

HIDING IN PLAIN SIGHT

Can you spot the bird in this picture? It's a grouse sitting on its nest.



Grouse, like many birds, make their nests on the ground and this makes them vulnerable to predators. To keep them safe they use **camouflage**. The colour and pattern of their feathers helps them to blend in with their **environment**.

Have a look at your **environment**. Notice the colours, patterns and textures in your home or garden. How can you **camouflage** yourself where you are? Try out some different ideas and see what works best.



HOW LONG CAN YOU HIDE IN PLAIN SIGHT?

Challenge yourself! Stay very still and very quiet. Take time to notice little details and small sounds in your **environment**.