

Pockets are portable museums!



ARCHEOLOGISE!

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Have you ever led an archeology expedition? With a magnifying glass in hand, scour your urban jungle for fossils. Dust away dirt and debris with a paintbrush. Find remnant vegetation that has survived the concrete mixer, patrol water-tumbled rocks along rivers and inspect the complexion of stones and cliffs near the ocean.

"Be yourself. Everyone else
is already taken"
— oscar wilde

B



Be

To be or not to be? I think therefore I am?
Don't think about it — just be in nature.

Waldeinsamkeit — pronounced VALD-eye-n-zam-kite — is a German word with no English equivalent. It roughly means forest solitude; the feeling of being alone in the forest. Try it!

"We often forget that WE
ARE NATURE. Nature is not
Something separate from us."
- Andy Goldsworthy



C camouFLage

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Become a master of disguise. Find a tree with interesting leaves and dress up in its colours. Try to spot some camouflaged critters: Tawny Frogmouths, stick insects, leaf wing butterflies or leafy sea dragons.

During the day, Tawny Frogmouths perch on low stumps and tree branches. They sit eerily still, heads tilted back and yellow eyes shut tight. Masters of camouflage, they blend in with tree bark and look just like broken branches.



D

"A dapple of light seems such a small thing but in darkness it is a star shining bright." — Anne Irish

DaBBLe



Dabble in the dappled light of a tree canopy. On a sunny day, make a mission of finding a stand of trees with tall wide branches and bask in their dappled light. See how the light carpets the ground in unique patterns?

e



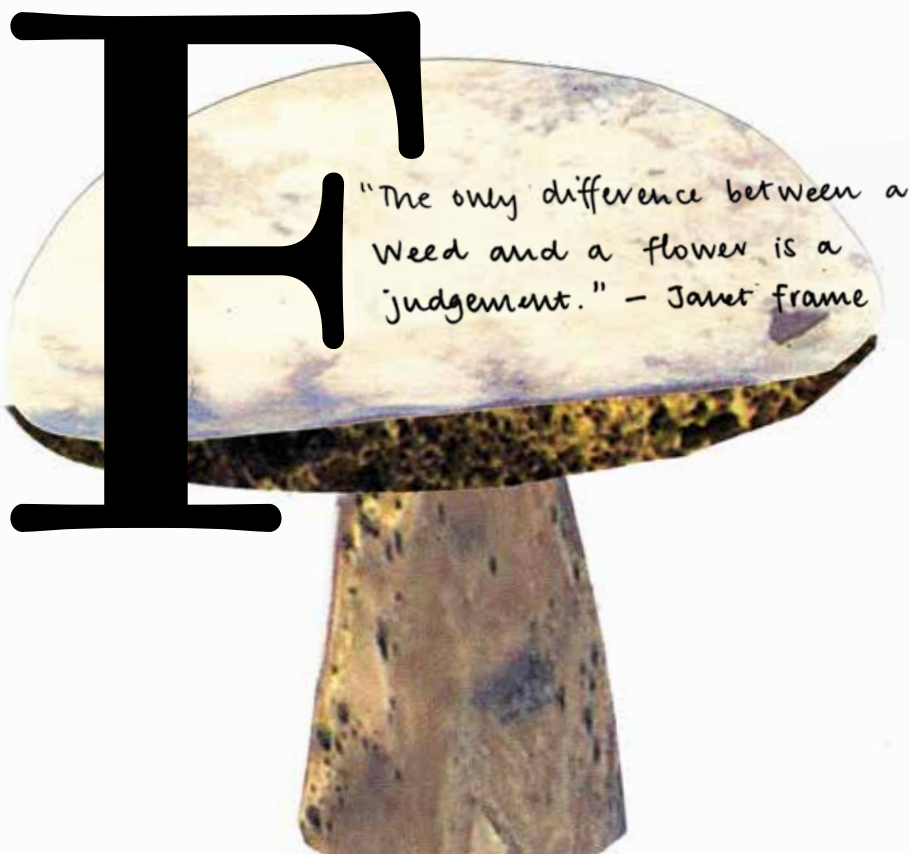
Engineer

Engineers plan, plot, scheme, devise, choreograph, mastermind, concoct, invent, design and build.

Can you engineer a dam or log bridge to cross a creek?

A twig tower, teepee or tree swing?

Build a rocky skyscraper by balancing flat stones on top of one another as high as they can go without toppling. You don't need hammers, nails or cement. Just use your noggin, gravity (which is free of charge) and what you can find in nature.



