



Go Wild

WITH NATURE PLAY SA

A nature inspired challenge to explore,
create and connect with wild spaces around you.

Record your daily dose of wildness on the calendar and
share your adventures with us #gowildnpsa

For more ideas and inspiration head to natureplaysa.org.au





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EXPLORING SENSES
IN NATURE



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EXPLORING SENSES
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EXPLORING SENSES
IN NATURE

Touch tree bark ...

Use your fingers, toes, palm, cheeks or back to feel the texture of different tree trunks.



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EXPLORING SENSES
IN NATURE

Walk barefoot on grass ...

How many words can you think of to describe the sensation?



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EXPLORING SENSES
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Make prints in sand ...

Push your hands and feet into some sand and leave your prints behind for someone else to discover.



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EXPLORING SENSES
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Tune in to the wind ...

Sit quietly in a wild place and listen to the sound of the wind.



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EXPLORING SENSES
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EXPLORING SENSES
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Find textures in nature ...

Find examples of smooth, rough,
warm and cold textures in nature.



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EXPLORING SENSES
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Discover wild smells ...

Pick a handful of leaves and rub
them in your hands. What do
they smell like?



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EXPLORING SENSES
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Listen for birdsong...

Sit still under a tree or in a garden
and listen for the sound of birds.



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#7

EXPLORING SENSES
IN NATURE

Feel the ground under your feet ...

Go for a walk on different surfaces
– pebbles, dirt, grass, sand or
pavement are a good start.



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NOTICING NATURE



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Magnify nature ...

Use a magnifying glass to explore an area of nature up close.



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Find hues of blue ...

Take a photo of the many shades of blue in the sky today.



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Observe a creepy crawly ...

Find a creepy crawly and look at the way it moves. Does it creep, crawl, slither or slide? Can you move this way?



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Slow nature down ...

Set up a digital camera to capture wildlife in slow motion.



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NOTICING NATURE

*Look at nature in
the distance ...*

Use binoculars to spot nature far away. How far can you see?



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NOTICING NATURE

Study clouds ...

Look up at clouds and use your imagination to find pictures in them. Tell someone this story.



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*Record
'wild opposites' ...*

Go on a hunt for opposites in nature; big and small, hot and cold, smooth and rough. Use these words to write a poem.



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Spot the shadows ...

Go outside on a sunny day and count shadows created by trees and shrubs.



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List wild facts ...



Research some wild facts and share these with others.



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SHARING NATURE

Create a nature table ...



Display wild treasures like feathers, bones and scales on a nature table.



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SHARING NATURE

Tell a tall story ...



Sit under a canopy and make up a story about 'long, long ago' in that space.



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Identify wild that is 'big' or 'small' ...



Find examples of wild that are big or small. Create a list and keep adding to it!



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Collect feathers ...



Take a feather walk to collect feathers from different spaces around you.



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Develop a community nature collection ...



Gather examples of wild nature from outside your site and share. This could be a great homework task!



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Wild books ...



Create a class library of books that have a wild place or nature theme and share them.



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Collect leaves ...



Gather leaves and use them to create a large leaf collage.



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NATURE ART



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NATURE ART



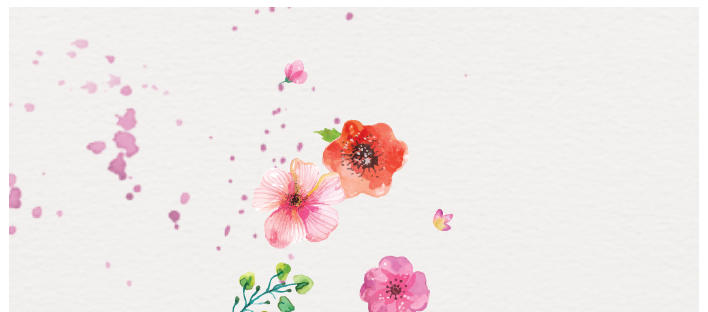
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#26

NATURE ART

Build a leaf rainbow ...

Collect a handful of leaves and see
what kind of leaf rainbow
you can make.



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NATURE ART

Sketch it ...

Sketch a twig, leaf, snail shell or
some bark up close to capture
detail, shape and texture.



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NATURE ART

Weave with grass ...

Weave blades of grass together
and see what you can create.



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NATURE ART

Make a daisy chain ...

Pick daisies and thread their
stems together.



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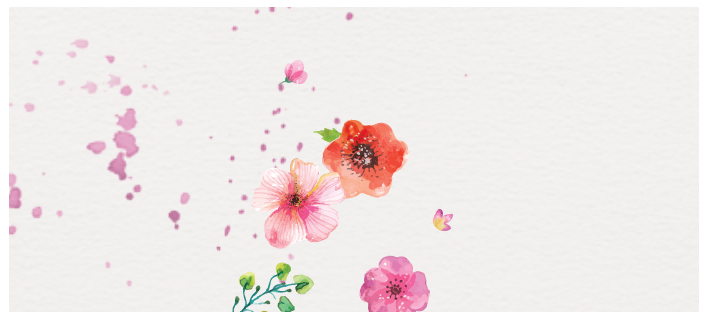
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#30

SHARING NATURE

Press and preserve a flower ...

