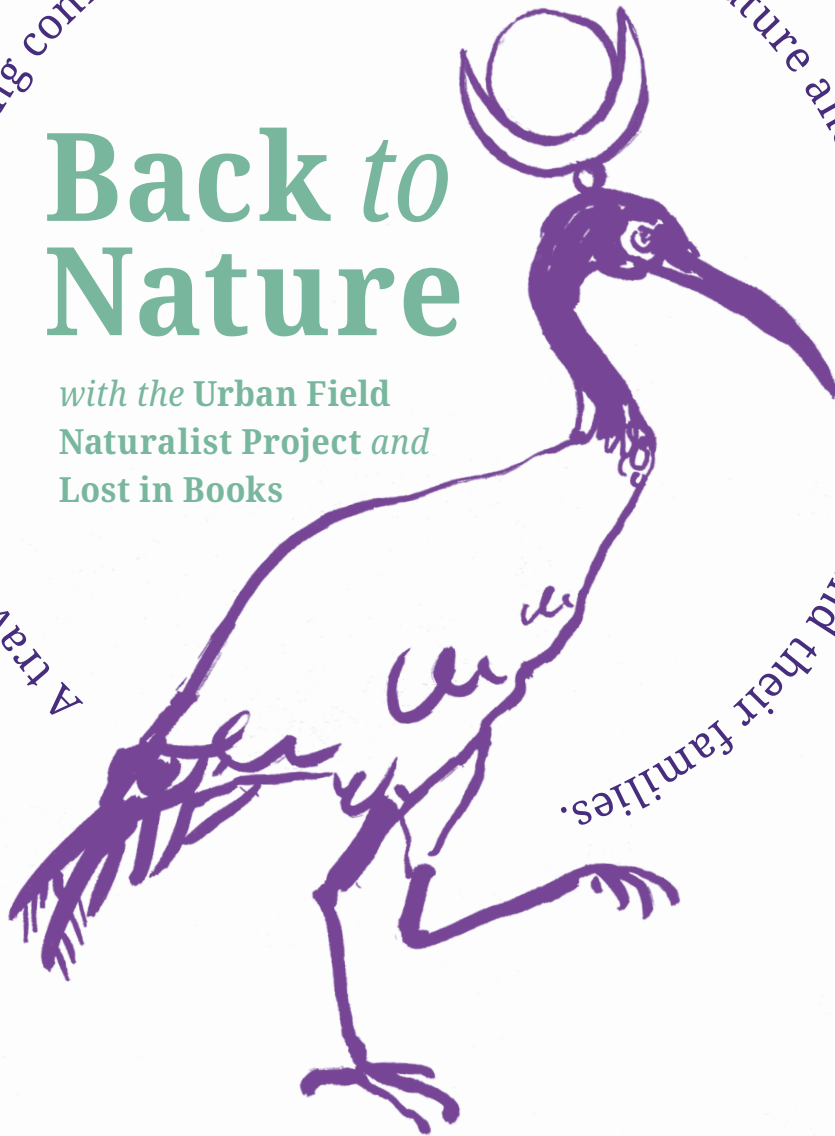


A travelling workshop exploring connections between storytelling, nature and home for children and their families.

Back to Nature

with the Urban Field Naturalist Project and Lost in Books



WWW.LOSTINBOOKS.COM.AU
WWW.URBANFIELDNATURALIST.ORG

‘NATURE’ IS NOT JUST something we visit on weekend bush walks or trips to the beach. Wildlife exists all around us – in our backyards, balconies, local parks. This workshop helps people connect with nature around them.

For this workshop you will need:

A notebook
Pens and pencils

optional

Camera and/or audio recorder
(a phone is fine)

It should take about an hour walking outside, and about an hour talking inside.



Plant and animal observations

In small groups, go for a walk to a local park, around the block, or around your backyard.

ACTIVITY 1: SLOW DOWN

(10 minutes)

Find somewhere quiet to stand or sit. Choose one person to read the instructions, everyone else should stay quiet.

1. Start by being still. Shuffle around until you are comfortable.
2. Close your eyes and listen for a few minutes.

Try to block out the human-made noises – traffic, other people – and listen to the natural world.

What can you hear? Birds, insects moving, wind in the trees?

3. Now focus on smell and touch.

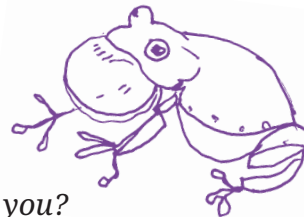
Can you smell plants? Dirt? Rain?

