



## WILD WINTER

### 5 LEARNING INSPIRED ADVENTURES TO SEEK OUT THIS WINTER

Cold, crisp days provide us with opportunities to observe how wildlife and plant life adapt to changes within our environment. We can reflect on the many ways we change with the seasons, in the clothes that we wear, the food we eat and the activities we engage in. As rain falls and wind blows, winter truly awakens the senses and connects us all to the elements.

1. Go for a winter walk and collect sticks to make a cubby house.
2. Find a big, oozy, muddy puddle and do a mud finger painting.
3. Collect mud, sticks, pebbles and other things from nature to make mud pies.
4. Use a stick, twine and coloured streamers or ribbon to stick into the garden soil and make a wind streamer. See which direction the wind is blowing.
5. Go on a winter wonderland nature walk and record the animal life you see. Take a closer look using a magnifying glass or binoculars. Draw pictures on a clipboard or take photographs as you go.

### REFLECTIONS FROM THE NPSA TEAM

*I love how silent and still winter can be. As the mist settles over the horizon, trees sleep peacefully and calls from our feathered friends seem to echo forever into the distance. In contrast, I also love how exhilarating winter can be. The wild wind and rain bring sensory experiences like no other. It is through moments like these that true memories are created.*

~ Lisa