



**HUG A TREE** - In pairs one person is blindfolded, the other person guides them to a tree / bush. They get to know the tree. Guide them back to the start and spin them 3 times. Take off the blindfold and they have to walk back to their tree.

**GET TO KNOW A LEAF/SHELL** - Everyone has a shell / leaf, talk to them through looking, feeling, touching, smelling, closed eyes - getting to know the leaf.

**SENSORY WALK** - Feel 4 different nature items, Smell 3 different smells, 2 opposites,

**AWARENESS WALK/FOREST BATHING** - Slow, barefoot, noticing, silent.

**LOUD AND QUIET RUN AND WALK** - Notice the difference between the two - in our body, what we notice and how we feel

**MUD PIE** - Find some dirt and some water and make some mud pies

**MUD BALL** - Use some natural elements to make some mud balls

**POTION MAKING** - Gather some natural resources to make a special potion

**SAND SCULPTURE** - Use sand and any other resources to make a sculpture

**NATURE TOWER** - Forage around for some loose parts and make a tower out of your finds

**MANDALA / PATTERNS** - Forage for leaves, flowers, nuts, sticks and seed pods. Create individual or group mandala or patterns

**COLOUR HUNT** - Find all the colours of the rainbow in nature. You could make a leaf rainbow too

**THREADING LEAVES** - Use either a stick or a strip of Ti Kouka or harakeke to thread leaves.

**ROPE MAKING** - Start with plaiting harakeke or ti kouka and then learn string making and rope making.

**NECKLACE MAKING** - Make string or plait and then add a special taonga onto the string

**DOLL MAKING** - Using harakeke, ti kouka and grass to make a doll

**BAG MAKING** - Quick ti kouka basket for foraging. Harakeke too

**BALANCING** - Across logs, trees or anything that requires balance. Add in some jumping

**HUT BUILDING** - Use sticks, branches and natural resources to make some shelters



FAIRY HOUSE - Make mini houses for mini beings

RACE TRACK - Create race tracks on little hills for conques or acorns

LEAF HUNT (SMELL, SIZE, SHAPE) - Leaf scavenger hunt for size, shape and smell

NATURE MOBILE - Get a good stick and some harakeke and gather some other natural resources to make a mobile

NATURE STARS - Get 6 sticks the same length. Tie 3 together to make a triangle and the other 3. Then position together to make a star. Or make a star out of harakeke

CONSTRUCTION - BRIDGE / TOWER / HOUSE - Gather a pile of nature's treasures and construct a bridge, tower or a house

NATURE DRAWING - DIRT / MAKE PAINT BRUSHES - Use sticks to draw in the dirt or make paint brushes using sticks and natural fibres e.g. pine needles, twigs. You can also use coal to draw on logs

NATURE DYE - Crush flowers or berries to make paint with water. Or press leaves and flowers onto material

FORAGING - What is edible and what is not (classification and rules for eating in nature)

BUG HUNT - Find some insects, look at them in a container or with a magnifying glass, can you identify them

LIVING CREATURE HUNT - Go for a walk and see what living creatures you can find in your habitat or evidence of living creatures (holes in leaves, bird poo, holes in logs)

SPRING FLOWER HUNT - Create a scavenger hunt for the wild flowers in your space during spring

MAKE NESTS - Little nests or human size nests

LEAF PILES / THROWING - In Autumn gathering piles of leaves, jumping in them, throwing them, leaf fight, leaf nest

STONE TOWERS - Balancing stones or even wood cookies

SAND SCULPTURES - Sand art and using other natural elements

WATER PLAY - Poo sticks, mixing, puddle jumping, making rivers, damming a stream