

# Outdoor Activities



## Create a Nature Mandala

A mandala is a design, drawing or painting held within a circle. They are very popular today especially in colouring books. You can make your own in your own backyard, on a family walk or you could draw one in chalk on the footpath. Traditionally a mandala begins in the centre of the circle and is designed outwards like the spokes on a wheel.

As a family create a nature mandala from sticks, leaves, rocks, bark etc that you gather on a walk. It's a good idea to set out with the idea in mind to collect certain items. For example, collect:

- 5 sticks,
- 4 green leaves
- 3 brown leaves
- 2 rocks
- 1 colourful item

## Postcards from...

After or as you are out and about in nature take a photo or series of photos to create a postcard. Keep in touch with family who don't live with you by sending it to them. It could be created and/or sent electronically using online platforms such as Canva, Crello or Visme or printed out and sent via Australia post.

## Slow Motion or Time Lapse Video

Choose an aspect of nature to film, some examples could include, birds flying, the clouds in the sky or wind in the trees. Create a time lapse or a slow motion film of your chosen subject. Perhaps you could even add a soundscape, poem or voice recording over the top.

## Shadow Tag

Played in the same way as traditional tag, however instead of tagging the person you have to tag their shadow.

## Burguu Matya

This is a game attributed to Australian Aboriginal culture. It is similar to naughts and crosses, however it develops patience and lateral thinking as well.

*Equipment:*

- 3 x 3 grid (The same as naughts and crosses)
- 2 x 3 sets of stones/counters, each with different designs

*Rules:*

1. The aim of the game is to get three stones or counters in a row, vertically, horizontally or diagonally.
2. Players take their turns placing their stones on the grid.
3. If when players have finished using all their stones no one has made a line of three, they continue taking turns moving one stone at a time either horizontally, vertically or diagonally until a line of three is made.
4. Players cannot jump squares, they can only move to an empty space.

For further instructions please visit:

<https://burguu-matya.herokuapp.com/>

Rules adapted from:

<https://www.usq.edu.au/news/2019/04/burguu-matya>