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- 1) Enjoy a picnic by a river or under the shade of a tree
- Get up early and go for a bushwalk, listening and spotting wildlife along the way
- 3. Create a nature bracelet. Loosely wrap a strip of masking tape around your wrist (sticky-side out) and attach things like flowers, leaves and grass from the garden
- 4. Go on a feather hunt. How many different feathers can you find?
- 5. Put on a Parade Grab your friends and all decorate your bikes, scootersl and prams and ride around the block to show off your fancy floats.
- 6. Go mud sliding! Put on some old clothes find a muddy patch and roll around.
- 1) Make your own wind chime by using items around the house.
- 8. Head outside and go on a cherry blossom hunt.
- 9. Build an obstacle course with things you find. Record how long it takes you to complete it and then try and beat that time!
- 10 Turn a tree into something magical! Decorate a tree with nature inspired ornaments.
- 11. Investigate the backyard or local park with a magnifying glass
- 12 Plant some spring flowers in a pot
- 13 Make your own waterproof clothes out of plastic bags and go outside when its raining and see if you stay dry.
- 14. Rock hop across a creek
- 15. Collect long sticks from your yard or neighbourhood and make something out of them
- 16. Take a walk to feed the ducks. Can you spot any new ducklings?
- 17. Spend time lying down watching the sky. What different shapes can you find?
- 18. Build a bird nest in the garden out of dry grass, twigs and sticks. Is it sturdy enough to hold stones?
- Decorate the footpath or driveway with chalk
- 20 Attend an outdoor community event with your family

Remember to get permission if you go out on your own, and take a drink bottle, sunscreen, and a hat!



Check out www.natureplaycbr.org.au for more outdoor activities and age appropriate lists