Forage

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When you study fungi with friends you're on a foray. When you hunt for edible weeds (or as we like to call them, rogue salads) you're resourceful.

Find a field guide for edible weeds. Google mallow, dandelion, clover and nettle to get a taste of what you're fossicking for.

Join a mushrooming group. Evolutionarily, fungi have more in common with us humans than with other plants.

"You are the stuff of stars. The atoms that shape you were once the dust and gas of ancient stars."
— Jack Troeger



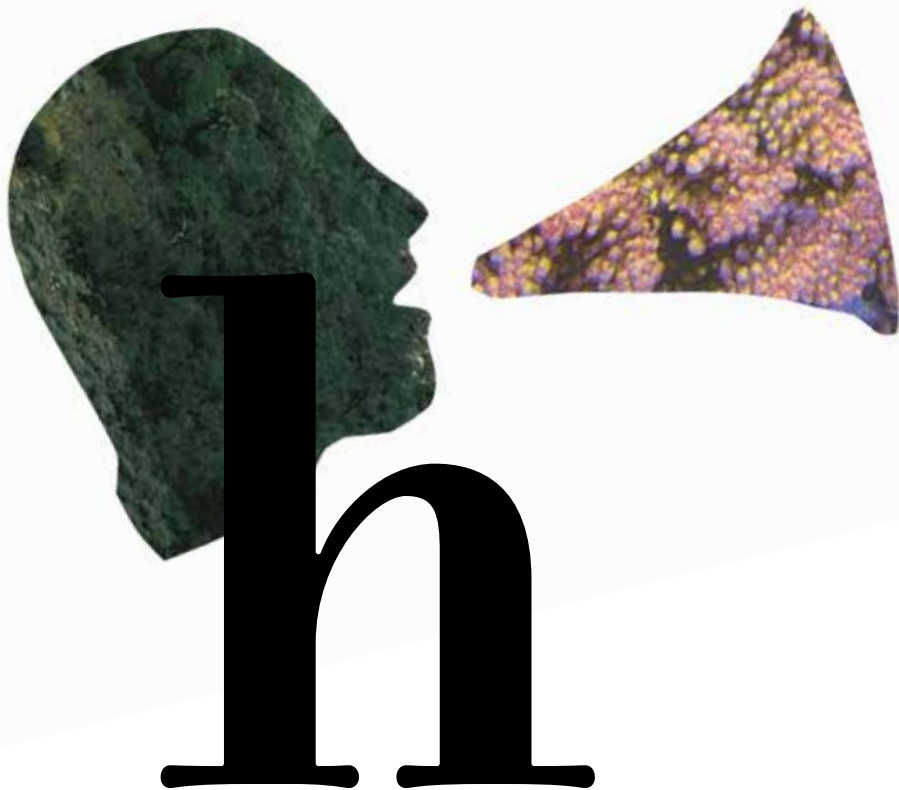
Gaze



Gaze at the sky and cloudspot, stargaze or moonwatch.

Can you spot layered sheets of stratus clouds, thin wisps of cirrus and cotton wool of cumulus? Did you know fog is a type of cloud that sits close to the ground?

At night, gaze at constellations twinkling in the lunar light and ponder the imponderables of the universe.



HOLLER

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Holler from a mountain top. Holler into the ocean. Holler to the wind and through the trees. Growl and scream your lungs out.

The LOUDEST natural sounds ever made on our planet Earth are probably gigantic volcanic eruptions, such as the explosions of the island of Krakatoa.

Did you know wind doesn't make a sound until it blows against or passes through an object?



ImITate

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Imitate the call of a bird, the buzzing of a bee,
even the stirring of trees if your tongue is elastic enough.
If you can't hear any new noises, invent your own nature noise
by remembering one you've heard and going to town with it!

Did you know the lyrebird can imitate almost any natural
and artificial sound? Chainsaws, fire alarms, koalas, crying babies,
other birds — the male lyrebird sings complex melodies
of mimicry to impress female birds. The more intriguing
and detailed the sound, the more alluring the singer.



JOBONGH-nga

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Jobongh-nga is a Wagiman word that means to walk through water and find something with your feet.

Wagiman is an Aboriginal language spoken around the Daly River in the Northern Territory, about 250 kilometres south of Darwin. The river and its wetlands are highly fertile and well-watered, and places like Ooloo river Crossing and the Tjuwaliyn Hot Springs are important cultural and spiritual sites.

