




# TO DO as you go bushwalking

- 1. Play- Find yourself in nature**  
Just like people, trees are unique. Can you find a tree that reminds you of yourself? Explain your choice
- 2. Switch on your 'Super Eyes'**  
See the bush through the eyes of its smallest inhabitants. Your challenge is to find a safe insect to zoom in on and watch quietly for a whole minute.
- 3. Scrunch and sniff**  
Find the one smell that would immediately bring this bush track to mind. Try crushing fallen leaves in your hands, and then smelling your 'forest perfume'. Which one do you like best?
- 4. Watch the Birds**  
If you sit quietly, you'll notice that birds begin to fly and perch closer and closer to your group. Watch as they hunt for food, feed their babies, bathe and sing. Observe differences in size, shape, colour and behavior. Try to identify them now, or at home.
- 5. Find Natural Treasures**  
Make it a game by searching for a 'rainbow' of colours, or each of the alphabet, various shapes or textures. Leave them behind at the end of your day, take a photo or leave them somewhere safe for next visit.
- 6. Sit silent and still**  
Ancient cultures, including Aboriginal and Torres Strait Islander Peoples, practise a type of sitting that requires complete silence and the engagement of all the senses. Share what you saw, heard and how you felt.
- 7. Create land art**  
Celebrate your bush adventure by using only natural materials to build a sculpture or make a 'picture'. Photograph the finished result and then leave your ephemeral art to be reclaimed by nature.
- 8. Make music**  
Music, in the form of rhythms or songs, can tell the story of your day and/ or keep everyone going as you reach the end of your walk. Keep the beat with bush instruments, sing a song you all know and change the words to be about your bush adventure, or compose a brand new song together.
- 9. Share stories and memories**  
Ask your parents and friends about other bush adventures they've had, or share the history of the place you are exploring, factual information about the flora and fauna, or fictional tales set in your bush location.
- 10. Splash, sink, soak**  
If your adventure leads you to water, stop to throw a small object in, listen to it 'plop' and watch the circular ripples. If the water is flowing, hold a 'leaf boat' race. If it's safe to do so, take off your shoes and explore barefoot. It's cooling, relaxing and fun!

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Supported by  Queensland Government

Content derived from Getting Kids into National Parks by National Parks Association of Queensland, an official Nature Play QLD Partner

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