

10 Ways to be Mindful When Spending Time Outside



1. Feel the bark of a tree trunk.
2. Lay on the grass and watch the clouds.
3. Smell flowers and notice their scent and colours.
4. Sit quietly and listen to the wind and bird songs.
5. See how many native birds you can find.
6. Sit up on a low tree branch and use your 6 senses to see what you can notice.
7. Listen to the sounds of nature around you.
8. Pick up natural elements (eg. gum nuts) and feel their texture.
Make sure you put them back in nature
9. Look at your surroundings and notice the details of the plants, birds and insects.
10. Walk in nature and notice the leaves moving in the breeze.



River, Southern Montessori School student



Elodie, Southern Montessori School student

Crested Pigeons are mindful and calm as they watch the world go by. They are always quick to spot danger then take off in loud wing whistles to warn others.



10 Ways to be Curious When Spending Time Outside



1. Inspect bugs and insects closely to observe what they are doing.
2. Ask questions about wildlife and plants.
3. Listen carefully to the different sounds around you.
4. Find different types of leaves and notice how they feel and smell.
5. Watch how animals move or how spiders make their webs.
6. Look for patterns like markings on feathers or shapes in the clouds.
7. Use your senses to explore - touch, see, hear, smell and think about what makes nature special.
8. Find something new and research it to learn more.
9. Try to find things that are very small, like seeds or ants and notice their details.
10. Pick up rocks or sticks and guess where they came from.



Aria, Southern Montessori School student

*Boobooks' careful attention shows
how being curious can help us learn
more about the world.*



Ocean, Southern Montessori School student





*Peppi, Southern
Montessori
School student*

10 Ways to be Creative When Spending Time Outside



1. Make a nature journal with your different findings.
2. Use nature as your inspiration for artwork and draw, paint or model your favourite animal or bird.
3. Make up a game to play with friends to do in nature.
4. Make a nature collage or picture.
5. Tell a story or make up a character to role play.
6. Use sticks, leaves or flowers to paint instead of brushes.
7. Weave with grass or create a flower crown.
8. Use mud or sand to create shapes or draw patterns.
9. Create a hanging piece out of leaves, flowers and grasses.
10. Make a nature boat to race.



Will, Southern Montessori School student

With an ever-changing environment, the Masked Lapwing has adapted to building simple ground nests in unexpected places such as school ovals, roundabouts, car parks, and urban parks. A perfect survivalist.



10 Ways to Build Resilience When Spending Time Outside



1. Climb a tree or something tall to challenge yourself.
2. Work with your friends as a team when things are hard.
3. Build a cubby or shelter together by working as a team.
4. Try things that feel a bit tricky, even if they seem hard at first.
5. Don't give up. Keep trying even when something is tough.
6. Be like an ibis. Keep going and try new ideas to solve problems.
7. Build things, even if they might fall down. You learn by practicing!
8. Play games like chasey and keep playing even if you don't catch everyone.
9. Help your friends be strong and keep trying too.
10. Go on big walks or explore new places



Hamish, O'Sullivan
Beach Primary Student

*Ibis' are resilient.
They keep going and try new
ideas to solve problems.*



Peppi, Southern
Montessori
School student

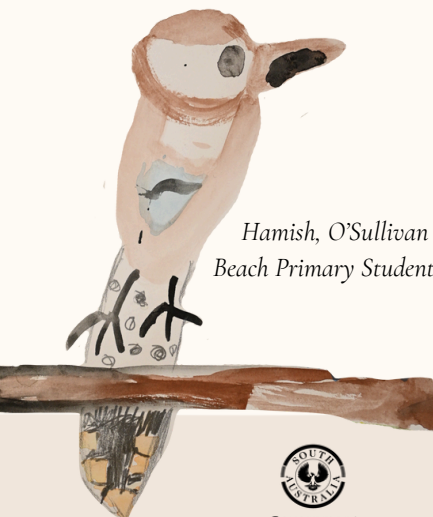


10 Ways to be Adventurous When Spending Time Outside



1. Make up an obstacle course to run or crawl through.
2. Balance across a log near or across a creek.
3. Climb trees.
4. Build a cubby with sticks, leaves, bark and rocks.
5. Look for animal tracks and guess who they belong to.
6. Explore a trail you've never been on before.
7. Visit a new place.
8. Challenge yourself beyond your usual limits.
9. Pretend you are a wilderness explorer and create a map.
10. Play on high ground or hike up a steep hill.

*Enoch, O'Sullivan
Beach Primary Student*



*Hamish, O'Sullivan
Beach Primary Student*

*The Kookaburras' call is a way to
defend their territory or to signal the
start of a new the day, reminding us
that we can reset every day.*



Wherever your adventures take you, we encourage you to connect with Traditional Owners to learn more about the significance of the plants, animals and landscapes.



Elodie, Southern
Montessori
School student

10 Ways to be Playful When Spending Time Outside



1. Sing a song or listen to music with friends.
2. Create something colourful from flowers and natural elements.
3. Play chasey with friends.
4. Fly a kite.
5. Build a cubby house and play hide and seek.
6. Make potions and mud pies with natural elements.
7. Make wands out of sticks and imagine you are a character.
8. Tell some jokes and laugh with others.
9. Go on an adventure along a creek or a walking trail.
10. Paint or draw wildlife, trees and flowers.

Rainbow Lorikeets are energetic as they dart and twist between branches, sometimes hanging upside down as they use their special brush-tipped tongues to feed on nectar and pollen.



Dylan, O'Sullivan Beach Primary Student



10 Ways to be Nurturing When Spending Time Outside



1. Be kind to others and invite them to join in.
2. Look after the environment.
3. Plant native foliage and fauna.
4. Create habitat for butterflies.
5. Make bird boxes and bird baths.
6. Plant a garden and help it to grow by watering and feeding it.
7. Volunteer at a local Community Garden.
8. Be calm and kind to wildlife.
9. Do something kind for someone or give them a compliment.
10. Share your knowledge about wildlife and plants.



Magpies hunt, sing, protect their territory, and raise their families together. They spend time exploring their surroundings and mimicking other birds, animals, and even people.



Max, Southern Montessori School student

Archie, Southern Montessori School student



10 Ways to be Social When Spending Time Outside



1. Ask someone to join in a new game or activity
2. Get a group of friends together and pick a new skill to learn
3. Play safely with friends without technology
4. Have meaningful conversations with friends without distractions
5. Offer your assistance if you see someone that needs help
6. Approach new people and introduce yourself so they feel comfortable to play
7. Use your imagination together so everyone's ideas are included
8. Lead with positivity and ignore negative thoughts and actions
9. Get a group together and draw the sounds that you can hear
10. Ensure everyone feels comfortable and included

Velvet, O'Sullivan
Beach Primary Student



Aleirah, O'Sullivan
Beach Primary Student



*New Holland Honeyeaters form strong pairs
and both parents share care of the chicks.
When ready, the young birds set off on their
own path in search of a social group.*