Can you feel the sun, or a breeze on your skin?

Can you feel your feet on the ground, grounding you?

4. Now open your eyes and look around. For a few minutes, take turns to name what you can see, hear, smell, feel and maybe even taste.

Field notes:



ACTIVITY 2: OBSERVE

(15 minutes)

Now that you are grounded, walk around the park or yard, looking for animals or plants that interest you. Don't forget to look up (*birds!*) and down (*insects!*).

Listen and smell, but don't touch or taste – some plants might be poisonous, and most wild animals don't want to be touched. Be careful and respectful.

1. Choose an animal or plant that interests you.
2. Be still and watch it for a while. If it isn't moving too much, walk slowly around to look and listen from different angles.



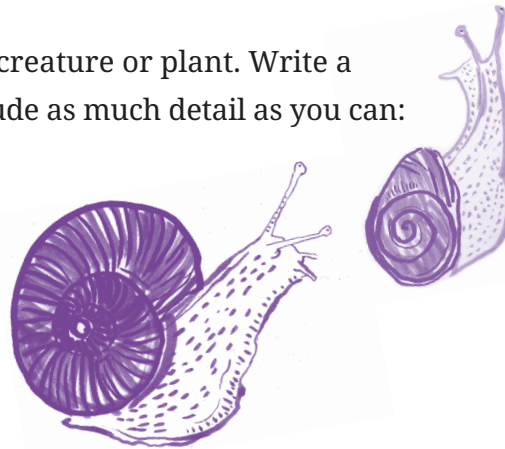
Field notes:

ACTIVITY 3: RECORD FIELD NOTES

(45 minutes)

Draw, photograph or record your creature or plant. Write a description in your notebook. Include as much detail as you can:

- Do you know what it is?*
- Note size, colours and shapes.*
- Is it alone or with others?*
- What is it doing?*
- What else is around it?*
- How does it make you feel?*



ACTIVITY 4: ASK QUESTIONS

(20 minutes)

Back home, take it in turns to share your notes about the animals and plants you observed.

Discuss:

1. What interesting things did you notice about the animal or plant? Is there anything you saw or heard that you didn't understand?

You could ask:

I wonder why?

I wonder how?

I wonder if?

I wonder when?



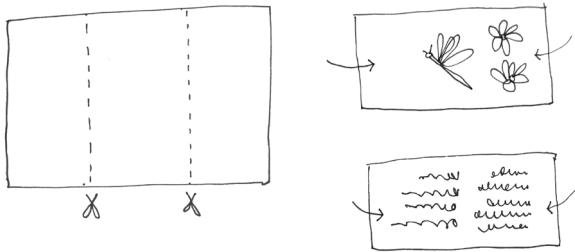
2. What do you know about this animal or plant? Facts or cultural stories? Where could you find out more information?
3. Do any of the animals or plants look or sound like something else you know? If yes, are there facts or cultural stories about that animal or plant to share?
4. Think about time – what time of day is it now, and what season is it? How could that affect the animals or plants you observed?
5. After talking about the animals and plants, how do you feel about them now? Has anything changed?

Notes:

ACTIVITY 5: SHARE

(40 minutes)

Use the paper provided, or cut an A4 piece of paper in 3 long strips.



1. For each animal or plant you observed, take one piece of paper. You could work alone, or together.
2. On one side of the paper, draw a picture of the plant or animal you observed. Leave blank space around the edges.
3. On the other side, write a short story or observation about the plant or animal. Leave blank space around the edges.
4. Mail, or drop off, your pages to Lost in Books:
Shop 2 / 40 Harris St, Fairfield NSW 2165

