Colour me in!





# Inspiration

Colour me in!



# Inspiration

Colour me in!



# Inspiration

Colour me in!





# Discovery

## Word Search!

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

Find the following words in the puzzle.

Words are hidden → and ↓

ANT

TUNNEL

MUD

LEAF

GRASS

BARK

WEB

NEST

STONE

BEE

STICK

BUILD

FLOWER

SPIDER

BASE



# Facts



I bet you didn't know this...

1. Ants can carry things up to **50** times their own body weight! That's like a human lifting a car.
2. Earthworms help plants grow by making the soil healthy. They mix up the dirt as they wiggle through it'nature's underground gardeners!
3. Ladybirds eat plant-eating bugs like aphids - so they help protect gardens. A single ladybird can eat over **5,000** insects in its lifetime!
4. Some spiders build a brand new web every single day. They keep their homes tidy by recycling the old web!
5. Caterpillars build silk shelters by folding leaves together. They hide inside to stay safe as they grow.
6. Ladybirds hibernate in big groups inside tree bark and attic corners. They snuggle up together to stay warm all winter long!



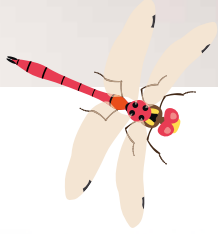


# Competition

Show us what you built!





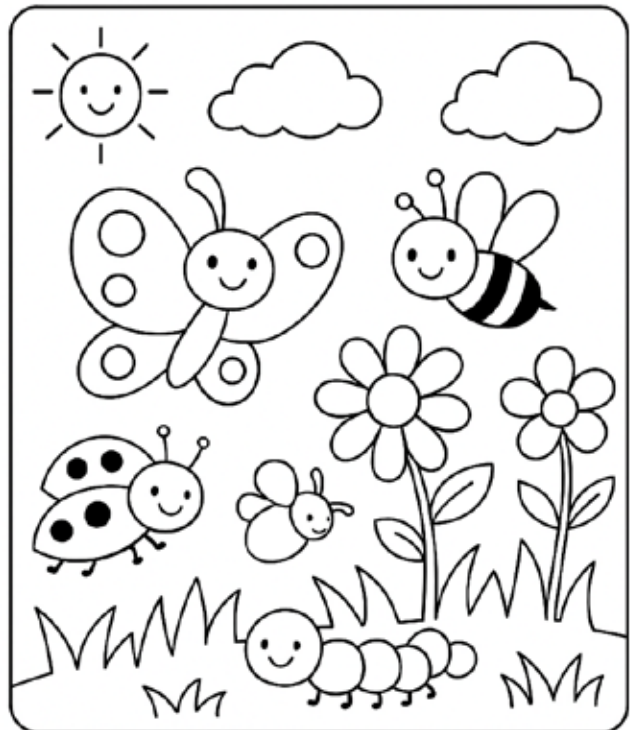


Spot the Difference!



**FIND**  
**5**  
**DIFFERENCES**  
and then..

colour  
me in!





# Insect ID

## Ladybird

*Coccinellidae*



### KEY FEATURES

Ladybirds (or ladybugs) are small, round beetles usually between 5-10 mm long. The most common ones are bright red with black spots, but they can also be yellow, orange, or even black. They have short legs, hard wing covers, and tiny antennae.

### BIOLOGY

Ladybirds start life as tiny eggs laid on leaves. The eggs hatch into long, spiky larvae that look very different from adult ladybirds. After feeding on small insects for a few weeks, they pupate and then transform into the spotty adults we recognise.

They are usually seen from spring to early autumn. When it gets cold, ladybirds often hibernate in groups in tree bark, garden sheds, or cracks in walls.

### DISTRIBUTION

Ladybirds are found all over the world, including gardens, parks, forests, and fields.

### SIGNIFICANCE

Ladybirds are great garden helpers! They eat plant pests like aphids, which helps protect flowers and crops. One ladybird can eat up to 50 aphids a day!

Although they look bright and bold, their spots and colour warn predators that they don't taste very nice.

# Insect ID

## Black Garden Ant

*Lasius niger*



### KEY FEATURES

Black garden ants are small, shiny black insects usually measuring between 3 and 5 millimetres long. They have three body parts: the head, thorax, and abdomen, along with six legs and bent antennae that help them sense the world around them. Some ants, like queens and males, grow wings at certain times of the year and can be seen flying during summer.

