

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.

9

Pretend you are a wilderness explorer and create a map.

10

Play on high ground or hike up a steep hill.

NEIGHBOURHOOD nature

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.

7

Visit a new place.

8

Challenge yourself beyond your usual limits.



10 Ways to Be Adventurous Like a Kookaburra

When Spending Time Outside

*Enoch, O'Sullivan
Beach Primary Student*



*Hamish, O'Sullivan
Beach Primary Student*



Government
of South Australia
Preventive Health SA

Nature Play
SA