


By Mama Nomes



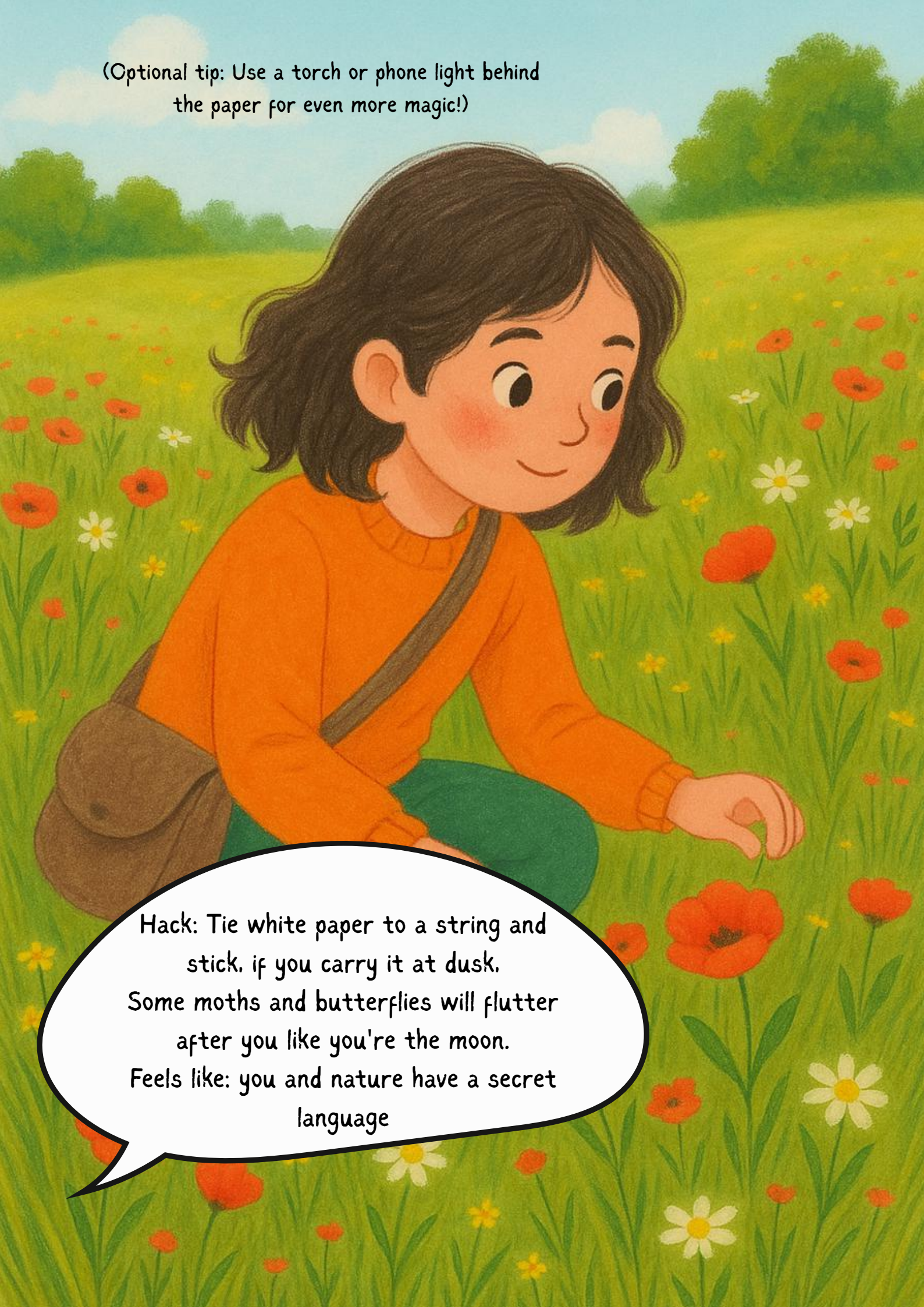
Make outside magical

ADVENTURES IN NATURE

A colorful illustration of a young girl with dark, wavy hair, wearing an orange sweater and green pants, standing in a lush green field filled with red poppies and white daisies. She has a brown satchel slung over her shoulder. The background shows a line of green trees under a blue sky with soft white clouds.

