



PLANET ARK'S NATURE ACTIVITIES LIST

1. **Try a night walk.** Bring torches for fun and safety, but be sure to turn them off for listening to the nature sounds and stargazing.
2. **Go on a nature walk.** Smell flowers or hug a tree. Look for animal footprints. Watch insects. But remember, soaking up the smells, sounds and sights is sufficient, and leave only footprints behind.
3. **Get outside.** First, set up any outdoor space you have access to so that it's inviting, and spend time outside with your child. A sandbox, wading pool, swing, climbing structure or garden will keep your child entertained for hours. But if permanent structures aren't possible, think impermanent: A tablecloth teepee or a bucket of water with funnels and cups, or a shovel to dig a hole you can later refill.
4. **Plant a native tree.** Together, take responsibility for your tree or shrub. Care for it, and you and your child will reap the satisfaction in the months and years to come.
5. **Grow a herb garden.** This could be a window box, or be included in a vegetable patch if you have the outdoor space. Choose plants that your child will eat and enjoy, and especially those that develop before your eyes. For example, herbs are generally quick to mature, and bush tomatoes change colour as they grow.
6. **Take your camera out** into the backyard, a nature strip or a nearby park, and photograph areas of nature where you think animals might live. Take pictures of trees, leaves and grasses and see if you can name the plants/animals when you get home. By printing them off and sticking them into a book, your child can create their own story.
7. **Go on an adventure bike ride.** Remember all your cycling safety, and simply enjoy riding in the fresh air.
8. **Go on a picnic.** Pencil in your diary or on the family calendar one day to venture out into nature. Encourage your children to help pack the food, and discuss where it has come from. You could picnic at your local park, beach, river or even just in the back garden.
9. **Set up a colouring in and painting table.** Ask your child to draw or paint a number of environmental images, including trees, rivers, and animals. You can also use leaves that have fallen off trees as stamps, by painting them and pressing onto paper. If you can, doing this outside is perfect. See your child's interpretation of nature.
10. **Lend a hand in the garden.** If you do have a garden space, ask your child to assist with raking leaves and pulling weeds. Check out if you have a community garden in your local area by searching on Communitygarden.org.au.
11. **Take an indoor toy outdoors.** Introduce your child's favourite toy, game or book to nature.
12. **Create an obstacle course.** This could be indoors or outdoors, and you could use trees to run around, a pile of leaves to jump over, a stick ladder on the lawn.
13. **Create a collection of nature objects.** Try and collect one item each day. It could be as simple as a leaf or a stone. Use each object to tell a story – perhaps about where it came from and what or who it has come across before reaching your hand. Although make sure you don't take anything from a National Park, or any animal's homes.
14. **Visit a local look out, hill or mountain.** See the world from a different view. Talk about how birds and animals see the world differently to us. Discuss what the world might

look like for a magpie, and how it might seem for an ant. If it's safe, roll down the hill – careful not to get too dizzy!

15. **Watch the sunrise or the sunset.** Find a natural environment to watch the sunset. If you aren't by the sea or a river, you could watch the sun rise or fall behind a tree in the local park.
16. **Make a grass trumpet.** Pull a blade of grass (making sure it's clean) and put it between your lips. Press your lips and blow out, trying to push the air out of your mouth. It will make a squeaky, trumpet-like sound kids will love and be fascinated by.
17. **Go camping.** Set a date to go camping with your family. There are great options for hiring camping gear if you don't have the resources (time/money/storage space) to own it.
18. **Look for shapes in the clouds.** Sit down and create a story. As the clouds change, the story will evolve.
19. **Create a nature mystery bag.** Find a box and put in a collection of nature objects, with different textures and shapes. Ask your child to guess what it is, and discuss where it's come from. Next time they're outside, ask them to collect some natural items (safely – or with the assistance of another adult), for them to create a mystery box for you.
20. **Start a nature journal.** Ask your child to write down all their favourite things in nature. If there's something they've learnt about, but haven't seen, add it to the list and try and find a time and place to catch a glimpse or make a visit. Use this to reflect as well. How did they feel when they saw it? Where were they, and who were they with? What was the weather like? Keep adding to the list, and watch it grow and change.