OR

You could email your stories, photographs, drawings and audio recordings to Lost in Books:

hello@lostinbooks.com.au



Get to know some local birds



SULPHUR CRESTED COCKATOO
Cacatua galerita

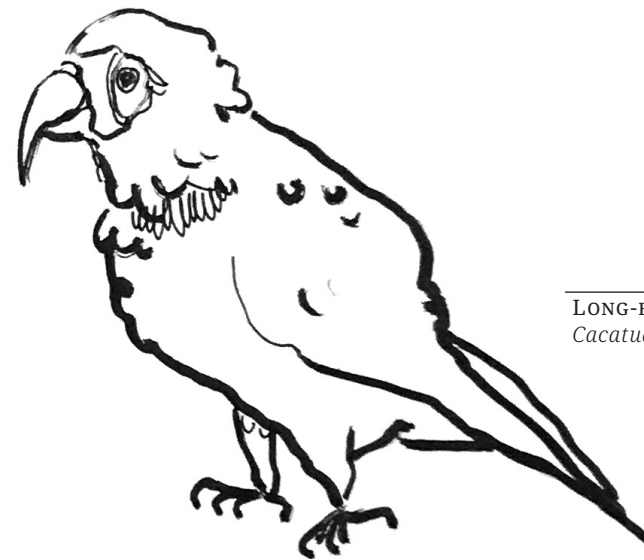


GALAH
Eolophus roseicapilla

LITTLE CORELLA
Cacatua sanguinea



LONG-BILLED CORELLA
Cacatua tenuirostris





COMMON PIGEON /
ROCK DOVE
Columba livia