Go for a walk through water. What can you find with your feet?



KINDLE

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Kindle a flame. Fire is hypnotic, dangerous and vital.

Have you ever built a fire?

Inside a circle of stones, place a small pile of tinder (dry plants, moss, bark and paper) to catch the fire's first spark. Add kindling (twigs, bark, paper) and set it alight. Blow gently. Slowly add more kindling and small pieces of firewood to make a small tepee. As it gets going, pile on larger pieces of firewood.

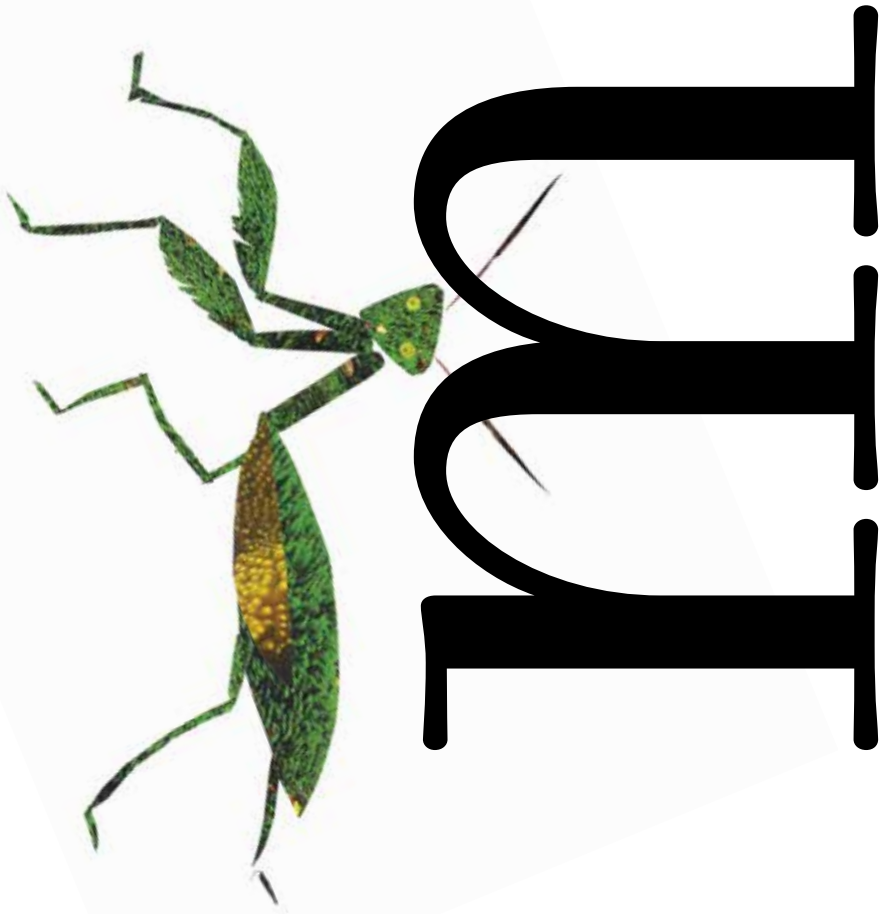


LISTen

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Collect sounds. In your ears! How many sounds can you hear?

Sound behaves differently in different environments. It travels faster in warmer and more humid conditions. Heavily vegetated areas such as dense forest with soft surfaces like moss, leaf litter and tree bark absorb sound, while sound waves bounce off hard surfaces like rock, water and ice and travel great distances.



MINIBeasting

Lift up a log and spy on the squirmy world of minibeasts.
Track the tiniest minibeast you can find with a magnifying glass.

Minibeasts are invertebrates, creepy crawlies without backbones like spiders, snails, and beetles. These spineless critters are often soft and easily squished, so have armour (hard shells or exoskeletons) and transportation (legs or wings) for protection.

