

Nature Play WA

Media Kit



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www.natureplaywa.org.au

ABOUT US



Who we are

Nature Play WA is an incorporated not-for-profit association and a registered charity, dedicated to supporting the mental and physical health of Western Australian children by growing their connection to nature and community through outdoor play.



What we do

We work collaboratively with partners in recreation, education, health, environment, community, and the business world to encourage the WA community to value nature play and for it to be prioritised in children's lives.



Why it matters

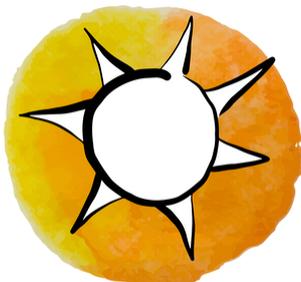
To grow up healthy, children need to sit less and play more.”
(World Health Organisation).

In an increasingly sedentary world unstructured, active, outdoor play (nature play) is an essential building block of physical, social and emotional health, and the primary way through which children develop the skills, confidences and competencies that support being active and connected for life.



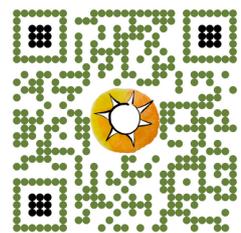
Our work

We create and deliver campaigns, events and resources to support outdoor play and learning for the benefit of all children.



In the media

Nature Play WA's work is regularly featured in TV, print, radio and online media, highlighting our commitment to advocating for child-led play in the outdoors, as part of a full and healthy childhood.



NPWA in the Media

Find out more: <https://www.natureplaywa.org.au/news/>

OUR CEO

Dr Kelsie Prabawa-Sear Professional Experience

Kelsie has had the joy of a varied and rich working and academic experience in both Australia and Indonesia prior to joining Nature Play WA, having worked in State government, consulting roles and conservation work with not-for-profit organisations.

Along the way she has entwined her work with post graduate research degrees, completing a Masters in Environmental Education for Sustainability and a PhD on The Impact of Culture in Environmental Education in Java, Indonesia.

When reflecting on this work, Kelsie's focus and passion has always been for nature, kids, and communities. It's therefore no surprise that she was drawn to the work of Nature Play WA.



Personal Experience

As a parent of three wonderful growing humans, Kelsie also understands the challenges of parenthood and the important role that we have as advocates for our kids' childhoods.

She personally adds "advocate for nature" to her list of responsibilities, as it is her view that we all have a responsibility to ensure that our kids not only get time in nature as little ones, but also get a future with nature. The health of the environment cannot be separated from our own health.

Media Experience

Print

Kelsie writes a regular Op Ed column for The West Australian, published on the second Monday of the month. Subjects she has written about include; risky play for children, the importance of families spending time together in nature, and providing children with the permission and skills to make a difference in their community and the wider world.

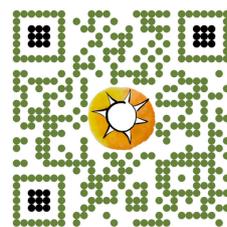
Kelsie has also been interviewed on the importance of risky play for children for STM /Perth Now.

Television

Kelsie has been interviewed by 7News Perth, 9News Perth and ABC News (National Breakfast).

Radio

Kelsie regularly appears on ABC 720 Perth and 6PR for stories related to nature play, risky play for children, the importance of time spent in nature, and to provide opinion and commentary on nature-related research.



Kelsie in the Media

Find out more: <https://www.natureplaywa.org.au/media-dr-kelsie-prabawa-sear/>

OUR CAMPAIGNS

Every Kid in a Park

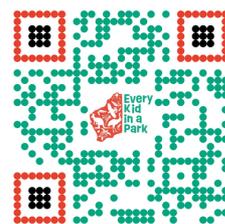
Every Kid in a Park is a project to support families of children of all abilities in accessing and enjoying the outdoors (like local parks, nature reserves, beaches, and national parks) around Western Australia.



Park of the Month

Each month we share information, photos and resources of WA's beautiful national parks through our Park of the Month initiative, providing families with the opportunity to explore our unique natural assets in Western Australia.