WILLIE WAGTAIL
Rhipidura leucophrys



CRESTED PIGEON
Ocyphaps lophotes



RAINBOW LORIKEET
Trichoglossus moluccanus



EASTERN ROSELLA
Platycercus eximius



COMMON/INDIAN MYNA
Acridotheres tristis



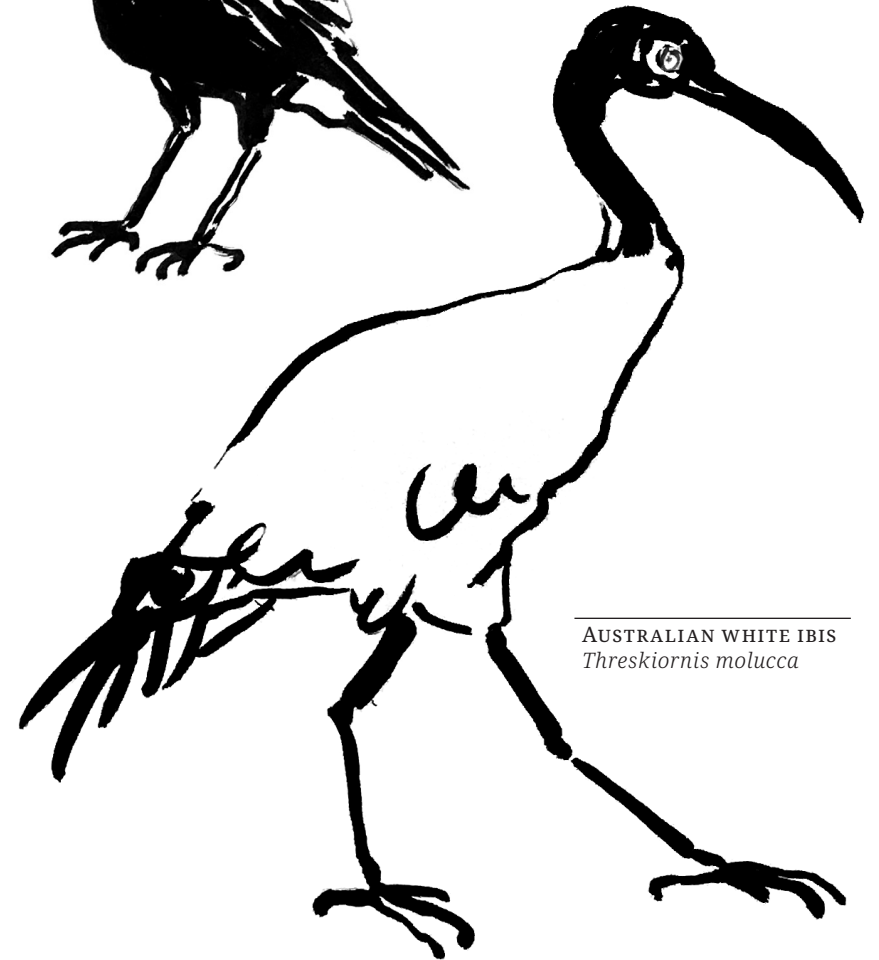
NOISY MINER
Manorina melanocephala



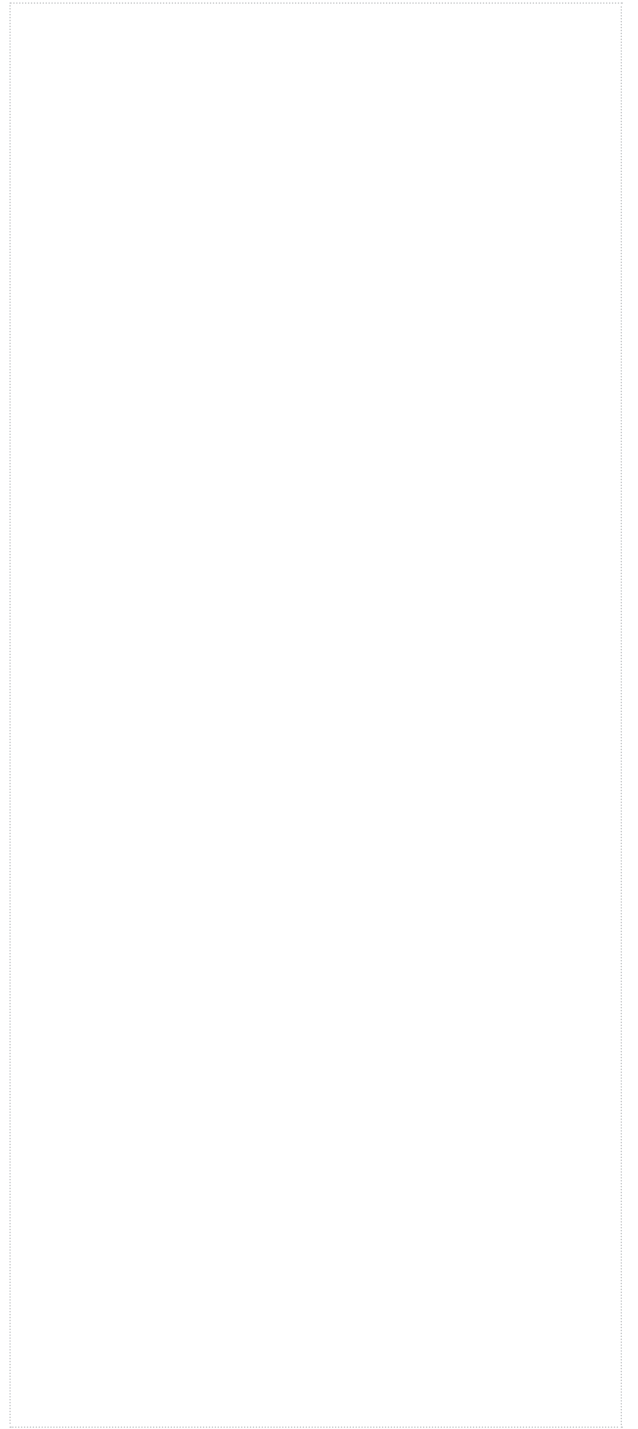
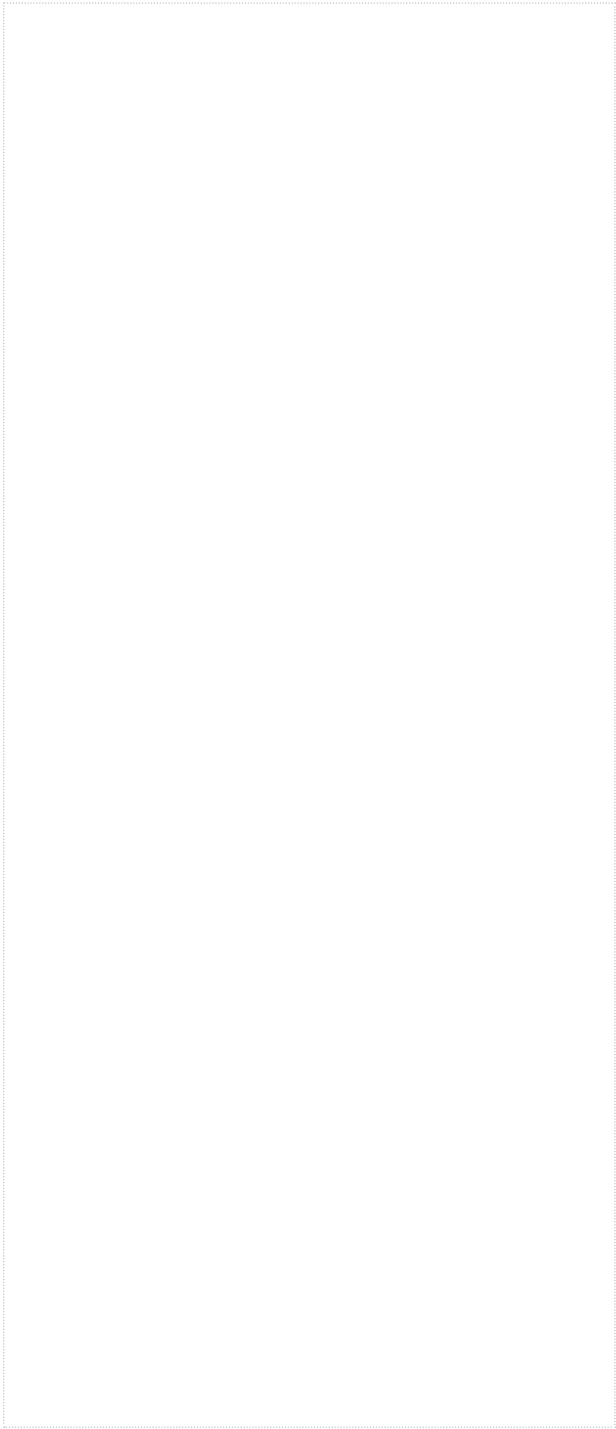
AUSTRALIAN MAGPIE
Gymnorhina tibicen



