



Nature Play
SA
braving back childhood

25 things to do in summer



- 1 Explore a reef or rockpool and see how many sea creatures you can spot!
- 2 As a family, choose a new natural place to visit and set out with picnic in tow for a day of discovery and adventure
- 3 Discover seasonal food: learn when different summer fruits come into season and then harvest from your garden, at an orchard or farm
- 4 Get up early and go for a bushwalk, listening and spotting wildlife along your way!
- 5 Make a nature craft decoration to hang from the Christmas tree
- 6 Make a sand sculpture – or a sand city! – and decorate it with natural treasures you have found along the shore
- 7 Enjoy the waves: body surf, boogieboard or learn to surf this summer!
- 8 Paint pictures on cement with a container of water and a paintbrush
- 9 Spend a balmy evening by the river or sea: swim, play frisbee or cricket, enjoy a casual dinner and watch the sunset with your family
- 10 Explore a Botanic Garden and enjoy the cool shade of the trees
- 11 Try your luck at fishing, crabbing or yabbing! Measure your catch to see if it is large enough to keep, or if you should return it to the water
- 12 Plant a summer garden or pot plant (try strawberries, lettuce and cucumbers!)
- 13 Kayak or stand-up-paddleboard on a river, lake or the sea
- 14 Find a beach known for cockling and do the 'cockle twist' – feel the waves lap against your feet, locate the cockles with your toes then see if you can scoop them up!
- 15 Go camping and look up at the night sky (head somewhere wild or pitch a tent in your own backyard)
- 16 Create a summer nature play journal to record your adventures and natural finds
- 17 Look at the world from a different perspective: take off your shoes and climb a tree!
- 18 Water your summer garden first thing in the morning or as the sun sets – what changes can you notice from the day before?
- 19 Snorkel at the beach and see what lies beneath the surface
- 20 Create a nature boat from natural materials - such as seed pods, bark, washed up cuttlefish, sticks, seaweed and leaves - then float or race them in a creek or the sea!
- 21 Discover the world at dusk! Head out for a walk with your family, and see what you can discover as day turns to night
- 22 Enjoy the freedom and sensory delight of mud play at home – then run through the sprinkler to clean off!
- 23 Build a cubby or natural shelter in your garden, at the park or somewhere wild
- 24 Get an adventure backpack ready with food and cool water, then head out on a family geocaching mission – locate caches in your neighbourhood or venture to somewhere new
- 25 Make homemade iceblocks or lemonade and enjoy them outside on a hot day!

