National Trust

Your guide to

# The Big Blooming Break

## 14-27 April

**Power down, take a pause… and breathe.**

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# Join The Big Blooming Break.

An invitation to unwind with nature.

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## Why take a moment with blossom?

And… pause. With busy lives, our minds can feel busy too. So, we're inviting you to take a pause in nature.

Why? Nature can benefit all of us, wherever we live or work. You'll find blossom popping up all over the place, even the middle of a city. From refreshing lunchbreaks to relaxing wanders, there are plenty of ways to get involved.





# A chance to connect

Spring is throwing you a party. Confetti and all.

Each year, blossom bursts into bright pinks and white across the UK, signalling ripe nectar for spring's pollinators. It's an explosion of colours, smells, and activity. And nature's invitation to get outside.

Whether you have five minutes or five hours to spare, blossom can provide a mood-boosting moment in your day.

## Learn about blossom in your local area

Scan this QR code
to find out more

**nationaltrust.org.uk/blossom-guide**

# How to get involved

- Seek out nearby blossom. Check out your local parks, tree-lined streets, village greens and hidden hedges.
- Plan your break to suit you. From short breathers to longer breaks, any time spent in nature is beneficial. Simply do what you can at a time of day that works for you.
- Share the moment with colleagues, carers or friends. Or, if you'd prefer some alone time, plan your break when places will be least crowded.
- Try popping a note in your calendar to remind you to take your break.
- Want to take a breather with blossom at home? You'll find ideas for some calming, blossom-related activities on page 8 onwards.



# Tips for the best break

## What to bring:

You don't need anything (except yourself) to benefit from nature. But, if you want to enhance your experience, you could bring:

- a camera, sketchbook, or journal
- a warm drink and comforting snacks
- a good book or binoculars.



## Enter the calm zone.

- Rustling blossom, falling petals, or a delicate fragrance can gently engage our minds, without overwhelming us.
- Try unplugging. You could mute any distracting notifications, use 'do not disturb' settings, or simply put your phone in your bag.
- Need a hand zoning out? Relaxing playlists or inspiring podcasts can do the trick.
- To clear your mind, you could take a moment to meditate or practise mindful breathing.
- Notice movements and textures, the sounds of wind and birdsong, changing colours, patterns, and shadows. Take a pause. Reconnect. Breathe in the blossom.



# Share the power of blossom

Small but mighty. Blossom is slipping away. In the last century, England and Wales have lost about 80% of their blossoming trees. But we're committed to bringing blossom back to our towns and cities.

## Help share the power of blossom:

- Head to National Trust's LinkedIn page from 20 March and click 'attend' on The Big Blooming Break event. Share it with colleagues, friends, or family.
- How do you feel? Use **#BlossomWatch** to share your experience.
- Tag @NationalTrust on Facebook, X, Instagram and TikTok.

# Take a breather at home

There are remote ways to celebrate blossom, too. Get creative and try your hand at these blossom-inspired activities.

**You can find the activities on the next pages!**



# Honey and apple scones recipe

**Sweeten classic scones with a hit of honey provided by our powerful pollinators (try to use local or Fairtrade honey). Pack them into a picnic and enjoy them under the shade of a blossom tree.**

**Ingredients**

675g self-raising flour
175g butter or margarine
125g apple, grated
100g honey
150ml milk
1 egg

Makes 12

**Top tip:**
Is there someone near you who produces local honey? If you know the bees have been cared for and looked after well, it always make the honey taste sweeter.

**Step 1**
Preheat your oven to 180°C (160°C fan/gas mark 4).

**Step 2**
Place the flour and butter or margarine into a large bowl and rub together with your fingertips until the mix resembles fine breadcrumbs. Or, place these ingredients in the bowl of your food mixer, attach a beater and mix on low until you've achieved the same result.

**Step 3**
Make a well in the centre of this mixture and add 75g of the honey and all the grated apple.

**Step 4**
Add the egg and two thirds of the milk. Using your fingers, bring the ingredients together until you have a soft, pliable dough. Add additional milk if the dough feels too dry. Alternatively, mix with the beater in your food mixer until you achieve the same results.

**Step 5**
Liberally sprinkle flour over your worktop and place the dough on top. Use a rolling pin to roll out the dough to around 3cm thick.

**Step 6**
Use a 7cm cutter to cut out your scones. Gather up the trimmings and repeat until you have 12 scones.

**Step 7**
Place the scones on a lined tray and brush the tops with the remaining milk. Place into the oven for 10–15 minutes, or until risen and golden.

**Step 8**
Remove from the oven and while the scones are still hot, brush with the remaining 25g of honey. Leave to cool.