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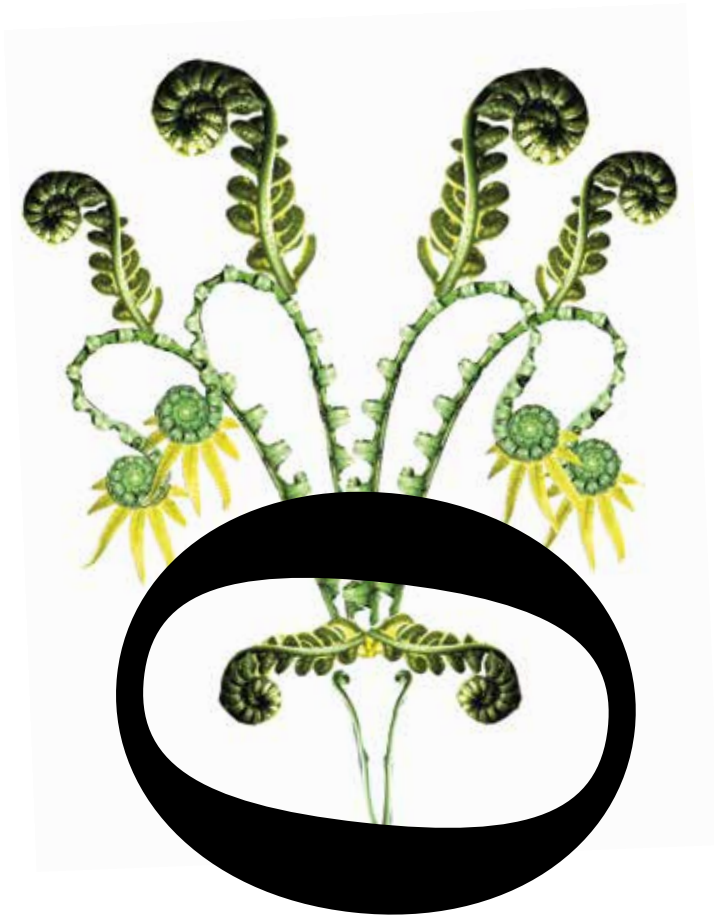


NEST



Where do you go when you need to rest or hide?

Learn architecture from birds and build a nest in nature as an antidote to the steel and concrete jungle. Knit and knot grasses and reeds or weave salvaged sticks into a cozy refuge. Line it with fallen leaves, soft bark and moss. Rest in your nest.

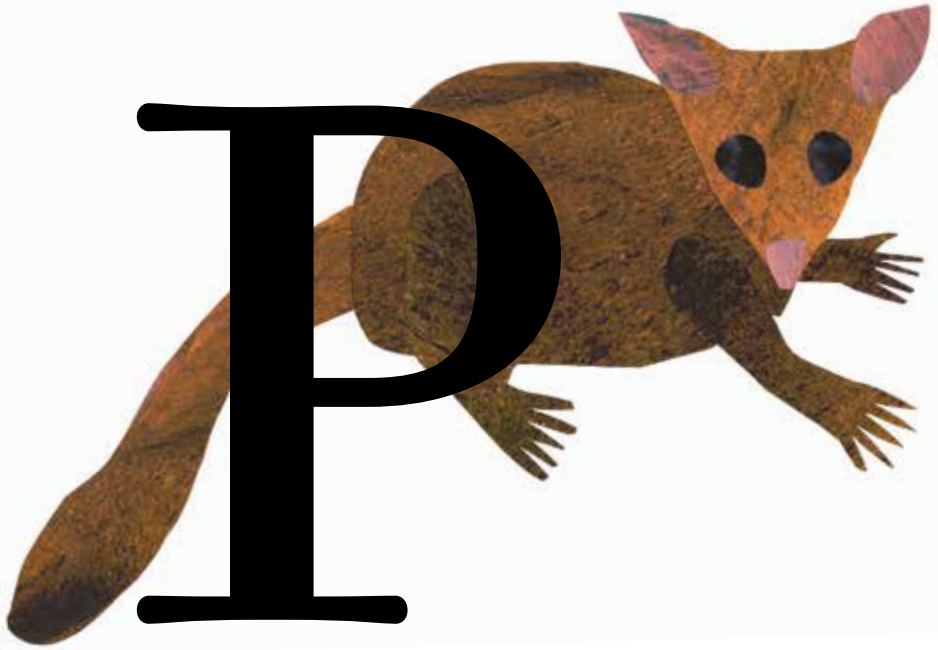


ornament

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Notice how nature is decorated with ornaments and chandeliers.

Find nature's graffiti, the scribbly gum. Spot biological ornaments — animal parts that seem to serve no function other than decoration, like electric blue Ulysses butterflies, Rainbow Lorikeets and the extravagant tails of peacocks and lyrebirds.



