

# 101 Ways to Spend More Time in Nature

- Add indoor plants to your space
- Become an amateur naturalist
- Birdwatch
- Build a fairy garden
- Build a snowman
- Celebrate the solstices
- Climb a mountain
- Cloud watch
- Cook outside
- Develop an outdoor hobby
- Dine alfresco
- Do Clean up Australia
- Do nature/landscape photography
- Eat breakfast at the beach
- Eat lunch in a greenspace
- Enjoy outdoor festivals
- Explore walking trails
- Forage
- Go camping
- Go caving
- Go fishing
- Go for a hike/bushwalk
- Go for a swim
- Go for a swim at the lake/dam
- Go forest bathing
- Go golfing
- Go kayaking/canoeing
- Go on a bike ride
- Go on a guided walk
- Go on a retreat
- Go on a cabin stay
- Go for a road trip to the country
- Go on a scavenger hunt
- Go paddleboarding
- Go surfing
- Go to an outdoor cinema
- Go trail riding/walking
- Go walking at night to look for nocturnal creatures
- Grow flowers
- Grow your own food
- Guerrilla garden in empty lots or the verge
- Hang pictures of natural places
- Have a barbeque
- Have a picnic
- Have dinner in the park
- Help eradicate weeds
- Install a birdbath
- Join a conservation group
- Join a hiking group
- Jump in puddles
- Kick a ball around the local oval
- Kick autumn leaves
- Lay on the grass
- Learn about bush tucker
- Learn about your local plants and animals
- Let in as much natural sunlight as possible into your home
- Listen to the birds
- Look for animals in rock pools
- Make a sandcastle
- Make mudpies in the backyard
- Meditate or do yoga in the yard, at the park
- Open the windows
- Plant a tree
- Play a game in the park
- Play backyard cricket
- Play with your pet/kids at the park
- Read outside
- Sew outside
- Sit around a firepit and toast marshmallows
- Sketch/paint outside
- Skip rockets in the river
- Smell the flowers
- Star gaze
- Start a balcony garden
- Start a native garden
- Start a plant journal
- Start a worm farm
- Study at a local green space
- Take a drive in the mountains
- Take a walk before/after work
- Use natural materials inside your home
- Visit a farm stay
- Visit a local waterfall
- Visit a national park
- Visit a pick-your own farm
- Visit local parks and picnic grounds
- Visit local state forests
- Visit open-home gardens
- Visit the beach
- Visit the farmer's markets
- Visit the river
- Walk barefoot on the grass
- Walk in a creek
- Walk in the rain
- Walk on the nature strip (verge)
- Watch a nature documentary
- Watch a storm roll in
- Watch the moon rise
- Watch the rain on your window
- Watch the sunrise/sunset
- Watch the waves crash
- Work outside