

"HI NATURE"

INVITATIONS FOR PARENTS AND CHILDREN
TO CONNECT WITH NATURE
AT HOME



OUR FRIENDLY NEIGHBOURS

STEP BY STEP ANIMAL DRAWING!

Did you know that we share our home with many friendly neighbours who live in the forest in Hong Kong? They are usually hiding, but if you look hard enough, you may discover them in nature. What do they look like? Let's find out together!

You are invited to take turns and follow a step at a time below to reveal our mysterious neighbours.

Materials needed: Piece of paper, pencils, colours (crayons / colouring pencils)



WILD BOAR

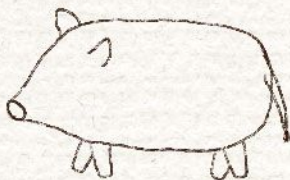
Detectives with a tremendous sense of smell



1. Oval shaped body and a long snout for smelling for food



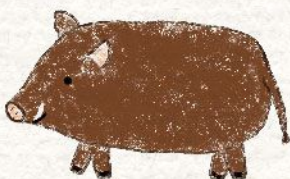
2. It has four short and thick legs



3. Two ears and a long thin tail



4. Colour the body in a dark brown / grey



5. Its eye is between its nose and ear, and it has a small tusk beside its mouth



6. Finally, let's add some hair all over our boar to finish

SECRETS OF THE WILD BOAR

- Wild boars are the ancestors of domestic pigs
- Wild boars use their long snouts to smell food hidden underground such as roots, worms and fruits
- Because they have a tremendous sense of smell, when you visit their homes in nature remember to take all your trash with you. If you leave trash in the animals' home, the boars may smell it and accidentally eat it for dinner

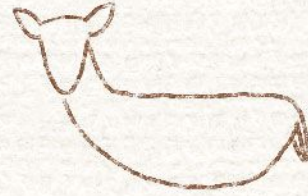


BARKING DEER

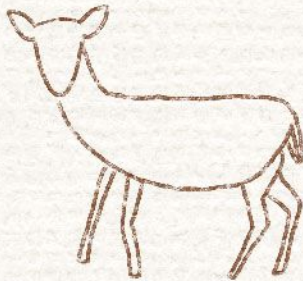
Our deer friend who's shy and most active at dawn and dusk



1. It has leaf-like ears and a skinny face



2. Smooth back and round belly, notice the small pointy tail at the back too



3. Two skinny legs in front and two stronger and thicker back legs



4. It likes to be camouflaged in the forest, let's colour its body, legs and ears brown



5. The centre T shape of the face is a little darker than the rest of the face



6. Add the pair of antlers, 2 eyes a little nose and we have a male barking deer (If you wish to have a female, simply skip the antlers)

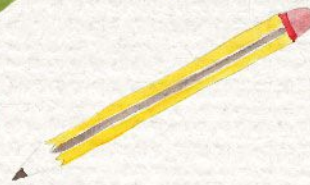
SECRETS OF THE BARKING DEER

- If you encounter a barking deer in the wild you can distinguish if it's male or female by checking if it has a pair of antlers
- The barking deer barks like a dog when it feels threatened by others so it can scare its enemy away. So, when we are walking inside the homes of our animal neighbours, we must stay as quiet as possible, so we won't scare our shy deer friends away.



CHINESE PANGOLIN

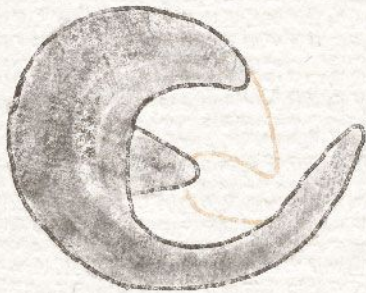
Our amazing ant - eating mammals



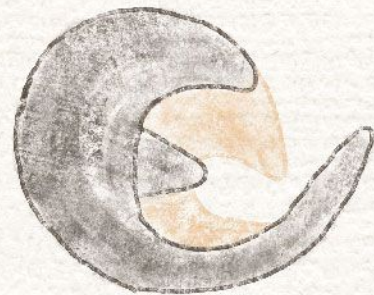
1. Sometimes when it feels threatened, its body curls up tightly and it looks like a letter 'C'



2. Make a smaller 'C' shape as the front body and draw its leg in the middle of the bigger 'C'



3. Colour the back in a dark colour like grey / brown



4. The front body is lighter in colour which looks like pink / beige, a little like your skin



5. Add its little eye, ear, nose and toes



6. Finish the picture by adding its scales which cover its skin for protection

SECRETS OF THE PANGOLIN

- Pangolins use their foot- long tongue to eat ants and other insects as their main meal
- Mummy pangolins carry baby pangolins on their tails, and they go on adventures together in the forest
- When they are scared, they curl up into a tight ball to protect themselves



SUGGESTED ACTIVITIES AFTER DRAWING THE ANIMAL...

ANIMAL STICK / PEG PUPPET

Cut out the drawn animals and attach them to a stick / chopstick / clothes peg with tape to create a unique animal puppet and let the animals come alive!

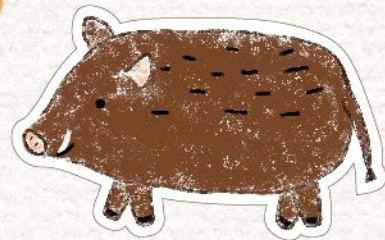
Create your very own characters with your children.
Do they have names? How old are they?