### BIOLOGY

Ants live in large underground nests called colonies. Inside the colony, each ant has a role to play. The queen lays all the eggs, while worker ants collect food, dig tunnels, and protect the nest. In late summer, the colony produces flying ants new queens and males that leave to start their own nests elsewhere.

Ants grow through four life stages: egg, larva, pupa, and adult. They also leave scent trails, called pheromones, to help other ants find food or follow paths safely.

### DISTRIBUTION

Black garden ants are found all over the UK and are very common in gardens, lawns, pavements, under rocks, and near flowerbeds.

### SIGNIFICANCE

These ants may be small, but they're excellent team players. They help clean up food scraps, improve the soil by tunnelling through it, and are fascinating to watch as they work together to build and protect their home.



# Help Make Nature a Home!



# What is a habitat?

A habitat is a special place where animals, insects, and plants live. Just like we need our homes to feel safe and comfortable, wildlife needs space to eat, drink, rest, and grow.



## A healthy habitat has:

- Food - like leaves, berries, pollen or other creatures
- Water - from puddles, streams, or damp soil
- Shelter - such as trees, burrows, logs, grass or hedges
- Space - to move around, hide, nest, and raise young



From foxes in the fields to frogs in the pond, birds in the trees to beetles in the bark - every creature has its place. Even the tiniest patch of wild land can be home to something amazing.

But when people leave rubbish behind, dig up plants, or disturb animals, it can make those places unsafe to live in. That's why it's so important to look after nature wherever we go.





# How can you help this summer?

You can be a Habitat Hero! Here are some small things you can do to help make nature feel safe and welcome:

- Build a bug base using natural materials already on the ground
- Make a flower pot for pollinators - bees and butterflies love colour!
- Create a wild patch in your garden - let grass grow and see who visits
- Pick up litter when you see it (with an adult) - help keep habitats safe
- Collect rainwater in a bowl to give insects a place to drink
- Put out a shallow dish with stones for bees to safely land on
- Leave seeds or fruit cores in a compost pile - it turns into soil full of life!
- Be gentle when exploring - you might be walking through someone else's home.





# Have You Heard About the Water Cycle?

Water is always on the move - even when we can't see it! The water cycle is nature's way of keeping the planet watered. It helps plants grow, gives animals something to drink, and fills ponds, puddles, rivers and soil.

## Here's how it works:

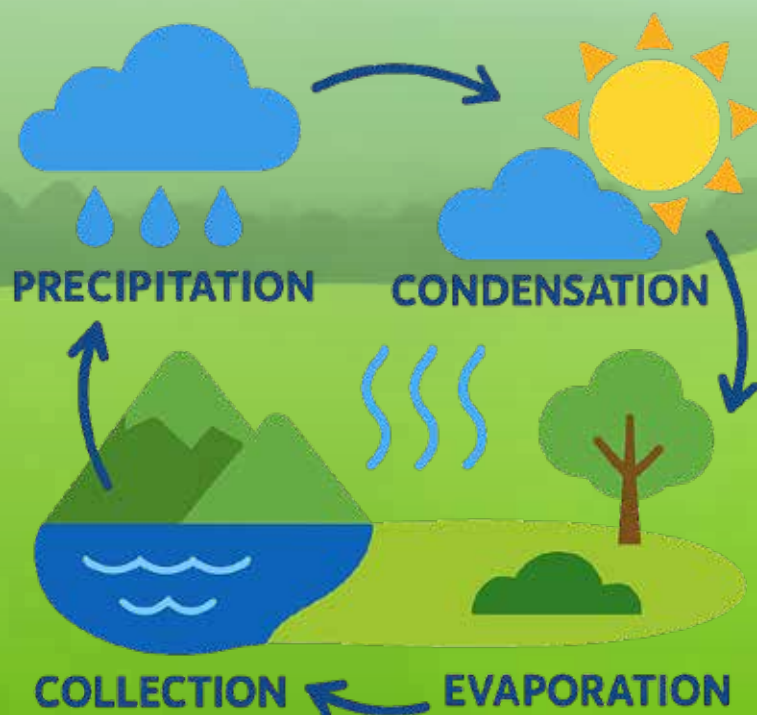
When the sun shines, water from puddles, rivers and even leaves evaporates and rises into the air. That invisible vapour condenses into droplets that form clouds. When the clouds get too full, the water falls back down as rain. This rain soaks into the ground and starts the cycle all over again.

