

STAYING CONNECTED WITH NATURE

When we get closer to nature—be it untouched wilderness or a backyard tree—we do our overstressed brains a favor. Find out more at:

<https://www.nationalgeographic.com/magazine/2016/01/call-to-wild/>

<http://www.bbc.com/earth/story/20160420-how-nature-is-good-for-our-health-and-happiness>

And for some great ways to keep you in touch with the outdoors while you're stuck indoors....



30 Days Wild app

This is a fun and simple app, available on iPhone and Android. It offers 101 'Random Acts of Wildness' for inspiration, enabling you to select wildlife activity ideas from beautifully photographed wildlife cards. You can share activities and inspiration on social media, through direct messaging or email.

<https://www.wildlifetrusts.org/30DaysWild/App>



<https://coolofthewild.com/23-self-isolation-activities-for-outdoorsy-folk/>

1. Make bird feeders to hang in your garden or verandah

<https://familygardenlife.com/how-to-make-fun-easy-australian-native-bird-feeders/>



<https://www.countryliving.com/diy-crafts/how-to/g3060/diy-bird-feeders/>



<https://www.discoverwildlife.com/how-to/make-things/how-to-make-an-orange-birdfeeder/>

2. Build bird and possum boxes

<https://www.wildlife-rescue.org.au/build-a-possum-box.html>

<https://www.thespruce.com/free-birdhouse-plans-1357100>

3. Pitch up camp inside (it's guaranteed not to rain!) - Set up your own indoor camp: Sleepover in the lounge with tents made from sheets and doona covers, cook hot chocolate and s'mores on the stove and stay up late reading, playing board games or telling ghost stories!



4. Make your own planters and grow herbs, sprouts, or mushrooms indoors and use these for cooking. <https://www.apieceofrainbow.com/32-planter-diy/>

5. Create and/or hang artwork on the walls depicting plants, animals, and landscapes.

6. Watch nature and science-based television programming and websites or 'nature cams'.

7. Have a movie night in your garden.

8. Set up a [fish tank or terrarium](https://www.youtube.com/watch?v=3m4Jbpe-rIE)
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9. Babysit a friend's, neighbour's or family member's pet.

10. Set up a telescope in a window with a constellation map or reference book nearby.

11. Encourage dinner table conversation about animals, science, and nature.

12. Make a comfortable [indoor bird watching station](#) with pillows, a bird guide, binoculars, and note paper.

13. Make suncatcher wind-chimes: <https://handsonaswegrow.com/nature-suncatcher-wind-chimes/>



14. Collect rocks, sticks, branches and get creative!

<http://feelitcool.com/check-these-creative-tree-branches-decor-ideas-that-you-can-easily-make/>

