



# "Hi NATURE"

HOME INVITATIONS FOR PARENTS AND  
CHILDREN TO CONNECT WITH NATURE AND  
SHARE LOVE



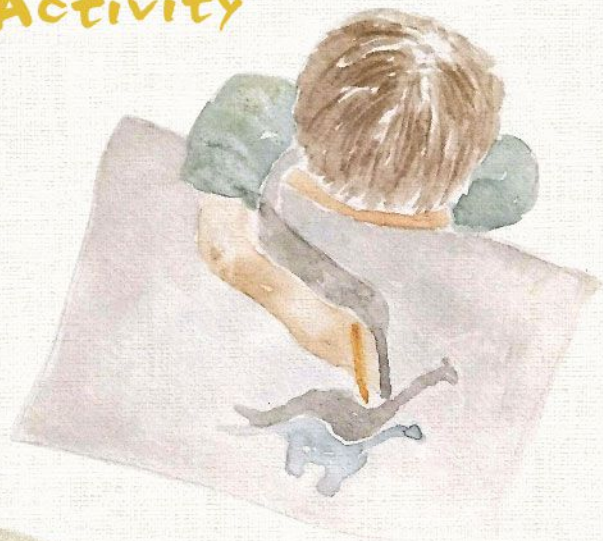
# A Game with Light and Shadows

## Shadow Drawing Activity



The moment you wake up in the morning, you are welcomed by a glimpse of light thanks to our dear sun. It's sometimes bright, sometimes soft, hidden at times of darkness. Light is very playful; it doesn't like to be still and love to move around all day. It has a best friend; whenever light is found, shadow is around too.

Arouse your children's awareness and curiosity in exploring lights and shadow, let's go on a **Shadow Hunt** together:



1. Prepare a 'Shadow Catcher kit' by gathering a piece of light colour paper and some pencils
2. Gather a few small toys or figures, experiment with shadows under a table lamp. You can place the figures far and near, explore different directions and play with shadows
3. Place the figure still at one spot with its shadow showing on the paper
4. Catch the shadow by tracing around it
5. Explore around to hunt for shadows created by the natural light that shines through
6. Simply place your paper anywhere you wish to explore with light and may find surprising shadows appearing
7. Collect as many shadows you can discover

### ★ Little Share ★

- You can go on shadow hunt different times in the day and may find discoveries
- You can do a shadow hand shake together, have fun and experiment
- On a bright day, you can be each other's model; prepare a large piece of paper on the floor, make life-size shadow portraits of each other







# Concert of the Hidden Songs



## Nature's Voices in the City



**Shuuuu** be quiet... let your voices take a rest, listen. Have you ever paid attention to the sounds around your home? There may be cars vrooming, sounds of the construction work, ticking of the clock, neighbors chattering, chu chu train passing by. But if you listen closely, you can also hear the hidden bird songs, Cicada Choir, and more.

An invitation for you to join the Concert of Hidden Songs by your friends in Nature. No tickets required and free entry, all you need to bring are your opened ears and hearts. Guidelines of concert below:

1. Find a space close to the windows at home, for sitting or lying down together
2. Set up the relaxing 'concert space'. Make the space extremely comfortable together: blankets, cushions, fluffy friends, favourite fragrance, fairy lights for evenings
3. Enter the space at a suitable time. Then, find the most comfortable position and relax your body completely.
4. When you are ready you can gently close your eyes and listen to the sounds outside the window. There are sounds that maybe louder, but let's challenge yourselves to listen for the hidden voices from nature
5. After 30 seconds or 1 minute of silence, whisper share with each other how many hidden songs you can hear
6. Take a little rest and then you can close your eyes again to return to the concert
7. If there are any songs that's particularly remarkable, record it in your heart
8. Next time when you hear the same song outside your home, search around and see if you can search for the singers in nature



## ★ Little Share ★



- Different songs may play at different times of the day therefore you can enjoy more than one concert a day
- If you join the concert as part of your daily routine, you may recognise some repeated songs playing, which you can further investigate with
- It can be a nice bonding moment as parents and children, quiet time to relax the body and mind especially after physically or mentally demanding activities



# Animal Stretching

## Inspirations from the Woods

Since we are spending more time staying in, let's not forget to move our bodies regularly. You can wake your body after a goodnight sleep and afternoon nap, or any time after being still for too long. These movements may help you to receive calming deep pressure to joints and limbs, strengthening sense of balance and develop body awareness. We have invited a few special teachers from the woods to share unique moves with you.

