

Ladybird



- There are more than 40 species of ladybird in the UK, with the most common being the seven-spot ones. Also available in yellow and orange, their bright colours are a defence against predators
- Ladybirds are as important for the environment as bees. They are known as the gardener's (or farmer's) friends, for eating aphids and other pests.
- Traditionally, ladybirds were seen as symbols of good luck; if one lands on you, your dreams are meant to come true!
- Next time you spot one, take the time to slow down and observe it closely. Be curious and enjoy a moment of awe and wonder. Try to be fully present in the moment and pause to appreciate its natural beauty. The collective noun for ladybirds is a 'loveliness.'
- What other wonders of nature can you observe on your doorstep?

“Even the tiniest of things can be miracles.”

Unknown