Materials needed: Child- friendly scissors, wooden peg / clothes peg / chopstick, tape

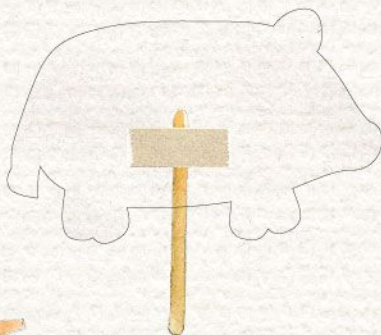
1



2



3



4



CREATE A HOME FOR THE ANIMALS

On a separate piece of paper, create a home for the animals.
Help to arouse curiosity and connection with the animals
by asking prompting questions. Some guiding questions can be:

Where does this animal live?
On tree or on land?

Does it live alone or
with family and friends?

Let's give it a hiding place
so it won't be found easily,
where might that be?

Does it need water?
Where might that come from?

What does it like to eat?

Materials needed: Piece of paper, pencils, colouring pencils



THE MAGICAL WINDOW

NATURE STORY STARTER

You are invited to create unique nature stories with your child inspired by nature. Awaken your imagination and let it run wild, have fun and share some laughter together.

1. Locate a window at home that you can get close to safely
2. Guide your child to the window then ask them to close their eyes
3. On the count of 3, invite them to open their eyes and share the FIRST thing they see that's related to nature
4. Count together to anticipate the magical eye-opening moment, 1...2...3!
5. For example, you child may say "I see a big fluffy cloud."
6. Then "big fluffy cloud" would be the start of the story. It can be turned into a character too, "Once upon a time, there was a cloud kingdom up above..."
7. Take turns to get inspiration from what can be spotted from the magical window, share a line each to make up a unique story about nature together



There are countless possibilities, the story can be totally unrealistic and born out of pure imagination. Sometimes to imagine freely may be more challenging for parents as children do it so naturally; however, let's try to wake up our imagination, enjoy the process of creating and discovering with your child.



MAKE A PLANT FRIEND



If you have house plants at home, you may encourage your child to make a plant friend by making a daily routine to visit the same plants. This will nurture their caring instincts as well as further develop their connection and respect with plants in the natural world. Connecting closely with plants can also exercise the senses, and bring them enlightenment and empowerment from observing the growth of a living being.



When visiting a plant friend together you may:

- ✓ Greet the plants as if you are greeting a friend, say "Good morning" or "Hi there"
- Give gentle handshakes by touching different parts of the plant gently: stems, leaves, flowers, soil... notice the different textures and smells
- Water the soil if it's too dry, "she may be thirsty..."
- Notice any difference today compared to yesterday, did she grow more leaves or flowers overnight?
- Create a growth diary and note down the plant's height and number of leaves if you wish, it can be in the form of numbers, a chart, or drawings depending on your child's interests
- Acknowledge and notice the emotion of the plants by exercising your imagination, "Is she happy today?"



CALMING NATURAL PLAYDOUGH RECIPE

Playdough is one of the most popular toys for children. Playing with playdough is great for developing fine motor skills and building up vocabulary. More importantly, it has a calming effect, which also provides an outlet for the little ones to spark creativity, imagination and express themselves. While staying at home, why not try making your own natural playdough with your child.

INGREDIENTS



1 cup of flour



¼ cup of salt



½ cup of hot water



½ teaspoon of oil

Add some magic to your playdough! You can add in whatever natural ingredients you have at hand to bring more colours and fragrance to the experience. Below are some suggested items:

MAGIC!!



Cinnamon



Any kind of herbal tea*



Turmeric powder



Orange peel



Vanilla extract

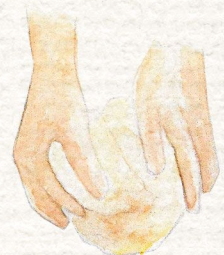


Natural essential oils

TRY TO MAKE IT WITH YOUR LITTLE ONE BY FOLLOWING THESE STEPS:

1. Mix the flour and salt in a bowl
2. Slowly pour in the hot water (adult's job), give it a little stir while pouring
3. Add in half a teaspoon of oil and your natural ingredients
4. Start kneading your dough and have fun with it

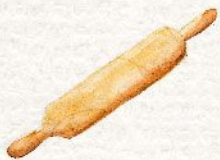
*** If you are using herbal tea, you can brew it for a few minutes and use it to replace the hot water to give the dough a tint of colour ***



SUGGESTED CONTINUED ACTIVITIES

PLAYDOUGH INVITATIONS

Try to provide some tools and fun add-ons for the little ones to exercise their little hands and muscles, this can also help build motor skills. Some objects for simple tactile play include:



Rolling pins



Plastic knife



Cookie cutters



Ice tray



Old muffin tins



Spatula



Stamps

You can also provide some extra elements for free play, let their imaginations run wild! Consider...



Dry pasta



Shells



Twigs and leaves



Animal figures



Toy vehicles



Googly eyes

*** Pay attention when providing children will small objects to play with. ***

THEMED PLAYDOUGH INVITATION

To invite your child to themed play, you can lay out your homemade playdough and other materials in a container with compartments. Some suggested themed play ideas are...

Bakery and Sweet Shop
(great with vanilla scent playdough!)

Gardening themed
with twigs, pot and spatula

Birthday Party
with candles and cupcake/cups

Forest and Animals
with animal figures

Have fun and enjoy the creative process with your little one.