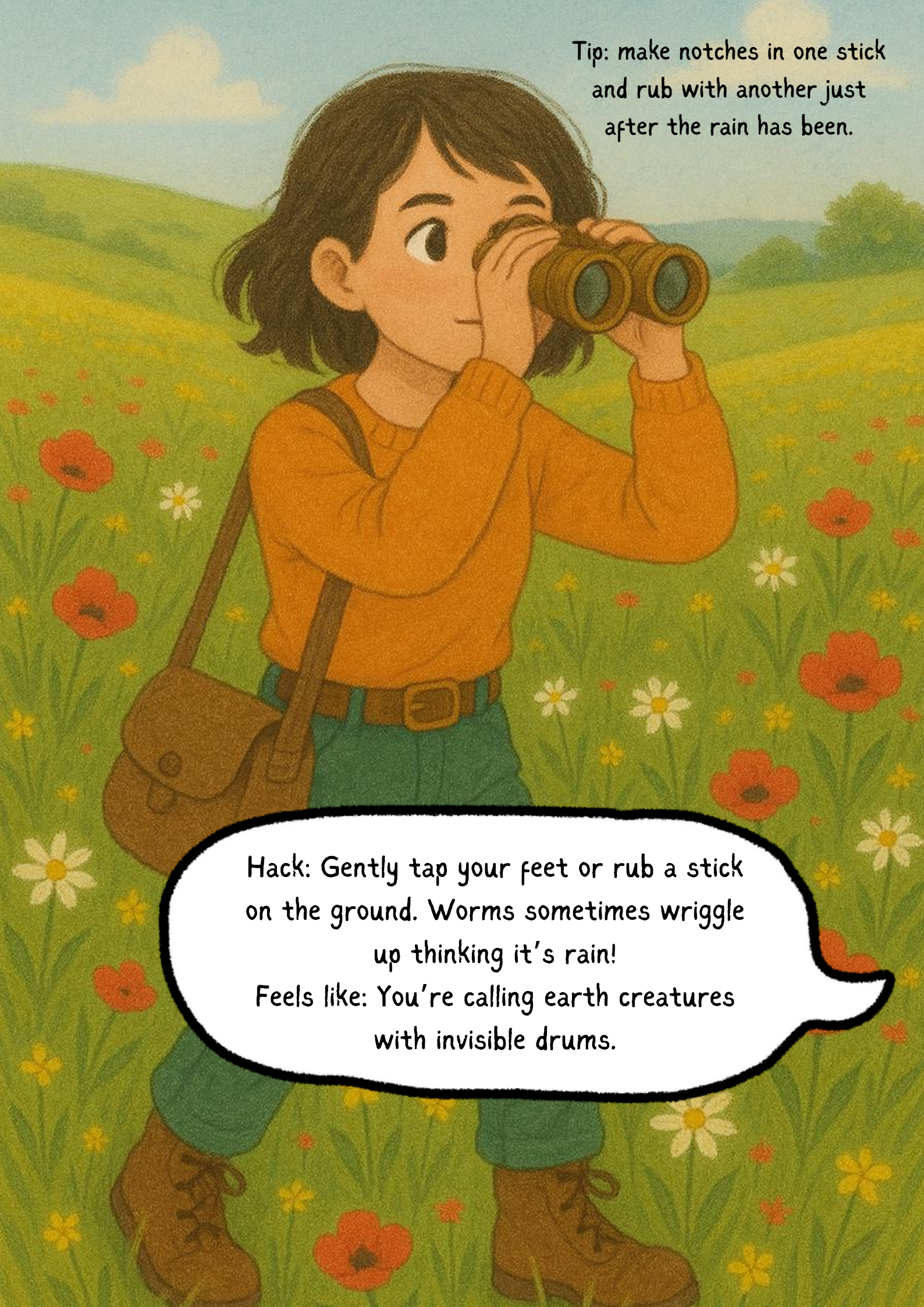
Tip: A forest has really interesting sounds!

Hack: Lie very still in the grass and close your eyes. You'll start to hear buzzing, crawling, tiny footsteps!
Feels like: Nature starts talking when you're quiet enough to hear it.

A soft, painterly illustration of a young girl with dark, wavy hair, wearing an orange sweater and green pants, sitting in a lush green field filled with red poppies and white daisies. She has a brown satchel slung over her shoulder and is looking down at a flower in her hand. The background shows a line of green trees under a light blue sky with soft white clouds.

(Optional tip: Use a torch or phone light behind the paper for even more magic!)

