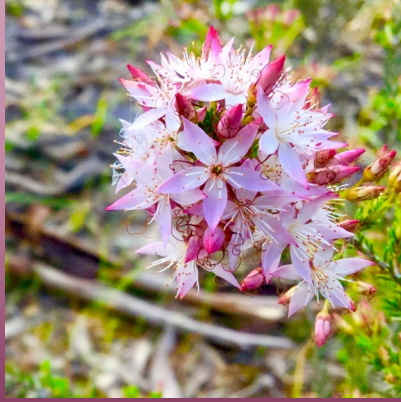


Task Cards

Set 2 - Senses

Nature Study Australia



www.naturestudyaustralia.com.au

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Task Card #1— Beauty All Around

Materials and Tools:

Camera

Method:

Take time out to go into the yard.

What do you see that takes your breath away.

Take a photo of something beautiful, a memory to last you all day.



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Task Card #2— Eye Spy...

Materials and Tools:

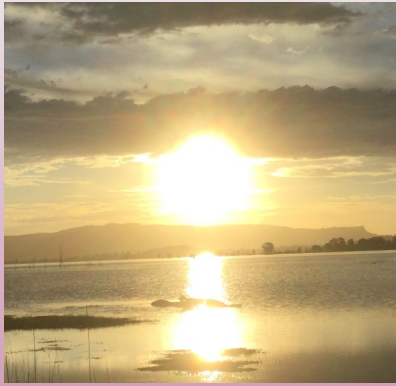
A picnic rug

Method:

Take your little ones outside.

Sit on a rug.

Soak in the beauty around you and play 'Eye Spy.'



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Task Card #3—Sunset

Materials and Tools:

A spot to sit

Method:

Go outside and find a comfortable place to sit and wait for the sunset.

As you see the beautiful colours of the sun setting let your anxieties and worries of the day fade with the light.

Let this verse fill your soul:

The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness. (Lamentations 3:22-23)



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Task Card #4— Breath Deeply

Materials and Tools:

Different plants known for their beautiful smell.

Pot and Potting Mix

Method:

Take a trip to your local nursey.

Find some wonderful smelling plants.

Bring them home. Pot them or plant them.

Enjoy the fragrance they bring to your garden and home.

Some plants you might like to bring to your garden:

Lemon Verbena

Basil

Lavender

Mint

Rose



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Task Card #5—Tranquil Water

Materials and Tools:

Just a spot to sit near some water

Method:

Go to your favourite spot near water. A pond, river, creek, the ocean.

Close your eyes (see NOTE) and sit quietly for 5 minutes.

What can you hear? What do you notice?

Take time to write your thoughts in your journal.

NOTE: please do NOT take your eyes off your little ones. Do this activity with your eyes open if you have young children near water!!!



Nature Study Australia

Task Card #6—Count the Stars

Materials and Tools:

A picnic rug

Optional –Telescope

A constellation guide

Cup of hot chocolate

Method:

Take your rug outside.

Lie back and wonder at the awesomeness of the universe.

Can you spot any constellations? Do you know their names?

Consider this verse as you soak in the vastness of it all:

He heals the broken hearted and binds up their wounds. He determines the number of the stars; He gives to all of them their names. (Psalm 147:3-4)



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Task Card #7—Tea time

Materials and Tools:

Different Herbs

Honey

Lemon

A tea pot with an infuser

A beautiful tea cup

Method:

Take time to smell each of the herbs you have collected.

Boil a jug of water.

Place your chosen herbs into the infuser. Wait 3 minutes.

Add lemon or honey if you wish.

Sit back, listen to some music or go out side and listen to the world around you while you enjoy the taste of a herb garden.



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Task Card #8— Feel the World

Materials and Tools:

A place which has a good variety of different trees.

Method:

Take an outing to somewhere with lots of different trees.

Close your eye and run your hand over the bark.

Describe what you feel.

Think of how you could describe each tree to someone who has lost their sight.

Add your observations to your nature journal.