Find a comfortable space, relax your body  
(you can play soft music or nature sounds in the background),  
for a moment imagine yourself being...

### Owl

#### with flexible neck

Can you move your eyes only without moving your head? Roll your eyes up and down, left to right, all around in both directions. Owls cannot do that due to their limited eye movement. However, they have incredibly flexible neck and can turn their head almost 270 degree. Imagine you are an owl just waking at night and doing your first neck stretch of the day.



Standing firmly and still on the ground as if you have claws that tightly gripping onto a tree branch. Gently turn your head all the way to the left, pause for a moment to notice how it feels and what's around; slowly turn your head to the very right, then pause. Do the 2 sides feel the same, or different? You may repeat a few times and see if you can turn a little more each time.









# Bats

who sleep upside down




The amazing bats spread both arms and wings super wide to fly and hunt for food at night. Spread both of your arms to the widest they can be and open your chest and shoulders, stretch on both sides and relax. Repeat the arm stretch and relaxation a few times, notice how they feel.



Bats hang upside down to hide from predators and it aids them to take off in flight. Standing your feet firmly on the ground and fold your upper body forward, backward and side to side to see the world upside down. When you are hanging your body upside down, simply relax your arms by your side or touch the ground if you wish. Wonder what the world looks like in the eyes of the bats.

When bats are sleeping, they huddle and cuddle closely together upside down too. Gather your bat family members together and give each other upside down cuddles. Enjoy the cosy moment.



# Turtle

that turns into a box

Did you know that one of the extremely rare turtle species, Golden Coin Turtle share our home in Hong Kong? Let's imagine yourself in a turtle shell: get down low on all fours with a heavy shell on your back, moving slowly... 2 limbs at a time and enjoying a slow stroll in your space. Bend your arms and legs to the lowest but don't let your belly touch the ground, challenge yourself to see how long you can walk like a turtle for.

When the Golden Coin Turtle is threatened or sleeping, it would hide all its limbs, head and tails completely inside its shell and become a box. That's why it's also called Chinese three-striped box turtle. Can you hide all your limbs and head under your body too? Take turn to be a box turtle and check on each other to see if any limbs are sticking out.





# Barking Deer

who has excellent senses



They are highly alert creatures and has 4 long and thin limbs that walks lightly and soundless in the forest. Get down on the ground on your four limbs, round your back slightly; ensure your front limbs (both arms) are super long and straight, back limbs (your legs) bent to similar length as your arms. Once you are in deer position, walk around as lightly and quietly as possible without making any sounds. You can turn your ears gently to different directions shuuu... stay alert to everything that's going on in your surroundings. You can enjoy a deer trot as you begin to go faster.

# Pangolin

that curls into a ball



When pangolins feel threatened, they will curl their whole body into a tight ball to protect their undersides. Lay down on the ground on either side of your body, stretch your arms and legs and try to curl your whole body into a tight ball. Curl your back, arms and legs inwards and see if you can turn yourself into a smaller ball as you curl and squeeze tighter. Close your eyes and enjoy a moment of simply being with yourself.

When they feed on ants, they would stick out their super long tongue which sometimes can extend to 40cm.

Take a deep breath with your nose, as you breathe out stick your tongue out to as long as you can. Practice a few times on your own and when you are ready, invite others to join and see who may have the longest tongue in your pangolin family.

Sometimes mummy pangolin would carry her baby on her tail or on her back when out hunting for food, enjoy a little pangolin adventure together if you wish.







# Mysterious Gratitude Elf

## Notes of Love



With the increasing time spent with your family at home, let's take the opportunity to share your love and gratitude with one and other. There maybe feelings that are sometimes hidden deep inside our hearts, words that get tangled at the tip of our tongues when wanting to say out loud; let's take the time to share and express them. You are invited to be a secret Gratitude Elf and hide notes of love all around your home. Anyone in your family can take part.