<https://www.natureplaywa.org.au/every-kid-in-a-park/>



Every Kid in a Park

Resources

Every Kid in a Park App

The Every Kid in a Park app provides resources and support to families of children of all abilities in accessing and enjoying outdoor areas around Western Australia. App content is designed in an accessible format using audio recordings and image descriptions.

Key elements of accessibility are incorporated through inclusive virtual tours, audio guides and interactive maps highlighting the points of interest within each park.

Accessible Nature Guides

Accessible Nature Guides are developed to support families with disability to plan their visit to regional and national parks around Western Australia.

The guides provide information about parking, accessibility and inclusion, maps and lists of fun things to do, along with an Access Ability Australia Communication Board for non-verbal park visitors.

Social Stories

Social stories help explain social situations to children and adults with autism spectrum disorder, intellectual disability, developmental delays and learning challenges.

A Social Story™ answers the 'wh' questions - where and when a situation occurs, who is involved, what is happening and why.

Social Story™ aims to help people of all abilities to plan and prepare for their visit to regional and national parks around Western Australia by explaining what they can expect on the day of their visit.



Resources

Find out more: <https://www.natureplaywa.org.au/every-kid-in-a-park-resources/>

OUR CAMPAIGNS

Every Kid in a Park Events

Four times a year, the Every Kid in a Park campaign hosts a large-scale, public event at a regional or national park around Western Australia. Previous events have been held at Yanchep National Park, John Forrest National Park and Naturescape at Kings Park and Botanic Garden.

These events are attended by hundreds of WA families of all abilities, and offer a wonderful opportunity to experience nature-based activities, cultural learnings and exploring the natural bushland.

Each event is unique to its location, and offers excellent visuals, with upbeat, inspiring and engaging stories of joy and exploration for TV and print media.



Every Kid in a Park in the Media

Our recent Naturescape at Kings Park and Botanic Garden received TV coverage on 7 News Perth and 9News Perth, online media through The West Australian and PerthNow, and radio through ABC 720.

Find out more: <https://www.natureplaywa.org.au/media-ekip/>



OUR CAMPAIGNS

Talk N Walk

Talk N Walk is an award-winning wellbeing program, facilitated through the Talk N Walk app and supporting resources.

90% of girls aged 11-17 don't get enough physical activity for good health. Talk N Walk is an innovative program designed to change this devastating statistic.

The program was co-designed with more than 100 ten-to-fifteen-year-old girls, including those who identify as girls and non-gender conforming individuals, from around Western Australia.

Talk N Walk focuses on social connection, friendships, family and feeling good and, while it has been developed to support tween and teen girls to be more physically active and mentally healthy, it can be used by anyone.

Find out more: <https://www.natureplaywa.org.au/talk-n-walk/>

Talk N Walk in the Media

The Talk N Walk program has attracted significant media attention, including a cover story and four page spread in STM, the West Australian newspaper, radio interviews on 6PR, Mix94.5 and 98five and extensive social media reach.



Ongoing development work to improve app accessibility, along with consultation with young people in the disability community makes Talk N Walk a great story about developing friendships and increasing physical activity in new and creative ways.

Find out more: <https://www.natureplaywa.org.au/talk-n-walk-media/>



Talk N Walk Info



Talk N Walk Media

OUR EVENTS

Free Community Events

Nature Play WA community events are free to attend, and regularly receive thousands of visitors.



Cubby Town

- 5000+ attendees
- multi-year event
- cubby building
- nature crafts
- digital scavenger hunt

Muddy Hands Festival

- 3000+ attendees
- multi-year event
- 2 giant mud pits
- mud kitchens
- loose parts play

Cardboard Central

- 1000+ attendees
- mini cardboard city
- cardboard tunnel maze
- cardboard crafting tools for attendees

Working with local governments, Nature Play WA creates unique events to showcase and activate local and regional parks that offer excellent visuals, with upbeat, inspiring and engaging stories of joy and active, adventurous play for TV and print media.

