



Here is some extra info, top tips and suggested local hotspots for your adventures this May!

While all care has been taken to provide up to date information, please exercise caution and check with your local council websites and the Department of Conservation before venturing out, as some areas may be damaged, compromised and/or closed for cyclone repair work.

Central Hawkes Bay District Council:

[Parks & Reserves | Central Hawke's Bay District Council \(chbdc.govt.nz\)](https://www.chbdc.govt.nz)

Department of Conservation map and info:

[Hawke's Bay: Places to go \(doc.govt.nz\)](https://www.doc.govt.nz)

Walkways around Napier:

[Walkways | Napier City Council](https://www.napiercitycouncil.govt.nz)



Scan this QR code before you start!

Alternatively you can find this [here](#):

<https://www.surveymonkey.com/r/BBiM2023pre>



Find nature in unexpected places.

Explore our civic centres like the pathways along Ruataniwha Street Waipukurau, Clive Square Napier or Civic Square Hastings.

Look closely at the built environment around you. Nature has a way of persevering and popping up in unexpected places.

Can you find one animal, one bird, one plant in an urban place? Record your findings by taking a photo.

What surprised or amazed you about finding nature here?

What other free activities can you find to do with your whānau today?



Create a story in nature.

Find a spot in nature and look carefully at what is around you. Create an imaginative nature adventure story. Some story starters to help you are:

- One tree said to the other...
- A rock said to a dragonfly...

If your imagination fails you! Find a book in your local library about the creation of local landscapes.

Consider visiting some of these places and reading the story.

Can you see how the landscape resembles the story that was told about its creation?

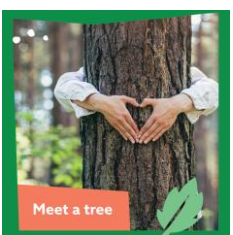
Here are some links to help you:

- The story of Te Mata - <https://www.tematapark.co.nz/story-of-te-mata>
- The story of Haumapuhia and Lake Waikaremoana: [The story of Lake Waikaremoana – Ngāi Tūhoe – Te Ara Encyclopedia of New Zealand](#)



Stand at the base of a waterfall.

Hawke's Bay has some great waterfalls that you could visit. However at the moment you may need to check if you can access these through your local council website. Alternatively search for a waterfall video on YouTube, close your eyes and listen to the sound of nature.



Meet a tree.

Trees are awesome! They are home to our native wildlife, provide us with shelter, food and medicine, calm us, and provide us with creative inspiration. Connect with some trees in your area. Look at their leaves, bark, height and canopy structure. Find out their name and what types of animals live in them or eat from them.

Find out about traditional uses for trees such as the Kawakawa or the spiritual importance of the Kowhai. Maybe you could learn a song about a tree and go and sing it to the tree or press some leaves or flowers for your own botanical guide book.

Here is a youtube link to *E tu Kahikatea*:

https://www.youtube.com/watch?v=ihQ_Rd4_vSA

Places with great trees:

- Dolbel Reserve or Park Island Napier,

- Nelly Jull Park Waipawa,
- Keirunga Gardens Havelock North.
- Napier City Council guide to local trees native and non native: [Napier's trees | Napier City Council](#)



Create Rock Art.

Using rocks make a pattern on the ground such as a spiral or a heart. You could also try some rock painting to transform the rock into a flower or an animal like a turtle.

Find some inspiration in the rock art works of:

- New Zealand artist Chris Booth <https://chrisbooth.co.nz/>
- UK artist Jon Foreman <https://sculpttheworld.smugmug.com/>
- And for a different take on rock art, look at Michael Grab's incredible rock balancing work (but don't try this at home!) <https://www.wired.com/video/watch/how-this-guy-balances-rocks-on-each-other>



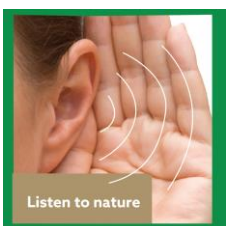
Make a nature obstacle course.