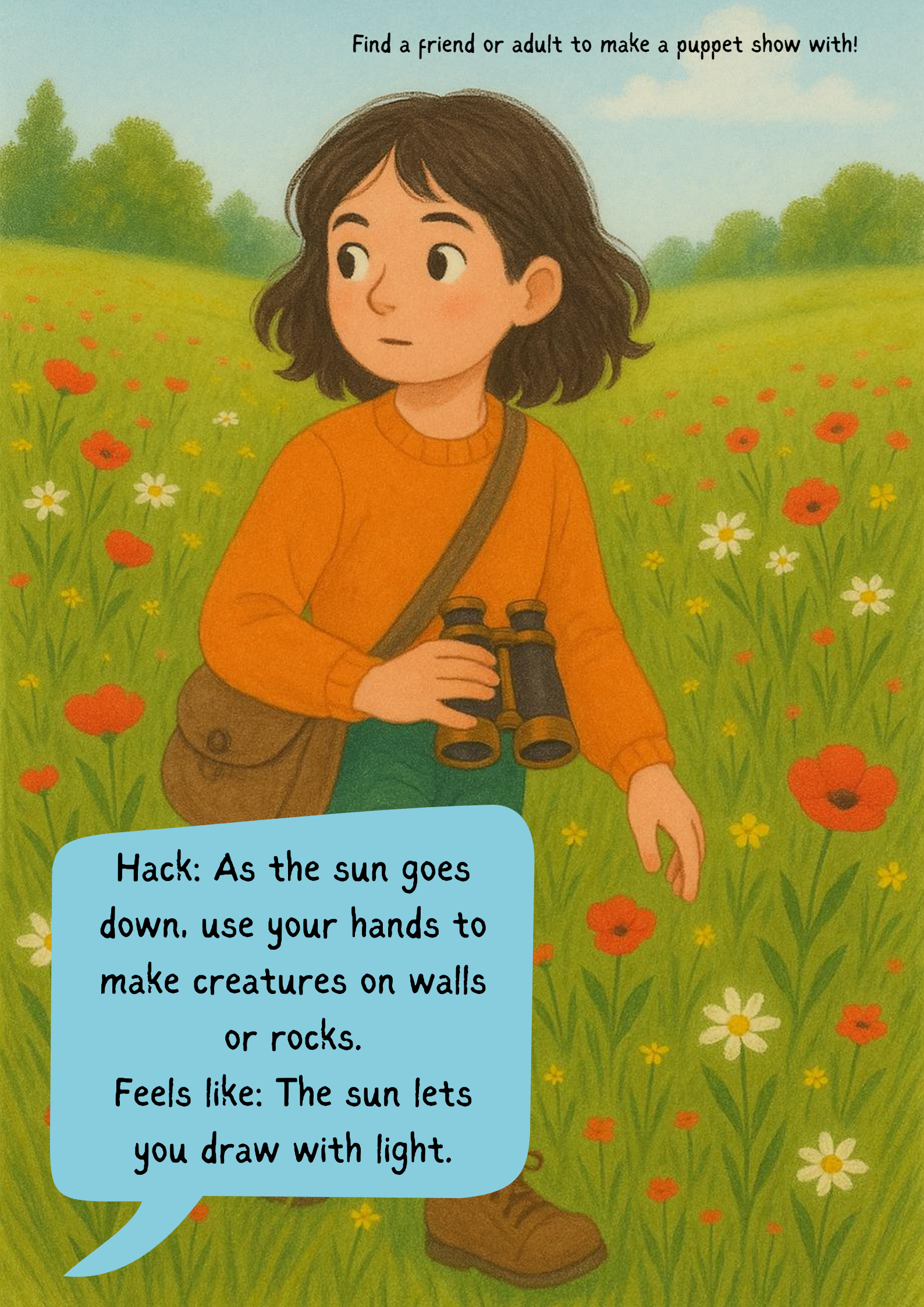
Hack: Tie white paper to a string and stick, if you carry it at dusk.
Some moths and butterflies will flutter after you like you're the moon.
Feels like: you and nature have a secret language

A full-page illustration of a young girl with short brown hair, wearing an orange sweater, green pants, and brown boots. She has a brown satchel slung over her shoulder and is holding binoculars to her eyes, looking towards the right. She is standing in a lush green field filled with red poppies and white daisies. In the background, there are rolling green hills under a blue sky with soft white clouds.

Tip: make notches in one stick
and rub with another just
after the rain has been.

Hack: Gently tap your feet or rub a stick
on the ground. Worms sometimes wriggle
up thinking it's rain!
Feels like: You're calling earth creatures
with invisible drums.

Find a friend or adult to make a puppet show with!



Hack: As the sun goes down, use your hands to make creatures on walls or rocks.

Feels like: The sun lets you draw with light.

Tiny sticks work great for the base, try making a raft to begin with!



Hack: Float leaves or flowers down a stream like tiny boats. Add a stick mast and petal sail! Feels like: You're launching ships to the fairy kingdom.



“

Outside can be magical
if you let it!

What's your favourite
game to play outside?

”