Find out more: <https://www.natureplaywa.org.au/events/>



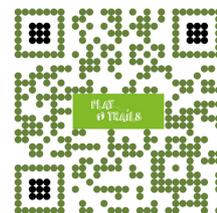
OUR RESOURCES

Play Trails App

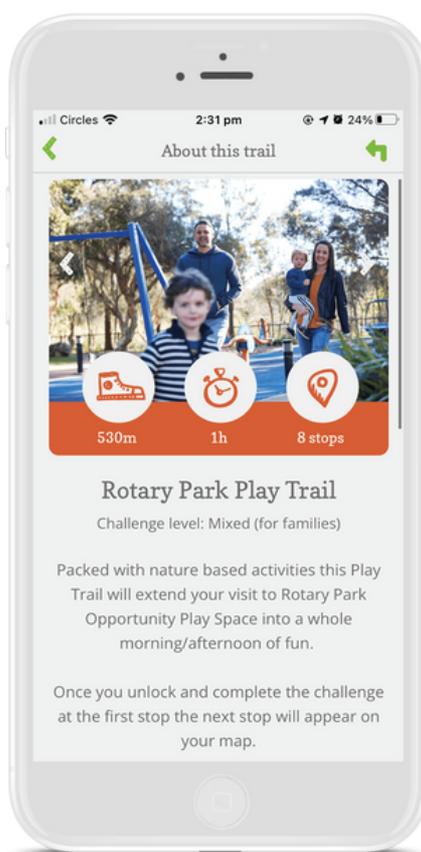
Play Trails take traditional scavenger hunt games to a whole new level. Using our free app, visit trail locations to unlock challenges, solve quiz questions and score points!

Nature Play WA partners with local governments and community organisations to create trails that provide a unique and fun way to explore shipwrecks, historic buildings, artworks, playgrounds, the environment and much more!

Find out more: <https://www.natureplaywa.org.au/play-trails-app/>



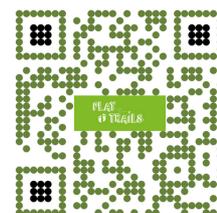
Play Trails App



Play Trails in the Media

Our Play Trails App has been featured on 7News Perth and in several Community Newspaper publications as a free, fun and engaging tool for families to explore their local neighbourhoods and beyond.

Engaging with children in the design process, and with new trails published regularly, the Play Trails app offers ongoing story opportunities.



Play Trails in the Media

Find out more: <https://www.natureplaywa.org.au/play-trails-a-school-holiday-budget-buster/>

OUR RESOURCES

Free Downloads for Families

Supporting families with ideas and inspiration of free and low-cost activities to do in nature, including:

- 51 Things To Do Before You're 12
- 25 Things To Do (each season of the year)
- Nature Treasure Hunt
- Alphabetical Nature Walk
- Nature Play Bingo

and our lists of Top 5 Family:

- Walk Trails
- Bike Trails
- Picnic and Play Spots
- Nature Play Spaces
- Water Play Spaces

51 things TO DO BEFORE you're 12

Find out why at www.natureplaywa.org.au

Nature Play WA's Treasure Hunt!

Go on a nature walk with your pencil at the ready! Find as many of these treasures as you can. Can you complete the whole treasure hunt in one go?

Find and collect these treasures

- a smooth leaf
- a seed or seed pod
- a stone or rock
- a feather
- something straight
- something green

Find these treasures with your eyes only!

- something living
- an insect
- a flower
- evidence of creatures (e.g. snail tracks, droppings)
- something curved
- something hidden
- something blue
- the most gigantic plant you can see!

What was the most interesting thing you found?

[natureplaywa.org.au](http://www.natureplaywa.org.au)

25 Things to do in Summer

- 1 Find a quiet river, stream or lake to dangle your feet in the water & daydream.
- 2 Have an ice-cream race down a steep, grassy hill (ice-cream available from ice suppliers).
- 3 Play [Nabba Play Bingo!](#) Download the free resource from our website & get fishing.
- 4 Make your own igloos with seasonal fruit & yogurt - freeze & enjoy!
- 5 Explore good bugs in your area - a digital treasure hunt for the whole family.
- 6 Create Christmas decorations from natural materials (see our [Blog: No Boxes!](#)).
- 7 Build a sandcastle (or city!) & decorate with shells, seaweed & natural treasures you find.
- 8 Camp (not overnight - pitch a tent or sleep under the stars).
- 9 Discover some urban nature. Find small spaces of green in the city.
- 10 Create a cubby in your yard - a cool space to escape the heat.
- 11 Take an early morning walk. How many different bird calls can you hear?
- 12 Get out on the water - hire kayaks or paddleboards, or get the surfboard or boogie board out & hit the surf!
- 13 On your watering days, play under the sprinklers while the garden gets a drink.
- 14 Get muddy! Get the mud machines into action or hose down your sandpit for some messy fun!
- 15 Play [Nabba Play Bingo!](#) Download the free resource from our website & get fishing.
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[natureplaywa.org.au](http://www.natureplaywa.org.au)