Possum

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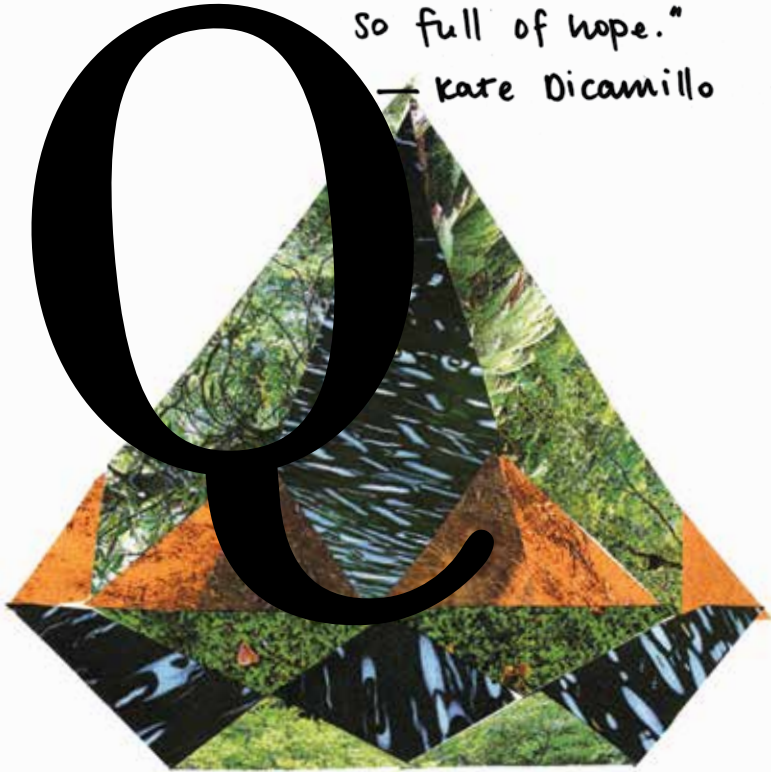
They say one in four Australian children have never climbed a tree. Have you? Quick sticks! Find a tree and possum up it!

Leadbeater's possums are an endangered species also known as fairy possums. They are teeny tiny — less than a hand-span in length — and live in small pockets of old growth mountain ash forest in the Victorian central highlands. Groups of up to 12 snuggle together in nests made of shredded bark in tree hollows, in the upper story of some of the tallest trees in the world.

How high can you possum up a tree?

"Say it, reader. Say the word
'quest' out loud. It is an
extraordinary word, isn't it?
So small and full of wonder,
so full of hope."

— Kate Dicamillo



quest

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Go on a sensory quest.

Sit under a tree and use all your senses at the same time — look,
listen, touch, smell, taste. What do you sense?



"Not all those who wander are
lost" — J.R.R. Tolkien

Ramble

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Ramble through the bush. Wander aimlessly. Meander only
for pleasure, with no a particular route or destination.
Choose the winding path and see what you stumble upon. If you
don't know where it is you're going, any path will take you there.

S

"When you see your reflection in water, do you recognise the water in you?" – Roni Horn

SLOSH



Find a puddle or stream and splosh in it. Splash, splatter and splish. See how the water gushes, hushes and rushes. How it burbles, babbles and gurgles; slops, flops and plops.



"A bird can fly but a fly
can't bird"

