

SENSING NATURE

Find a spot and get comfortable. Now, try to name:



TEN THINGS
YOU CAN SEE



SIX THINGS
YOU CAN TOUCH



TWO THINGS
YOU CAN SMELL



FOUR THINGS
YOU CAN HEAR



ONE THING
YOU CAN TASTE

Find more great activities in *The Nature Activity Book*
by Rachel Haydon, illustrated by Pippa Keel.

Available at Vic Books (Kelburn and Pipitea) and other good bookshops.



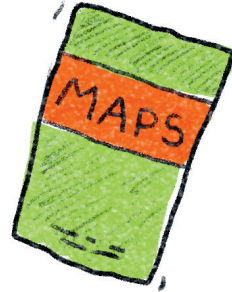
WRITE!



ORGANISE A TRIP TO A SPECIAL PLACE

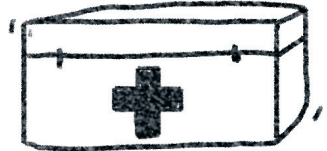
Taking a trip to somewhere special is a wonderful way to spend time with friends and whānau. It's even better when it's to somewhere you've always wanted to go.

On the next page, write down where you would like to go and what you need to take with you. The list below will help you get started.



Maps and a means of communication, like a mobile phone

Medication



Emergency equipment

The name and phone number of the person you are telling of your plans in case of emergency



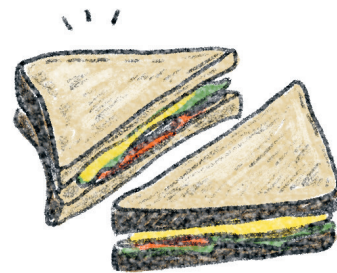
Clothing



Weather protection (including sunblock)

BE PREPARED

If you are heading somewhere outdoors in nature, be prepared. You never know how weather conditions may change. Check out the Department of Conservation's website for a recommended gear list for a day hike (find the link on page 171).



Food and drink

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SOUND SCAVENGER HUNT

Our amazing brains block out lots of background noise for us, so we don't get overwhelmed by the sounds of everything around us. If you listen carefully, you'll be amazed by what you can really hear when you give things your full attention.

How would you describe a sound made far away? How would you describe a sound made close by?

IN A NATURE SPACE, LISTEN FOR:

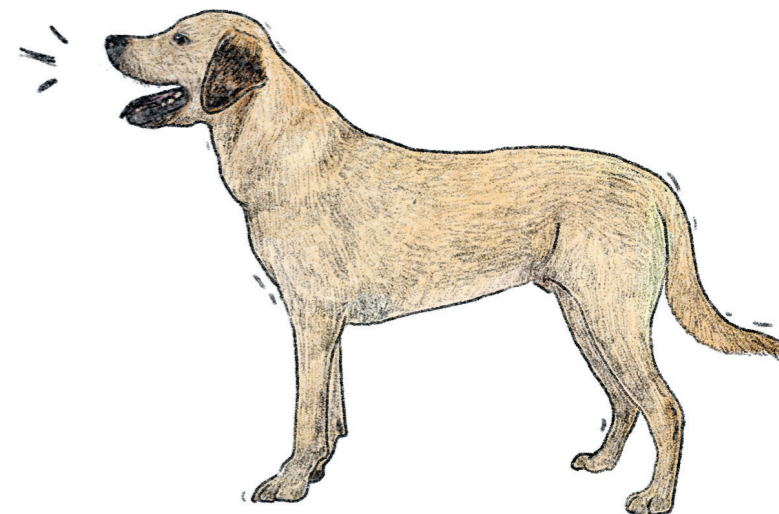
- Birdsong
- The breeze or wind
- Running water
- Rustling leaves
- Crunching rocks or gravel
- Breaking sticks
- A splash

What else can you hear?

Make a tick alongside the sounds that you heard and write down any extra sounds you heard.

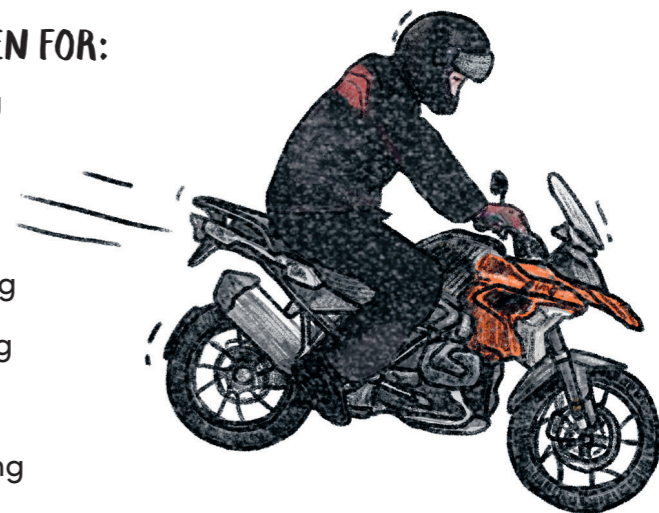


HONK!



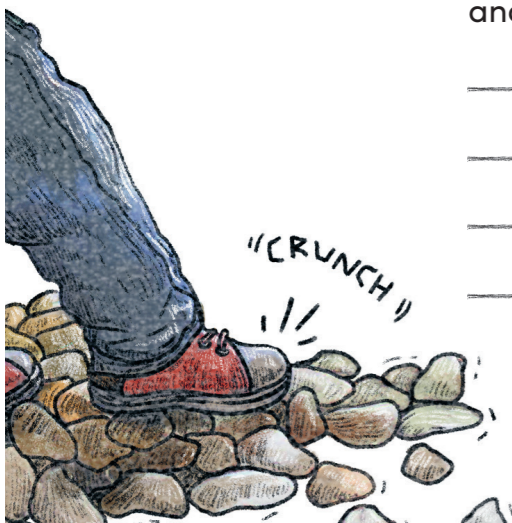
IN TOWN, LISTEN FOR:

- Doors closing
- Cars
- Motorbikes
- Horns honking
- People talking
- Dogs barking
- Phones ringing
- Lawnmowers



What else can you hear?

Make a tick alongside the sounds that you heard and write down any extra sounds you heard.



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WRITE!



OFF WANDERING ON AN ADVENTURE

In France, a flâneur is the word for a person who observes their surroundings – an urban explorer who wanders with little purpose other than to see what they might find or observe.

Give yourself some time to just wander. What do you observe? Do you see objects? People? Other living things? Try not to have a final destination in mind and see where you end up.

Use this space to take notes, draw pictures or add photos of what you see.

Date: _____

My wandering started here: _____

My wandering ended here: _____

It took this long: _____

People I saw: _____

Animals I saw: _____

Objects I saw: _____

Plants I noticed: _____

Sounds I heard: _____

Please circle one of these: It was warm/cold/windy/raining.

BEWARE

It is safer to do this activity in an area with people around and not in the bush – unless you really know where you are going. Take an adult with you and a mobile phone. Wandering without a final destination in mind is great fun, but don't get lost!



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