25 Things to do in Autumn

- 1 Take one last dip in the ocean before it gets too cold!
- 2 Visit an orchard to sample the new season's fruit.
- 3 Get ready for puddle jumping! Pull the family's gumboots out of storage to check they still fit.
- 4 Collect fallen Autumn leaves and make a nature crown. Poincy leaves are perfect!
- 5 Go [bug hunting](#). There are many places to hire kayaks and canoes around WA, so get paddling!
- 6 Get on your bikes and head out for a family ride, around your neighbourhood or further afield.
- 7 Catch a fish! Whether it's a rod and reel or just throwing out a line - see what you can catch.
- 8 Blast out the veggie patch with beetroot, cabbage, carrots, leek, radish, spinach and onions.
- 9 Go on a photo safari. Choose a subject (or colour scheme) and see what you can 'capture'.
- 10 Go geocaching! If you've never tried a digital treasure hunt before, visit the official [Geocaching](#) website for more information.
- 11 Fly a kite. The windier weather brings great gusts for kite-flying fun.
- 12 Use a notebook to press nature treasures. Collect leaves or flowers, and write notes to remind you of when and where you found them.
- 13 Get out in the rain! Get on your boots and jacket and play outside. What does the rain look, feel and smell like?
- 14 Make mini boats from fallen leaves and race them down a river or creek.
- 15 Exercise your green thumb by planting pretty flowering plants like pansy, sweet pea and viola.
- 16 Go on a bug hunt! What creepy crawlers can you find in your yard every day?
- 17 Pack a picnic and hit the road. Plan a day trip somewhere new and build some wonderful memories.
- 18 Enjoy a bush walk after it rains. What mushrooms, fungi and lichen can you find?
- 19 Catch a fish! Whether it's a rod and reel or just throwing out a line - see what you can catch.
- 20 Cook on a campfire. Songs in a firepot or toast on a toasting fork. And who can forget the toasted marshmallows! (Check for the bees first!)
- 21 Go on a family bushwalk. Check the [1000 Hikes](#) on our website for trails.
- 22 Explore our beautiful state with the help of our free [Play in WA app](#). Visit our [Play in WA app](#) webpage for details.
- 23 Go cloud watching. Can you see animals or shapes? Tell a story about them as they float across the sky.
- 24 Explore a national park near you. With more than 60 around WA, you can find out more at [National Parks and Wildlife Service](#).
- 25 Visit as many nature play spaces as you can! Download our free [Top Nature Play Spaces](#) resource to get started.

[natureplaywa.org.au](http://www.natureplaywa.org.au)

