





MARCH

SPRING EQUINOX

The spring equinox occurs around March 20th or 21st in the Northern Hemisphere. On this day, the tilt of the Earth's axis is such that the amount of daylight and darkness is nearly equal at all locations on Earth. It marks the official start of spring in the Northern Hemisphere and autumn in the Southern Hemisphere.

The Spring Equinox serves as a time to honour the rebirth of the Earth and the return of life and light after the darkness of winter. Choose from the below list of modern adaptations of traditional rituals to acknowledge the Equinox, or create your own according to your beliefs.

-  Spring clean your house, a room or a cupboard.
-  Feast on seasonal foods like fresh fruit, vegetables and springtime dishes.
-  Planting seeds during the spring equinox is a thoughtful way to connect with the idea of growth and renewal.
-  Crafting spring-themed decorations such as wreaths or floral arrangements can be a creative way to celebrate the equinox and decorate your home.

SCAVENGE CHECKLIST

SEE

- ☒ Forsythia
- ☒ Daffodils
- ☒ Tulip shoots
- ☒ Celandines
- ☐ Lambs
- ☒ Dandelions
- ☒ Primroses
- ☒ Speedwell
- ☒ Mint
- ☒ Arrow
- ☒ Bees

- ☒ Gorse
- ☐ Chervil
- ☒ Dead nettle
- ☒ Groundsel
- ☒ Shepherd's purse
- ☒ Mud
- ☐ Birds building nests
- ☒ Cherry blossom
- ☐ Moths
- ☐ Frogspawn
- ☐ Herons

Check off 15 items in total, from any categories.



SMELL

- ☒ Wild garlic
- ☒ Grass
- ☒ Spring blossom
- ☒ Mint
- ☒ Basil

TOUCH

- Lamb's wool ☐
- Freshly mowed grass ☒

TASTE

- ☒ Leeks
- ☒ Root vegetables
- ☒ Nettles or watercress

HEAR

- Seagulls ☐
- Thrushes ☐
- Woodpeckers ☐
- Bees buzzing ☒
- A lawnmower ☒
- Rain ☒
- A stream ☐

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ANNUAL PROJECT UPDATE

Write a short update about your annual project here.

E.g. What did you do? How did it go? How did it make you feel?

SEASONS THROUGH MY LENS: Not alot of change yet just a dull day to start the month. My aim is to take the photo on the 1st regardless of the weather so something's else to hopefully catch change.

WILDERNESS WALKS: This month I did beach walks. Sometimes only 10 minutes some times longer. I love to sit and watch the waves v. peaceful + grounding. The plan for next month is to go somewhere 'different' for one walk a month.

