

TIME IN NATURE HAS NOT BEEN CANCELLED

25 THINGS TO DO IN SOCIAL ISOLATION

Nature Play

- 1 Camp out overnight in your own backyard! Pitch a tent or sleep under the stars.
- 2 Start a nature journal - sketch or paint leaves, fungi, flowers or other nature finds.
- 3 Collect leaves and make a nature crown or necklace. Pointy leaves are perfect!
- 4 Try star gazing - what's the first star you see in the night sky? How many can you count?
- 5 Make a "campsite" in your backyard with a cubby (try and make it waterproof) and pretend campfire.
- 6 Get on your bikes or scooters and head out for a family ride, around your neighbourhood.
- 7 Plant out the vege patch with seasonal vegetables.
- 8 Go on a photo safari. Choose a subject (or colour scheme) and see what you can "capture".
- 9 Go geocaching around your neighbourhood! if you've never tried a digital treasure hunt before, visit <https://geocaching.com.au/> to learn more.
- 10 We're going on a bear hunt! Place a teddy in your front window so passersby can see them. How many can you see in your neighbourhood?
- 11 Get artistic with sidewalk chalk. Draw a hopscotch or rainbow on the footpath outside your house!
- 12 Use a notebook to press nature treasures. Collect leaves or flowers, and write notes to remind you of when and where you found them.
- 13 Discover more fun ways to play outdoors. Download the free [Nature Passport app](#) to get started.
- 14 Break out the card & board games. Snakes & Ladders, Monopoly, UNO and Pictionary: let's play!
- 15 Learn a new skill. Who in your family can teach you how to knit, sew, bake, garden or build?
- 16 Go on a bug hunt! What creepy crawlies can you find in your very own back yard?
- 17 Create a "boho" picnic experience in your backyard - use couch cushions and floor rugs, with bedsheets hung off your swing set as a canopy.
- 18 Learn how to service your scooter or bike. Check for damage, punctures & give it a good clean.
- 19 Create a living tepee. Fasten together sticks or bamboo & plant a climber (peas or beans).
- 20 Cook on backyard fire pit. Snags in a frypan or toast on a toasting fork. And who can forget the toasted marshmallows? (Check for fire bans first!)
- 21 Go on a family bushwalk. Be sure to check for any park closures before you go.
- 22 Write a letter. Find out your friends' addresses, write to them, or send a picture you've drawn.
- 23 Try cloud watching. Can you see animals or shapes? Tell a story about them as they float across the sky.
- 24 Cook together. Make jam or preserves using seasonal fruit. Design your own label for your jam.
- 25 Try mindfulness. Choose a spot outside to spend 5-10 minutes each day. What sights & sounds do you experience? Do the change from day to day?