## But the water cycle is changing...

Because the Earth is getting hotter, the water cycle is starting to go a bit wrong. Some places now get too much rain at once, which can cause flooding. Other places don't get enough rain at all, and the land becomes dry and dusty. Water evaporates faster in the heat, which means puddles and ponds dry up before animals can use them.

## What can you do?

You can help the water cycle by saving water and using it wisely. Leave out a shallow dish with pebbles so insects and birds can have a safe drink. Collect rainwater in a bucket with an adult and use it to water plants. Don't waste clean water. Turn off taps when you don't need them. And next time it rains, watch what happens to the puddles. You're helping just by paying attention.





## Sky Watch

The sky can tell us a lot about the water cycle - just by looking up!

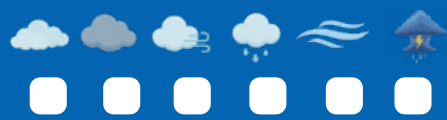
Each day, take a moment to look at the sky. Is it sunny? Cloudy? Windy? Are there rain clouds, or no clouds at all? Noticing the sky helps us understand when water is on the move, like when clouds form or when rain might fall.

Monday

what's the weather like?



what's do the clouds look like?

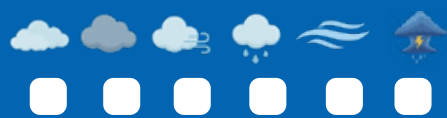


Tuesday

what's the weather like?



what's do the clouds look like?

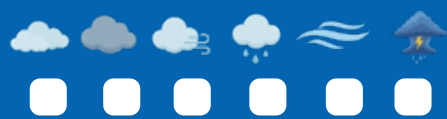


Wednesday

what's the weather like?



what's do the clouds look like?

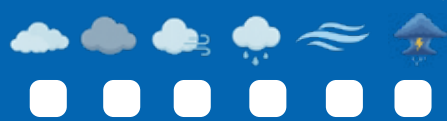


Thursday

what's the weather like?



what's do the clouds look like?

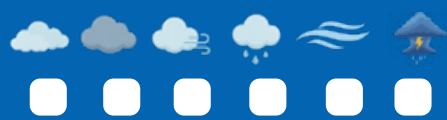


Friday

what's the weather like?



what's do the clouds look like?

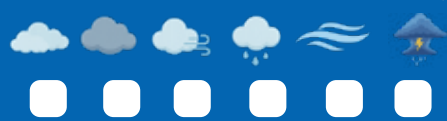


Saturday

what's the weather like?



what's do the clouds look like?

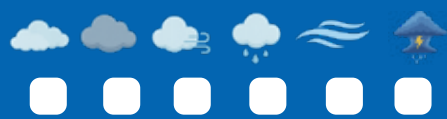


Sunday

what's the weather like?



what's do the clouds look like?



# Make Your Own Leaf Rubbing Art

Did you know you can turn leaves into beautiful art without picking up a paintbrush?

Leaf rubbing is a fun and easy way to capture the patterns and shapes of real leaves. Each one is different - just like every tree or plant in nature!

## Here's how to do it:

**Go exploring** - Find a few different leaves that have fallen to the ground. Try to get a mix of shapes and sizes.

**Get your tools** - You'll need some plain paper and coloured pencils or crayons.

**Place and hold** - Put a leaf underneath your paper. Hold the paper steady with one hand.

**Start rubbing** - Use the side of your crayon or pencil and gently rub over the paper. Slowly, the shape and lines of the leaf will appear like magic!

**Try different colours** - Use bright colours, mix them up, or try rubbing over two leaves at once.

**Make a collection** - Fill a page with all the leaves you've found. Can you spot which trees or plants they came from?

You can turn your rubbings into a poster, bookmark or greeting card - or just keep them as a memory of your summer adventure!

No two leaves are the same, and no two rubbings will be either. That's what makes it your own little piece of nature art.





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Tots