**Recipe tips**

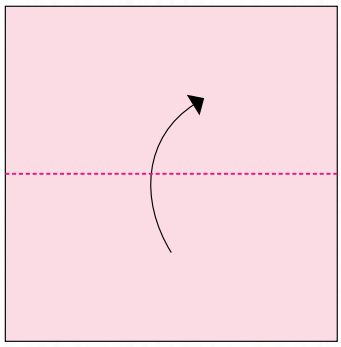
- For maximum flavour, use a cooking apple variety like Bramley.
- If you don't have a cutter, split dough into three equal balls and cut each ball into four triangles.

# Origami blossom

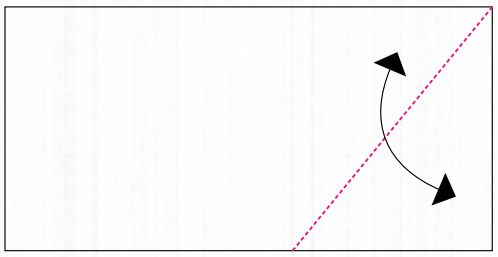
## All you need to create your own blossom is a single piece of paper.

Why not make lots of flowers in different sizes and colours to share with friends and family? Or use them to decorate your home with an abundance of blossom.

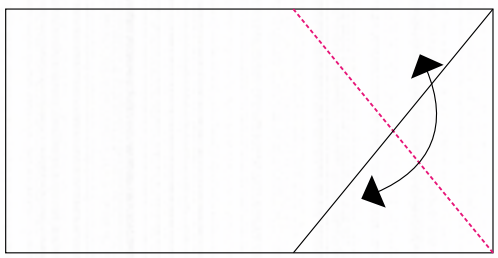
1 Fold a piece of square paper in half.



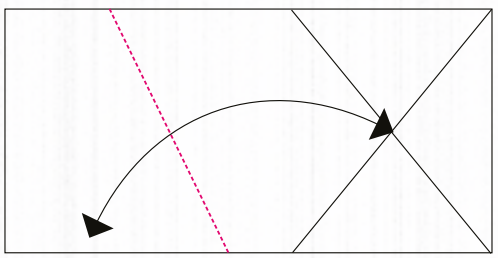
2 Fold the bottom right corner up to the top, then unfold.



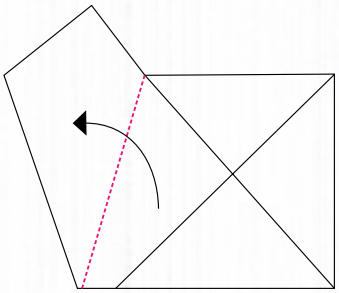
3 Fold the top right corner down to make an X-shaped crease, then unfold.



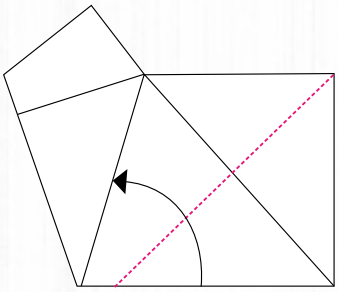
4 Fold the bottom left corner into the centre of the X.



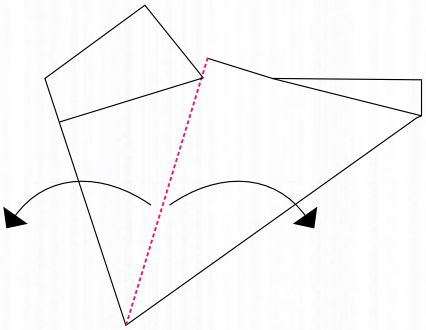
**5** Take the right-hand corner of this fold and fold it over to the left.



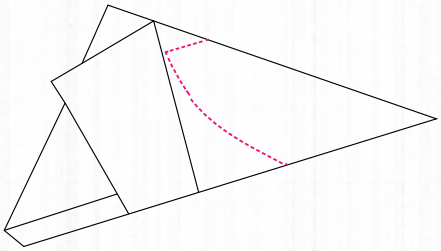
**6** Fold the bottom rightcorner of the X so that the side of the paper meets the fold you made in step 5.



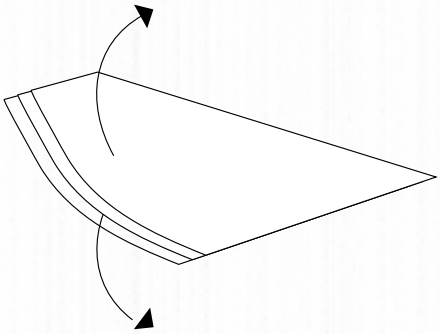
**7** Where the fold in step 6 meets the one in step 5, there should be a crease separating them. Fold along this line away from you.



**8** Cut or rip the bottom half of the origami in a downward curved line.



**9** Unfold the piece you get from the bottom half (you can recycle the rest).



**10** Finished! Time to decorate it how you like. Could you write a haiku inside it (see next activity for tips) and give it to a loved one?

