Nature Play SA

TURN PLAY INSIDE, OUT.

25 THINGS TO DO IN SUMMER

- [x] 1 Explore a reef or rockpool and see how many sea creatures you can spot!
- [ ] 2 As a family, choose a new natural place to visit and set out with picnic in tow for a day of discovery and adventure
- [ ] 3 Discover seasonal food: learn when different summer fruits come into season and then harvest from your garden, at an orchard, or farm
- [ ] 4 Get up early and go for a bushwalk, listening and spotting wildlife along your way!
- [ ] 5 Make a nature craft decoration to hang from the Christmas tree
- [ ] 6 Make a sand sculpture – or a sand city! - and decorate it with natural treasures
- [ ] 7 Enjoy the waves: body surf, boogeyboard or learn to surf this summer!
- [ ] 8 Paint pictures on cement with a container of water and a paintbrush
- [ ] 9 Spend a balmy evening by the river or sea: swim, play frisbee or cricket, enjoy a casual dinner, and watch the sunset with your family
- [ ] 10 Explore a Botanic Garden and enjoy the cool shade of the trees
- [ ] 11 Try your luck at fishing, crabbing or yabbying!
- [ ] 12 Plant a summer garden or pot plant (try strawberries, lettuce and cucumbers!)
- [ ] 13 Kayak or stand-up-paddleboard on a river, lake or the sea
- [ ] 14 Find a beach known for cockling and do the 'cockle twist' – feel the waves lap against your feet, locate the cockles with your toes, then see if you can scoop them up!
- [ ] 15 Go camping and look up at the night sky (head somewhere wild or pitch a tent in your own backyard)
- [ ] 16 Create a summer nature play journal to record your adventures and natural finds
- [ ] 17 Look at the world from a different perspective: take off your shoes and climb a tree!
- [ ] 18 Water your summer garden first thing in the morning or as the sun sets – what changes can you notice from the day before?
- [ ] 19 Snorkel at the beach and see what lies beneath the surface
- [ ] 20 Create a nature boat from natural materials - such as seed pods, bark, washed up cuttlefish, sticks, seaweed and leaves - then float or race them in a creek or the sea!
- [ ] 21 Discover the world at dusk! Head out for a walk with your family, and see what you can discover as day turns to night
- [ ] 22 Enjoy the freedom and sensory delight of mud play at home – then run through the sprinkler to clean off!
- [ ] 23 Build a cubby or natural shelter in your garden, at the park, or somewhere wild
- [ ] 24 Get an adventure backpack ready with food and cool water, then head out on a family geocaching* mission – locate caches in your neighbourhood or venture to somewhere new
- [ ] 25 Make homemade iceblocks or lemonade and enjoy them outside on a hot day!

* natureplaysa.org.au/geocaching

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

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