LAUGHING KOOKABURRA
Dacelo novaeguineae

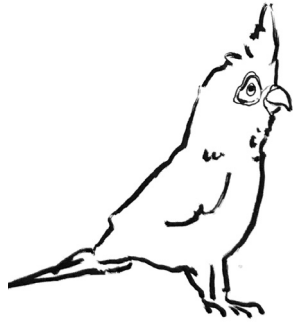


AUSTRALIAN WHITE IBIS
Threskiornis molucca





SULPHUR CRESTED COCKATOO
Cacatua galerita



LITTLE CORELLA
Cacatua sanguinea



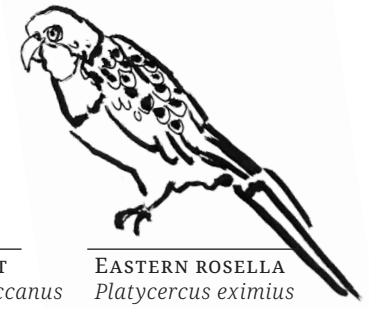
LONG-BILLED CORELLA
Cacatua tenuirostris



GALAH
Eolophus roseicapilla



RAINBOW LORIKEET
Trichoglossus moluccanus



EASTERN ROSELLA
Platycercus eximius



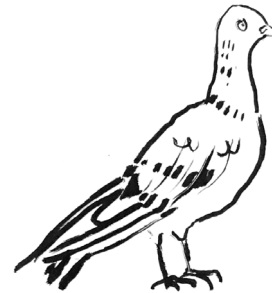
COMMON/INDIAN MYNA
Acridotheres tristis



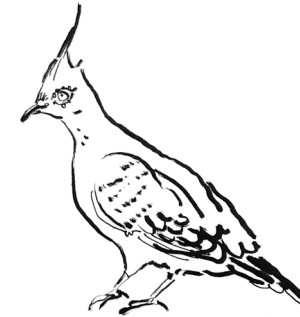
NOISY MINER
Manorina melanocephala



AUSTRALIAN MAGPIE
Gymnorhina tibicen



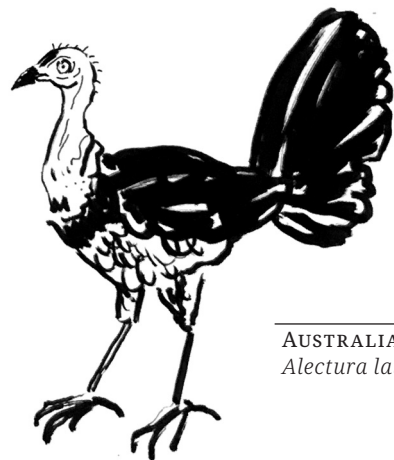
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Columba livia



CRESTED PIGEON
Ocyphaps lophotes



LAUGHING KOOKABURRA
Dacelo novaeguineae



AUSTRALIAN BRUSH-TURKEY
Alectura lathami

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Threskiornis molucca



WILLIE WAGTAIL
Rhipidura leucophrys