Pick a flower and press it between
some pages of a book or
cardboard to preserve it.



#29

SHARING NATURE

Make a wild picture ...

Use pebbles, leaves, rocks,
feathers and grass to create
a wild picture.



#32

SHARING NATURE

Make music with nature ...

Collect natural items to make your
own musical instrument.

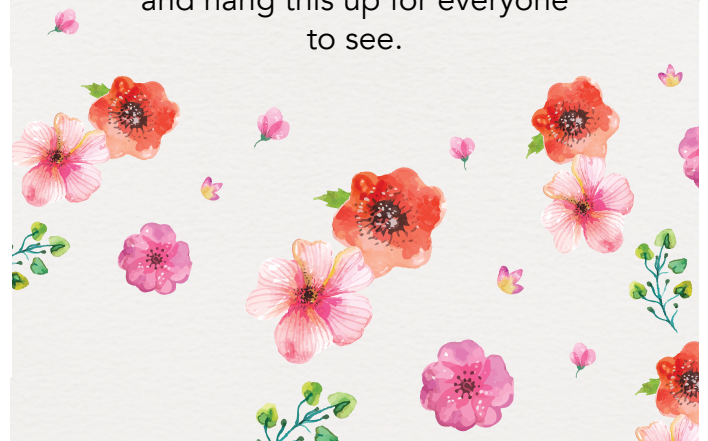


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SHARING NATURE

Create a wild mobile ...

Make a mobile with wild items
and hang this up for everyone
to see.





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FINDING NATURE



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NOTICING NATURE

Let grass grow ...

Let a grassed area grow wild for the month and see what happens in that space.

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NOTICING NATURE

Find wild in small places ...

Explore pavements, brick walls and pathways for grass, flowers or weeds.

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NOTICING NATURE

Unearth treasure ...

Explore what is beneath a patch of soil or dirt and compare this with others digging in different areas.

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NOTICING NATURE

Map a wild space ...

Draw a map of a wild space to share with others.

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Minibeast count...

Use binoculars to spot nature far away. How far can you see?

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FINDING NATURE

Conduct a nature scavenger hunt...

Send others off on a nature scavenger hunt that you have created.

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Take a butterfly walk...

Take a walk around a wild space and see if you can spot any butterflies. Share your results.

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Make a sign...

Create a sign and use it to display facts about a natural or wild space to educate others.

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TIME IN NATURE



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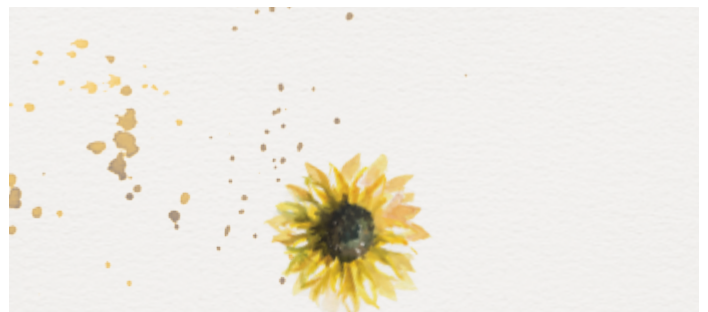
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TIME IN NATURE

#42

TIME IN NATURE

*Have a wild
picnic...*



Each your lunch in a garden,
under a tree or in the wildest
place you can find.



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#41

TIME IN NATURE

*Read a wild
book...*



Find a book about a wild place
and read it outside.



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TIME IN NATURE

*Write a nature
inspired poem...*



Use a haiku or limerick to connect
poetry with a wild experience and
display this poetry in an outdoor
poetry garden.



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TIME IN NATURE

*Protect nature
near and far...*



Clear any litter from a wild place
and put it in the bin.



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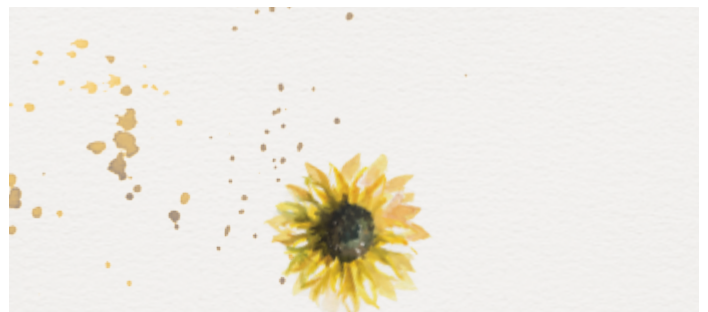
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TIME IN NATURE



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TIME IN NATURE

#46

TIME IN NATURE

*Spend time
in a sit spot...*



Find a sit spot that you can be quiet and still in, to enjoy the sights and smells of nature.



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#45

TIME IN NATURE

*Host a teddy
bears picnic...*



Invite a teddy to share a picnic lunch under a tree.



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TIME IN NATURE

*Revisit a
favourite spot...*



Choose a spot and visit this place throughout the day. What changes over time in this space?



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TIME IN NATURE

*Tune in to
mindfulness...*



Lie down on some grass and place a 'breathing buddy' (a small pebble or rock) on your tummy. Focus on your breathing and intentionally slowing everything down.



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