

20 ways for families to connect through nature

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- 1 Gather old pots, pans, spoons and measuring cups to create an outdoor kitchen. Can you bake a layered mud cake?
 - 2 Create an outdoor chill-zone where you can read and relax to the sound of birdsong
 - 3 Stay up late and identify a star constellation like Orion's Belt (also known as the 'saucepan')
 - 4 In your backyard see if you can spot common birds like New Holland Honeyeater, Rainbow Lorikeet and Noisy Miner (look them up online first if you need)
 - 5 Hold a special outdoor picnic – bake together, set up a picnic rug and enjoy each other's company
 - 6 Plant something you can eat: leafy greens, carrots, beetroot, lettuce and radishes are all easy and fast growing!
 - 7 Make your own pizza bases from ingredients such as flour, baking powder, oil, water and salt. Put your healthy toppings on and enjoy a backyard dinner feast
 - 8 Set up a comfy spot outside and play a board game or do a family puzzle
 - 9 Make your own natural paint pigments by crushing and mixing things – try dirt, flowers, leaves, beetroot, turmeric and paprika
 - 10 Make play dough using flour, cream of tartar, salt, oil, water. Mix in lavender oil or cinnamon, along with natural food colouring, for a full sensory experience
 - 11 Set up small world play by filling containers with dirt/sand, pieces of bark, twigs, leaves and water. Introduce some 'waterproof' characters (or turn stones into creatures using permanent markers)

- 12 Go on a backyard creature forage, searching for common critters like millipedes, slaters, and earwigs
- 13 Practice daily mindfulness: find a 'sit spot' where you can absorb sounds, smells and sights for one minute
- 14 Sketch or paint portraits of one another in a nice spot outside
- 15 Practice gratitude. Each evening sit outside and listen to family members share what they have been grateful for that day
- 16 Build a small home or village for lizards, beetles, fairies, goblins or another creature
- 17 Take a walk in a local National Park. Search for colourful feathers, footprints and other signs of life
- 18 Visit a wetland, creek or lake that has ducks and other waterbirds. Find a place to sit and watch them as they go about their lives
- 19 Use flowers, grass, string, sticky tape and paper to create nature masks or crowns
- 20 Make a bouquet of flowers, sticks or other natural things in your backyard. Display them at the dinner table when you come together to eat.



New Holland Honey-eater