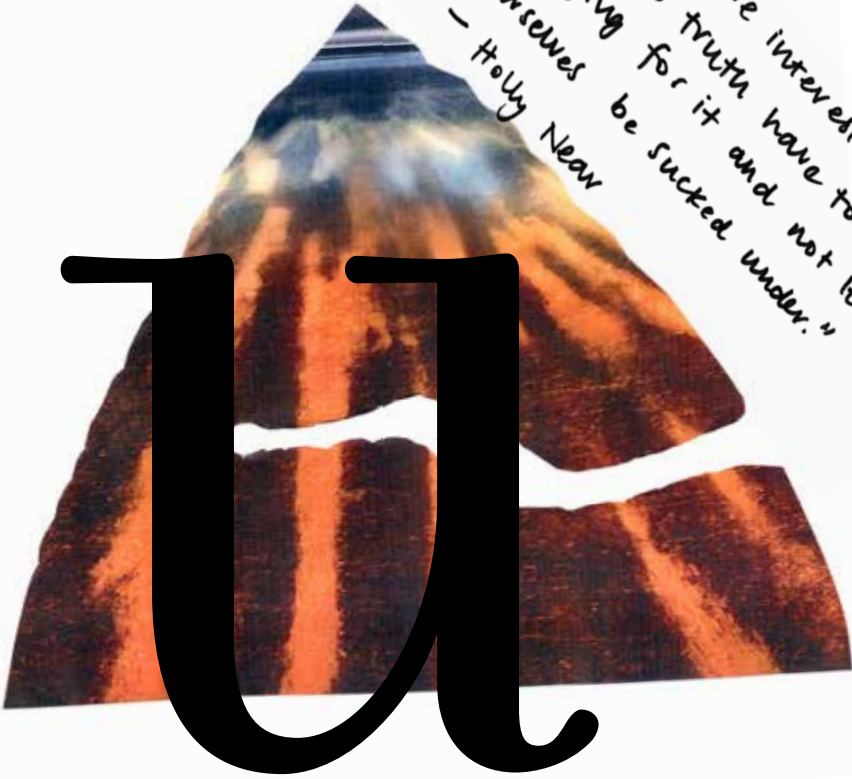
TWITCH



Our skies are filled with an astounding array of life. Those feathered creatures we call birds can be as light as ... a feather, or as heavy as a human. Emu-wren are 5 grams, but emus can be 50 kilograms.

Flock outside with some binoculars, or your eyes, and see how many types of birds you can spot. The deeper into the trees you go, the more winged wonders you'll find. If you're in a wet forest, woodland or mangrove, you might meet a Spangled Drongo!

HOT TIP: Birdwatchers are called Twitchers!



"We who are interested in
relative truth have to keep
digging for it and not let
ourselves be sucked under."
— Holly Near

Unearth

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Dig for treasure. Dig for fun. Dig a hole.
Not just one.

Dig and see what's in the space left behind.
Fill it with plants, or water, or yourself.

V



"You cannot swim for new horizons
until you have courage to lose
sight of the shore"

— William Faulkner

vanquish

Nature is sublime. It is bold and beautiful, but nature can also be a bit spooky and a little gross. But being scary doesn't mean it's bad.

Do a *spooky nature tour* — try and find as many weird worms as you can. Do beetles freak you out? Vanquish your fears — unearth a spider or two, follow a possum around, swim in deep water or climb a tall tree and look down.



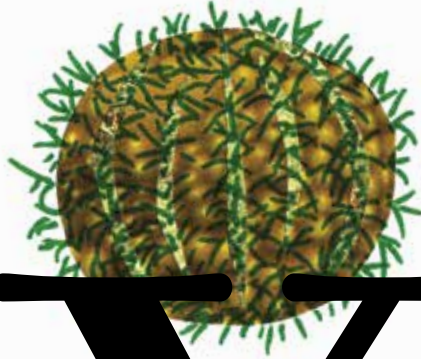
W

wonder

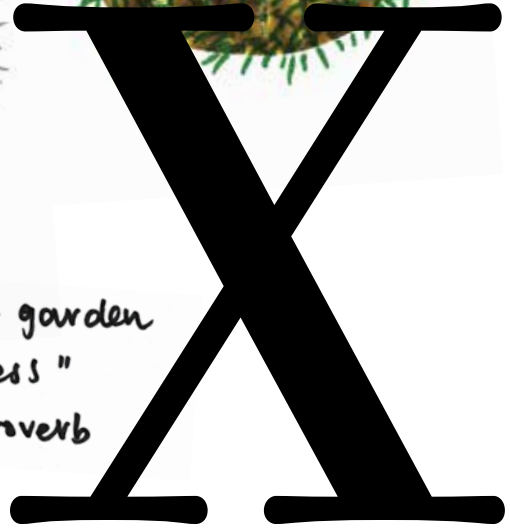
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This continent has felt the feet of Indigenous Australians for almost 50,000 years. Image all of the people and creatures that came before you. It might take a while! Pop into your local library to find out about who the traditional owners of the land you exist on, and then explore your neighbourhood with fresh eyes.

Have you ever wondered who lived on this patch of earth before you?



"one who plants a garden
plants happiness"
— Chinese proverb



xeriscape

To Xeriscape is to create a garden that thrives on limited water.
Think succulents, cacti, native drought tolerant grasses.

These guys are tough and can live almost anywhere — try
teacups or old mugs, empty olive oil cans and wooden boxes.



YUCKY



Find something yucky. Nature can be weird, stinky and ugly.

Have you ever met a Banksia Man? They're pretty scary. Find one and abduct him!



"Curiouser and curiouser!"
- Lewis Carroll

ZOOLOGISE



Investigate which native species live near you, or where you are going. Study their habits in their natural habitat without letting it see you. Find out what they eat, what they do, what their poo looks like.



PLAY
OUTSIDE!