Hop, skip, jump! It can be as easy as a timed circuit around trees in your local park. Compete alone or with your friends. Each leg of the circuit could have a different physical challenge e.g. hop on one leg, crazy walk, crawl, roll or crab walk.



Relax in nature.

Try your garden, a park, sports field, walkway, beach, bush track, lookout or other. Take a folding chair, blanket, pillows or shade shelter - so everyone can relax! You could even go at night and do some star gazing, or see if you can spot *Aurora Australis*! You can set up an alert for the best times to see this here: auroraalert.otago.ac.nz



Listen to nature.

Can you listen for different noises while you are out and about? Here are some ideas: wind in the trees, water sounds, bird calls. Can you make different sounds yourself with the things that you find? Try making some song sticks and beating out a rhythm while you retell the story of your adventure today.

You might even want to create a 'nature sounds bingo' for your friends or whānau.



Have a waste free picnic.

Choose a lovely spot outside to enjoy some kai with friends and whānau. Find some tips on what to include here

<https://www.reusablenation.com/zero-waste-living/showing-up-with-a-single-use-plastic-free-picnic-basket-how-to-pull-off-a-zero-waste-picnic>

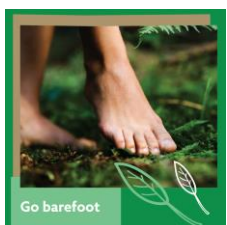
Try some of Nadia Lims' great recipe ideas and really make a day of preparing kai and enjoying time together. Nadia has a great website with free recipes and family friendly ideas here: [Recipes - Nadia Lim](#)
You can also make or buy your own beeswax wrap so your waste free picnics can also be waste free school lunches.



Watch the birds.

There are loads of ideas online to make birdfeeders so you can watch birds come into your own garden.

Forest and Bird NZ have a fantastic online resource about keeping our native birds safe and the types of food that different birds eat. Check it out here: [How to Feed Native Birds in your Garden | Forest and Bird](#)



Go barefoot.

Take off your shoes and socks and connect to the world around you barefoot! Walk around in your backyard and feel the grass underneath your feet. Is it dry and warm, or cold and wet? Can you find some mud to walk through, and feel it squish through your toes? Grab a piece of paper and make some footprint art with your muddy feet.



Dance with nature.

Moving in nature helps children to connect with nature and remove the potential barriers that dancing within four walls can impose. While there may be no rules, make sure your child's space is defined and safe before they begin by removing potential hazards such as sharp objects underfoot and avoiding uneven or slippery surfaces.

Children may move to the sounds of the environment around them or you can play gentle natural soundscape music. You can narrate their dance and suggest that they move like natural elements for example gentle wind, a leaf fluttering to the ground, a mighty kahikatea or like animals: a small insect, a hatching kiwi chick, a magnificent kereru in flight, a basking lizard.

When the music or dance ends ask your child what movement they enjoyed best and why. Make your own observations too “*I really liked it when you.....*”

Remember, this activity is not an episode of *Dance Moms*, focus only on the positives in this activity of creative expression!



Spot 5 things.

Be a naturalist! Mark out an area 1m x 1m to create a field study. In your area you are looking for five features of nature. These can include an animal, an insect, a bird, a plant, seeds or nuts, animal scat or stones and shells. List your items and then find out the names for things you don't know. You can draw and label one or more of your finds. Leave the area as you found it.

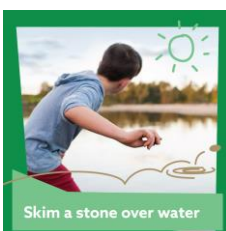
Come back a week later if you like. What has changed in your area? Why do you think that change has happened?



Create nature poetry.

Feel inspired to write your own nature poems! You can use these types of poems to help you: Acrostic, Haiku, Free verse. You can write about clouds, flowers, thunderstorms, busy ants, colours in a garden. Make a mini book to collect your poems in.

Visit your local library for poetry books to inspire you or click on the link below to find poems about nature written by children: [Poems written by Children about Nature – Little Something New Zealand](#)



Skim a stone over water.

Did you know stone skipping is a sport?

