

Adventures in Nature

Ideas for Day Time Walking Explorations



Traditional Custodians

As you set off on your walk you might want to talk about how you are on the land of first nations people that have shared a connection with this place for tens of thousands of years. How amazing is that! Do you know who the Traditional Custodians of your area are? Here are some websites that might give you a hand to find out if you aren't sure- <https://aiatsis.gov.au/whose-country> and <https://aiatsis.gov.au/explore/map-indigenous-australia>

Feathered Friends

Look out for birds on your walk. Do you know much about the birds that live in your local area? What bird songs do you know? Visit Birdlife Australia <https://birdlife.org.au/> to learn more about common birds in your area. You might also like to take part in the annual Aussie Backyard Bird Count, a citizen science event which happens every October.

Micro Creatures

Keep your eyes out for any tiny creatures you might see on your walk. They might fly by or move along the ground or be hiding in secret crevices as they notice some big giant's feet approaching. I wonder what the littlest of creatures might be doing with their day as we notice them? Are they hunting for food or looking for shelter or on their way to visit a friend? Are they part of a group or on their own? How do they move from place to place? Can we follow their trail/s?

Tree Time

Pick a big tree and sit at the base of it and look up into its branches. What animals might live in this tree? Can you see any? Close your eyes and listen to the sounds of the tree. Feel how the tree supports your back and touch its bark with your hands. What smells are you aware of as you sit by the tree? How long do you think this tree has been alive? What change has it seen happen around it in its lifetime?

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Frog songs

Do you have any frogs around where you live? There are many species across Australia. Learn about frogs or take part in some citizen science counting frogs in Australia's biggest frog count- www.frogid.net.au

Animal Detective- Follow the trail

Can you spy any signs that animals might have been here recently? Footprints, trails, dropped feathers or skin or animal poo. Be an animal detective and see if you can identify any animals that might have been past recently. Take photos of the evidence as you investigate how many different animals you think you have detected.

Cloud watching

Look up at the clouds. Sometimes they move into familiar shapes that you can talk about together. Check out this fun instagram account that might inspire your own cloud shaping imagination- 'adailycloud'

Sun rise or Sun set

In her book 'Wild' Cheryl Strayed reminds us that we can choose to put ourselves in the way of beauty everyday- 'There's always a sunrise and always a sunset and it's up to you to choose to be there for it.' Which one would suit you more to put yourself in front of today, sun rise or sun set? Maybe you could take a photo each time you put yourselves in the way of a sun-rise, sun-set or other natural wonder?

Ideas for Evening Adventurers

The First Star I See Tonight

Take a walk together in the evening and see who notices the first star to come out in the sky. Some say that the person to see the first star come out at night gets to make a wish. What would be your wish?

Spotlight

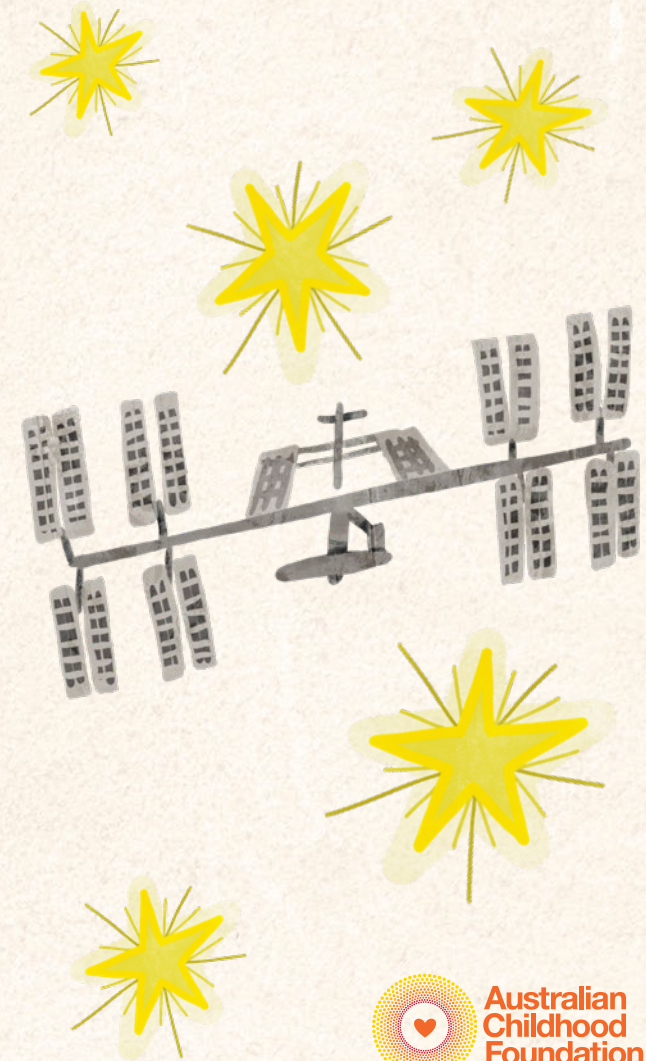
What animals might you meet at night compared with in the day? If it's safe for you in your local area, take a walk together at night with a torch and look around for the animals that come out at night. When you spot an animal with your torch you will often see their eyes shining back at you. How different things look at night compared with in the daytime.

Star Gazing

After dark look up at the sky towards the stars. There are some fun apps that you can access with internet enabled phones that will tell you about the stars and the planets in the night sky you are looking at if you hold your phone up to the sky. Here is one suggestion, but there are many you could try- Star View lite (available for IOS <https://apps.apple.com/us/app/skyview-lite/id413936865> or Android https://play.google.com/store/apps/details?id=com.t11.skyviewfree&hl=en_AU&gl=US) You might also like to learn about Australian Indigenous Astronomy. This website can tell you a bit about how our first nations people have been looking into the sky to make meaning for many thousands of years- <http://www.aboriginalastronomy.com.au/>

International Space Station

Circling above us all the time is the international space station. You can track it moving around the globe and see the earth from its perspective through a live cam using the ISS Live Now app- for Android https://play.google.com/store/apps/details?id=com.nicedayapps.iss_free&hl=en_AU&gl=US or for IOS <https://apps.apple.com/us/app/iss-live-now/id1138994692> I wonder if the station is sailing anywhere close by as you take your walk?



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