

Everyday Nature PYRAMID



YEARLY

GET AWAY

Go camping away from cars, buildings and WiFi. Plant on National Tree Day.



MONTHLY

TAKE A HIKE

Visit a national park and go for a bushwalk, give snorkelling a try.



WEEKLY

EXPLORE NATURE

Do a scavenger hunt, count bugs, do the gardening, press flowers and skim stones.

DAILY

PLAY OUTSIDE

Get out into the playground, backyard or park. Run around on the grass. Make a mud pie, climb a tree.



Not only is unstructured outdoor play fun for kids, it helps develop physical and mental skills, promotes health and wellbeing, and teaches kids valuable lessons. They'll also develop a deeper appreciation of nature and a desire to care for it as they grow up.

Find out more at [PlanetArk.org/Nature](https://www.planetark.org/nature)