Host a stone skipping competition! You will need some good flat skipping stones and a body of water like a lake, river, lagoon or beach. How many skips can you get?

Check out the action of the world champion skimmers below: [This is Stone Skimming | Sink or Skim - YouTube](#)



Build a mini city in nature.

Can you create your own city using only nature's materials? Build tiny houses with sticks or stones. Use your hands or a stick to dig out dirt roads to connect your city. You can also try to build a city in the sand! Search images of 'sandcastle cities' for inspiration.



Star gazing.

As the weather gets cooler the skies also tend to get clearer and darker at night. This creates perfect conditions for some star gazing. Grab a warm jacket, a blanket and a hot drink and find somewhere to lay down and look up at the stars. City lights can make it harder to see stars, so find somewhere without bright lights for the best star gazing opportunities. Also, less stars are visible if there is a bright, full moon in the sky.

Check when the moon is full before heading out, or go moon gazing instead!

There are many free apps you can download that will help you identify what you are looking at. Alternatively, head to this link to make your own star chart - [Explore the night sky with our star wheel: Conservation Week \(doc.govt.nz\)](https://www.doc.govt.nz/conservation-week/2018/night-sky)



Make a tukutuku pattern.

Make your own tukutuku using leaves, sticks, and flower petals. Place them on the ground in a pattern. It can be small or large, and be made with as many materials and colours as you like.

Learn more about tukutuku patterns here

<https://teara.govt.nz/en/interactive/43489/types-of-tukutuku-designs>



Follow an insect.

First step is to find an insect that you want to follow. Ones that crawl are easier to follow than ones that fly.

Does your chosen insect have legs? If not, what motion does it make in order to move?

You might find just one bug to watch and follow or perhaps an entire ant colony. Observe how the insects interact with each other if there is more than one in the area.



Make a rainbow.

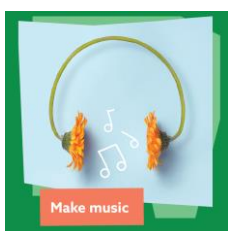
Head out for a walk on one of Hawke's Bay's many trails or even just around your own neighbourhood. See if you can find something in nature that represents each colour of the rainbow; red, orange, yellow, green, blue, indigo, violet (or purple).

Are the leaves changing colour?

Can you spot the blue/green feathers of a Tui?

What are the different colours in a sunset or sunrise?

Head out after a rain storm and you may even find a rainbow in the sky!



Make music.

It's a noisy world outside, with plants and animals making all sorts of different sounds. Many of our modern day instruments have been inspired by nature. The first ever drums were made out of hollow wood and animal skin thousands of years ago. Sea shells can be used as trumpets and seeds can make excellent rattles.

If you're feeling up to a challenge learn how to *whistle with grass* following the steps below:

1. Pick a flat blade of grass as long as your thumbs. You'll get more sound from a wider piece than a thin piece.
2. Put the grass between your thumbs. Press your thumbs together at the knuckles with your fingernails facing you. Put the grass lengthwise between your thumbs.
3. Pull the grass taut, so there are no kinks. You should see the edge of the blade centred in a gap between the base of your thumbs and your knuckles.
4. Blow. Purse your lips, put your mouth to your thumbs, and blow. You may have to move your lips or thumbs slightly to make a sound, so keep trying. By cupping your hands, you can make the pitch of your whistle higher or lower.
5. Experiment with sounds. Play around with different kinds of grasses and reeds. You can make as many different sounds as there are blades of grass on your lawn.



Make a fairy house.

Fairy houses are small houses built from natural materials for all the woodland creatures like fairies, gnomes, and trolls. They can be made in the forest, on the beach and even in your own backyard.

Check out [fairyhouses.com/how-to-build](https://www.fairyhouses.com/how-to-build) for more information and inspiration on how to make a fairy house.



Build a hut.

Find a good location - in a forest, next to a stream, your backyard - and see what you can use to build your hut. Does the beach nearest you have driftwood on it? Use the driftwood to build a beach shelter. Seashells, seaweed, and rocks can also be used to help construct or decorate your hut. Does it block the wind and protect you from the sun? When you've completed your hut, see how many people can fit inside!



