

MONDAY

8AM YOGA WITH BILLIE Join Essex Wildlife Trust's icon Billie to start your day off right with some garden yoga. **PLATFORM:** TWITTER

10AM SIGNS OF SPRING Learn all about the signs of spring you can find in your garden right now. **Perfect for children PLATFORM:** FACEBOOK

MIDDAY MINIBEASTS

Delve into the wonderful world of minibeasts and see what we can find.

Perfect for children PLATFORM: FACEBOOK

2PM POND PERFECTION

Make sure your garden ponds are ready for the many spring and summer species on their way. PLATFORM: INSTAGRAM

4PM SEASONAL SAFARI Go on a wildlife safari with the Trust's CEO and learn about just how important gardens are for our wildlife. **PLATFORM:** FACEBOOK

6PM BARN OWL WEBCAM

For the 7th year in a row we're able to follow the lives of our amorous barn owls. PLATFORM: WEBSITE

TUESDAY

7AM WORKOUT

Don those running shoes

time to start of your day

with a wild workout!

9AM DEN BUILDING

and grab some weights, it's

Learn all about the wildlife

that uses dens and how to

make your very own den.

Perfect for children

Our natural world is full of

out what some of them are.

Perfect for children

Learn all about the world of

a wormery and see how the

wonderful treasures, let's find

WITH BILLIE

PLATFORM · FACEBOOK

PLATFORM: FACEBOOK

TREASURES

PLATFORM: FACEBOOK

WORMERY

PLATFORM: FACEBOOK

PLATFORM: INSTAGRAM

1PM WONDERFUL

worms are getting on.

3PM GARDEN SAFARI

Go on a garden safari

and see what wildlife

5PM BAT WEBCAM

our bat box to roost.

PLATEORM · WEBSITE

are out and about today.

These bats are only the size

of an adult thumb. watch

them up close as they use

11AM NATURE'S

WEDNESDAY

GAM PILATES WITH BILLIE Get strong and zen and learn some basic Pilates moves with Billie. PLATERM-INSTAGRAM

8AM FLYING THINGS

What are all the things that fly? Learn all about our flying wildlife and join our crafty activities. Perfect for children PLATFORM: FACEBOOK

10AM MUDDY FACES

Let's get muddy in the garden and make muddy faces! Perfect for Children

PLATFORM: FACEBOOK

MIDDAY GARDENER'S World

What wildlife can be found on the allotment today. PLATFORM: TWITTER

2PM MAMMAL DETECTIVE

Our mammal expert goes looking for mammals, find out what he can find this week. PLATFORM: FACEBOOK

5PM BADGER WEBCAM

Watch our resident family of badgers at Fingringhoe Wick as they forage at dusk. PLATFORM: WEBSITE

THURSDAY

Determined to get fit during

isolation, Billie continues his

8AM WORKOUT

WITH BILLIE

wild workouts.

10AM BUSY BEES

Learn all about the

fascinating world of bees.

Perfect for children

MIDDAY BUSHCRAFT

Learn about wilderness

survival and gain some

Perfect for children

Warty and wide eyed, learn

about the fascinating world

of toads and how you can be

a toad champion in Essex.

Learn all about the wildlife

that lives on the Essex coast

6PM BARN OWL WEBCAM

What will have happened

on the barn owl webcam

this week? We're waiting

eagerly for the arrival of

and under our coastal waters!

PLATFORM: TWITTER

PLATFORM FACEBOOK

bushcraft skills.

PLATFORM: FACEBOOK

2PM TOADS

PLATFORM: INSTAGRAM

PLATFORM: FACEBOOK

this years' eggs.

PLATFORM: WEBSITE

4PM WILDER SEAS

This week: Grey seals.

9AM YOGA WITH BILLIE Ending the week with a calm start for all those who need it. PI ATENEN: FACEBOOK

FRIDAY

11AM LADYBIRDS

Fierce predators in the insect world, learn about the real life of the ladybird. Perfect for children

PLATFORM: FACEBOOK

1PM BIRDS

Let your children learn all about the wonderful world of birds.

Perfect for children PLATFORM: FACEBOOK

3PM WILDLIFE GARDEN

Learn about how to turn your garden into a mini nature reserve and get the kids involved too! Perfect for Children

Platform: FACEBOOK

5PM NATURE'S ART

Find out how to make beautiful pieces of art with what you can find in your garden. PLATFORM: INSTAGRAM

7PM WONDERFUL WEBCAMS

Our wildlife webcams are live 24/7 – what wildlife is on them right now? PLATFORM: WEBSITE

Join in all the action by following **Essex Wildlife Trust** on **Facebook**, **Instagram**, **Twitter** and **YouTube** and use **#EssexWildlifeTV** on social media to get involved.





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