



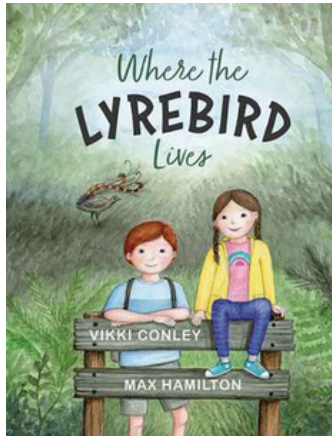
Wellbeing Playlist

I am physically,
mentally, and
emotionally
healthy.



Story, Talk, Try it!

The Nest is Australia's shared vision for the wellbeing and development of all children and young people.



Where the Lyrebird Lives

Age groups: 0-5, 3-7

Author: Vikki Conley

Illustrator: Max Hamilton

Storyteller: Roby Favretto

Publisher: Windy Hollow

Themes: family time, nature, bushwalking, active play, sights and sounds of nature.



This book supports
Healthy in The NEST:
promoting good
physical and mental
health.

Talk

1. What do the family in this book do that is good for their body and for their mind?
2. What could the family see, hear and smell in the rainforest? What did they notice around them?
3. How do you think the family felt being outside in the bush together?
4. What sounds or smells do you notice when you are outside?
5. How does your body feel when you are moving around outside?
6. Why do you think going outside and moving our bodies can make us feel good?



Raising Children Network: Noticing Nature Walk

- A noticing nature walk is about observing the environment with all senses.
- All you need is somewhere to walk.
- Going at your child's pace and asking questions can encourage your child to notice things.

Try it!

Seeing questions: what can you see? Look all around you, up at the sky and down at the ground.

Smelling questions: what can you smell? Can you describe the smell? Leafy? Like mud?

Hearing questions: what can you hear? Birds? The wind?

Feeling and touching questions: is the sun warm? Is the ground rough or smooth?

For the full activity see: raisingchildren.net.au



Scan the QR code to
view the story!