

# Nature Play WA Journey to School Activity



Nature Play WA aims to increase the time kids spend in unstructured, outdoor play. Playing in nature can improve kids' health, cognitive, social and emotional development. It builds resilience and creativity, and can lead to environmental stewardship later in life.

Nature Play WA's website is packed full of ideas to get kids playing outside in nature – including many active travel activities. [www.natureplaywa.org.au/things-to-do/activity-finder](http://www.natureplaywa.org.au/things-to-do/activity-finder)

## What's around the block?

You'll be amazed by what might be right in your neighbourhood. When you walk to school, look at the plants and trees that surround you. Are there some especially pretty or unusual ones? What animals do you spot along the way?

## What's growing in the footpath?

Take the time to stop and see what's growing between the cracks of the footpath. Are there different types of grasses or weeds? It's amazing how much can grow in such a concrete environment.



## What's your favourite colour?

Everyone has a favourite colour. Take your kids on a walk down the street and have them point out things in their favourite colour. You'll probably



find more than you expected.

### Silent sharing walk

Take a walk to school with your kids. Suggest they look and listen for interesting things as you walk. Point out and share cool rocks, big trees, scary spiders and more without talking.

### Note the changing seasons

Time flies, and before you know it, spring has turned to summer or summer to autumn. Take a walk (to school) and take notice of those things that change from month to month. What colour are the leaves? Are there leaves on the trees? Does the grass or ground look dry?

### Listen for bird sounds

On your way to school... can you hear bird sounds? They're happy to sing for you and your kids

### I spy five things that fell from the sky

Look around on the ground near some trees. Can you spot anything that fell from above? Try to find 5 different things, take a good look and figure out what they are.

### Look for shapes in the clouds

(On your way to school, look up and)... Look at the different cloud shapes. Do you see anything? What could they be?

### Name the clouds

Name the different kinds of clouds you see and find out how many days they appear each month. Can you find out how and why different types of clouds are formed?

### What's up with that rock?

Ever look at a rock really closely? Some have funny shapes and colours. Find an interesting rock and check it out! Does it look like an animal?

### Become a master grass whistler

Want to whistle a tune? Your child can make a grass whistle easily with a blade of grass between their thumbs. You place the blade of grass tightly between your thumbs side-to-side. Go ahead and blow through the hole created between your thumbs' knuckles and base.



## Animal sounds guessing game

Take turns making animal sounds. Add some mystery to it by having your child guess what animal you're mimicking. Then take a turn being the guesser.

## Sneaky secret agent, mission: bug discovery

This is your mission if you choose to accept it. Create mini search parties and seek out bugs and insects. Compare relative sizes and shapes - not all bugs are alike! For an extra challenge, try catching one in a jar, but don't forget to let him go once you're done.

### The smallest bug

Use a magnifying glass to look at the smallest plant or animal you can find. How many legs does it have? Does it have wings? Does it wave at you?

### Bug finder challenge

Some bugs can be pretty sneaky. Try finding some of the harder to spot ones like stick insects or grasshoppers. These interesting guys are known as camouflage bugs.

### Dramatic dewy spider webs

In the morning, look for dew-decorated spider webs. How many can you find? What else is covered in dew?

### Rock and roll-y pollies

Lift up a rock (or branch) and check out the life underneath. What do you see? Bugs? Worms? Everything in the bush has a purpose. Can you figure out what worms do?

## Who am I? What am I? 20 Questions!

Take turns thinking of people, places or even objects and then have (your child/ren) ask yes or no questions to figure out who or what you are.