Read a story outside at night.

Getting outside doesn't have to mean a full day of activity. Head outside before bed, wrap yourself up with a blanket and read your favourite bedtime story underneath the stars. You could also build a fire to sit around.

Take turns reading out loud or making up your own stories, sharing the experience with family or friends.



Play hide and seek outside.

Find an outdoor space like a park with trees and bushes to hide behind. Don't forget to play safe, and be aware of your surroundings. Play the classic hide and seek or change it up with a variation such as hide and seek in teams.

Search hide and seek variations online for a few twists to add to your game.



Texture Hunt.

Explore what nature feels like! Create your own texture scavenger hunt, including textures such as soft, smooth, slimy, hard, fuzzy, or sharp. See if you can find all of these textures and more.

Draw or write down what item the texture came from. Some things might have more than one texture, for example some rocks might be smooth while others could be sharp. Search texture scavenger hunt online for free templates and ideas when making up your scavenger hunt.



Make a leaf or bark rubbing.

Trees come in all shapes and size and so do their leaves and bark. Collect a few different leaves that have fallen to the ground, place them on a hard surface such as a table and cover them with your paper. Rub a pencil over the paper, can you see the patterns coming through? You can also try this with bark.

Take your paper and pencil with you outside and find a tree. Hold the paper against the bark (or tape it there) and rub the pencil over it to make a print of the bark pattern.

Try doing this with different trees and compare the patterns of your rubbings. Coloured pencils and crayons are another fun way to get creative with your rubbings.



Play the blindfold game.

Collect a few things that smell or feel different and place them on a table. Blindfold a friend or family member, lead them to the table, and have them guess what each thing is by touching or smelling them. Example: a bowl of dry dirt, a bowl of mud, a bowl of rocks, and a bowl of sand.

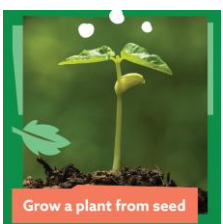


Explore a park.

Hawke's Bay has a variety of different outdoor spaces to explore. A park can be any open, outdoor space that is meant for recreation and fun! This includes playgrounds, botanical gardens, wetland boardwalks, and regional parks just to name a few!

Use the links below for some inspiration on what park you might want to visit. Many parks also offer picnic areas, so pack a lunch and make a day of this adventure.

- [2020-HBRC-Parks-Guide.pdf](#)
- [Parks & Playgrounds in & around the Bay | Hawke's Bay \(hawkesbaynz.com\)](#)



Grow a plant from a seed.

Hawke's Bay is known as the fruit bowl of New Zealand for a reason! But it's not just fruit, many flowers and vegetables thrive here too. Try germinating a seed in a glass jar with some wet paper towel, that way you can watch the seeds grow. If you are doing different seeds

remember to label them. Once they have grown up a bit you can transplant them into a pot with soil or into your garden.

Check out this link for more information and activities on growing seeds in a jar - [Germination Activity Grow Seeds in a Jar \(teachingmama.org\)](https://teachingmama.org/germination-activity-grow-seeds-in-a-jar/)



Go on a bug search.

By bug we mean all invertebrates (animals with no backbone and an external skeleton). This could be six-legged insects like bees or ants, eight-legged arachnids like spiders, or molluscs like snails or slugs! You can search your backyard, by digging in some dirt, or along the rocky shore.

Use this resource to explore invertebrates in green spaces near you - there's a great guide on page 30! <https://www.doc.govt.nz/globalassets/documents/getting-involved/students-and-teachers/experiencing-invertebrates-in-your-green-space.pdf>



Scan this QR code when you are all done!

Alternatively you can click on the following link [here](#):

<https://www.surveymonkey.com/r/BBiM2023post>

Remember to **share your May adventures** on the [Hawkes Bay Biodiversity \(@BiodiversityHB\)](#) and [National Aquarium of New Zealand's \(@NationalAquariumNZ\)](#) Facebook pages and tag *#bayinmay* to be in to win an epic family adventure prize pack!