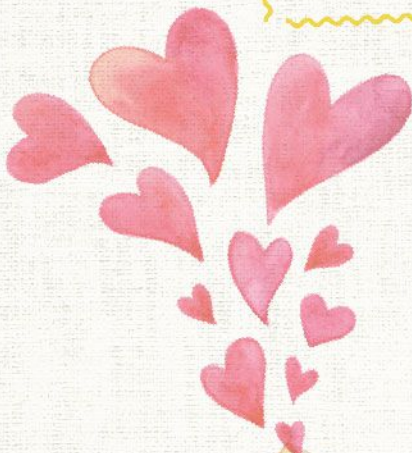
### Part 1 - Preparing the Love Notes

1. Prepare a pile of small note paper in different colours, sticky memo can be a good choice too
2. Dedicate one specific colour for one family member
3. Each Elf would take the colour notes that belongs to other members
4. Secretly mark on those notes in writing or drawings, a love & thankful message for that special someone
5. Hide these notes around the home, any spot you think that person may come across
6. This is the Elves' secret mission, so the notes must be hidden without the person knowing



### Part 2 - Gratitude Hunt

1. Wait for all the Elves in the family to hide all the notes
2. Gratitude hunt begins, find YOUR colour
3. Enjoy the moments of gratitude and love from each other



### ★ Little Share ★

- It can be continued as an on-going activity in the family
- Instead using the form of sticky memo notes, it can be in any other forms too. For example mini parcels, folding cards, twigs, little boxes... be creative with what you can find





# ♥ Thankful Heart ♥

## Decluttering and Sharing Toys



As your children grow, the collection of toys may have also grown alongside.

Some of them used to be their best buddies, some may have been hidden under the bed since last Christmas; these are all part of precious memories, blessings from loved ones. However, this can be a time for some of the toys that are no longer played with to march on to a new journey.



*You are invited to take some time to declutter and organize toys with your children, to appreciate and to share:*

- Research and find a potential good home for the toys: friends, charities (parents' mission)
  - Gather all the toys and books that has been put away in the past year and not been played with
  - Create a space and place them neatly together, organize them in clutter of categories
  - Encourage children to look around, take a moment to appreciate the time they have been together
  - Different memories may arise that were filled with laughter and tears, share these wonders with each other
  - There may be toys with extra special bonds, allow time and do not rush the process
  - Sending best wishes to wish it a wonderful journey ahead
  - Packing the toys together into bags and boxes together and if your child wishes to, they can leave a note on the package for 'the person about to receive'
- \* Don't forget to give positive encouragement and appreciation to your children for showing gratitude and sharing with others which is hugely valuable\*





# Sharing Gifts from Nature

## Colourful Pancakes

We are blessed with gifts from nature every day in every meal we have. What's better way to delight all senses and create magic than making a favourite snack together? Let's create colourful pancakes with you little ones using natural ingredients blessed with sunshine and rain drops; appreciate beauty of colours, forms, textures and taste.

Creating something from scratch is an empowering experience, valuing the process and be opened to possibilities.

When you are ready for your sensational journey, simply follow the recipe for colourful vegan pancake:



### GATHER ALL MAGICAL INGREDIENTS FOR PANCAKE MIX



1 cup all purpose flour



1 tablespoon sugar



1 tablespoon baking powder



Sprinkle of salt



1 cup plant of based milk  
(soy milk, almond milk, rice milk...)



2 tablespoon coconut oil



1 tablespoon apple cider vinegar



1-2 tablespoon natural food colouring powder\*

### FOR TOPPINGS



Seasonal fresh fruits



Drizzle of honey or maple syrup

\* Butterfly Pea=Blue, Beetroot=Pink / Red, Turmeric=Yellow, Matcha=Green, Cocoa=Brown, Purple Sweet Potato=Purple, Spinach=Green

### MIX AND CREATE

1. Combine all dry ingredients in one bowl
2. Prepare a second bowl and mix all liquid ingredients together
3. Pour the liquid mixture slowly into the dry bowl
4. Combine mixture slowly until it's nice and smooth
5. Rest the batter for around 5 minutes (This can be a good time to wash and cut up some fresh fruits)
6. Prepare a non-sticky pan with low / medium heat
7. Scoop one tablespoon of batter and gently pour onto the pan, forming a small circle
8. When it starts to bubble, flip to the other side to cook until it's golden and crispy

Parents may need to take lead in the following with children's assistance if appropriate...

Bon Appetit! \*



Enjoy! \*

Plate the colourful pancakes nicely with favourite toppings, serve each other with joy.  
Share the magical gifts from nature made with love