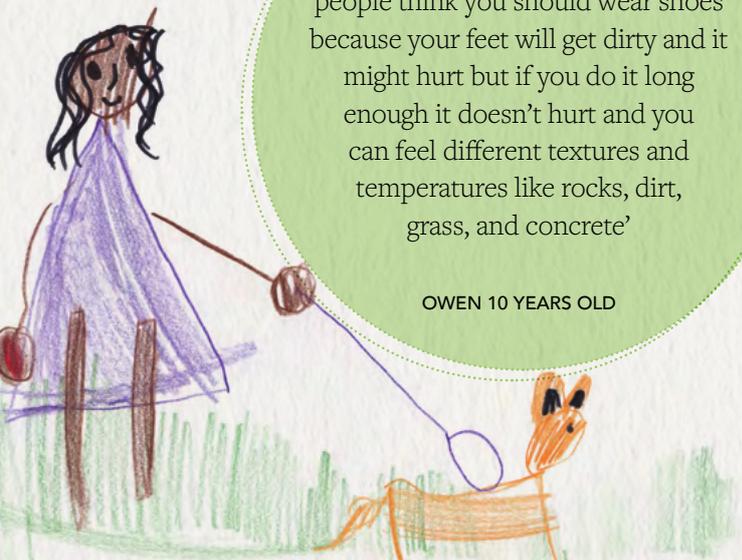




# 15 ways to nurture your wellbeing outdoors before you turn 14

*Our bodies need many things to stay fit and healthy. We need exercise, nutrition, sleep, and most importantly ways to slow down, relax, and nurture our wellbeing. Try these suggestions for slowing down and take some time to look after your wellbeing and mental health.*

- 1 Birdwatch:** calm your mind and ignite your curiosity with learning to birdwatch or identify through their song
- 2 Find a sit spot:** tune into your surroundings by quietly sitting in nature
- 3 Plant veggies:** nurture the earth and your soul by planting veggies and herbs in your garden or a pot
- 4 Stargaze:** connect with the night sky by stargazing and finding constellations or listen to podcasts about the stars
- 5 Weave:** practice mindfulness by gathering leaves, flowers and grass with a friend to weave nature bracelets and necklaces
- 6 Create habitat for insects:** contribute to conserving wildlife by creating habitat for native bees and other insects by building or sourcing an insect hotel
- 7 Plant native seedlings:** connect with local wildlife by attracting butterflies and ladybirds to your garden by planting native seedlings in your garden or pots



'When walking barefoot you can feel everything. Most people think you should wear shoes because your feet will get dirty and it might hurt but if you do it long enough it doesn't hurt and you can feel different textures and temperatures like rocks, dirt, grass, and concrete'

OWEN 10 YEARS OLD



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For more accessible, inclusive, and inspiring ideas for getting active outdoors visit [natureplaysa.org.au](http://natureplaysa.org.au)  
Wherever you venture take a moment to reflect on Aboriginal culture and how deep their spiritual connections and beliefs are today and have always been.*

- 8 **Walk barefoot:** get grounded and find some cool earth to walk barefoot
- 9 **Whittle:** learn the art of whittling and whittle wands, tools, or other creations
- 10 **Make mud balls:** soothe your senses by exploring the art of dorodango (mud balls)
- 11 **Draw or paint:** create in nature by drawing or painting outside
- 12 **Knit, sew or mend:** find a calming place outside to sit and finger knit, sew a button, or mend something
- 13 **Race bark and sticks:** channel your competitiveness by heading to a flowing creek and race bark and sticks
- 14 **Fly a kite:** get your body moving and head to your local reserve or beach to fly a kite or go to a kite festival
- 15 **Explore a jetty:** spend a morning or evening at a jetty learning about marine creatures or go fishing, crabbing and/or squidding



Illustrations by  
Alberton Primary School and  
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