25 Things to do in Winter

- 1 Collect fallen leaves & pieces of bark with interesting textures. Place under a paper & rub using coloured crayons to create a picture.
- 2 Pick flowers from your garden & press between the pages of a heavy book. Once dried, you can use the pressed flowers in your nature craft.
- 3 Build a mini cabin by collecting flat or smooth rocks, & stack them one on top of the other. How high can you go?
- 4 Break out the craft glue & cardboard to design & create a beautiful nature collage.
- 5 Go on an alphabetical nature walk. Can you find objects with names that start with each letter of the alphabet?
- 6 Make a simple crown to fit your head with paper or card & sticks/bamboo. Stick flowers & leaves upon it to wear your regal creation!
- 7 Dig natural wonders into a piece of paper to create nature prints. What interesting patterns can you create?
- 8 Go on a listening nature walk. How many different sounds can you hear? The wind, leaves in the trees, birds singing?
- 9 Create a sensory basket: pine cones, feathers, shells, rocks & sprigs of herbs herbs play.
- 10 Create a family of stick people. Choose some sticks, twigs & sprigs of fabric & wool, craft glue & pens to adorn & decorate them.
- 11 Play in the rain & let it on your face. How does it feel? Is it cold? How big are the rain drops & how fast for slow to it falling?
- 12 Use flowers, garden prunings, sand, mud & water to create a beautiful sculpture.
- 13 Make a rain gauge from a small glass jar. Mark cm measurements with permanent marker on the outside. Place it outdoors in the rain & wait!
- 14 Build a bug hotel from a cardboard box & collected natural materials. See our [Blog for full instructions](#).
- 15 Wear weather hats! Does the weather? Does your garden have these wiggly friends in them?
- 16 Try nature weaving. Create a stick frame, tie string across it & weave leaves, sticks, feathers & other natural elements to create beautiful art!
- 17 It's so much fun to jump in puddles - pull on your boots for go barefoot! & get splashing!
- 18 Collect fallen leaves & create a picture with craft glue & paper. You could make leaf people or other nature creatures.
- 19 If the weather is just too wild & woolly to get outside, indulge in some indoor rock painting!
- 20 With COVID-19 restrictions being lifted, nature play spaces are back open. Discover our [list of our Top Nature Play WA app](#).
- 21 Join our [Winter photo competition](#). Each month a \$500 gift card goes to the winning photo!
- 22 Create a beautiful sculpture.

[natureplaywa.org.au](http://www.natureplaywa.org.au)

25 Things to do in Spring

- 1 Discover the newest play trails on [Play Trails app!](#) ([see our website for info](#))
- 2 Make friends with a tree. Visit it and watch how it grows through the season.
- 3 Go for a cycling adventure - around the neighbourhood or further afield.
- 4 Snail race! Draw a circle & place snails inside. Which one will make it across the line first?
- 5 Go star gazing. Which constellations can you see in the night sky?
- 6 Discover what's in your local lake. Are there new birds, bugs or frogs?
- 7 Get into puddle jumping - how big can you make your puddle?
- 8 Find a favourite stick! Sticks can be anything - a wand, a walking stick, a wand.
- 9 Watch the sunrise. There's something special about seeing the sun 'wake up'!
- 10 Which wildflowers are now in bloom? Check our [Blog for hints to find them](#).
- 11 Go barefoot. Get those toes out and feel the ground beneath your feet.
- 12 Check out the awesome nature play events happening through Spring (see our [Event!](#))
- 13 Go on an Alphabetical Nature Walk - download the printable resource at our website.
- 14 Take a piece of cardboard to your favourite hill and get tobogganing!
- 15 Make a splash! Get into the ocean or river and go for a Spring swim!
- 16 Play Push Sticks - drop two sticks from a bridge into a stream and watch them race.
- 17 Picnic in the wild! Picnic at a national park - find one you've never visited before.
- 18 Build your own cubby house out of a large cardboard box.
- 19 Take part in some DIY! Play with hundreds of activities in our [Nature Resource!](#)
- 20 Have a play date with friends at your local playground.
- 21 Make 500ms or 30ms puddles over an open field - follow our [Beckset](#) (check for fine bees)
- 22 Pick a tone in the backyard or not a sleeping bag out for an adventure under the stars.
- 23 Beckchomp for treasures! Visit the beach at low tide to find what's washed ashore.
- 24 Visit as many nature play spaces as you can! (See our favourites in our free [Play in WA app!](#))
- 25 Try our list of [25 Things to do Before You're 12!](#)

[natureplaywa.org.au](http://www.natureplaywa.org.au)

ALPHABETICAL NATURE WALK

Can you find objects with names that start with each letter of the alphabet?

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

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NATURE PLAY BINGO!

Go on a nature walk with your pencil at the ready! Tick off as many of these 16 things as you can. Can you complete your whole bingo card in one go?

CAN YOU FIND SOMETHING...

soft?	yellow?	rough?	slimy?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
living?	smelly?	wet?	your height?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
fuzzy?	red?	noisy?	crushable?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
buoyant?	creepy/crawly?	that flies?	(your choice)?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

[natureplaywa.org.au](http://www.natureplaywa.org.au)

FREE Water Play Spaces

Perth - Central

- BBP Billion Water Park - Elizabeth Quay (interactive water feature with spray jets and lighting)
- May Drive Parklands - May Drive, Kings Park (interactive water misting forest)
- Maylands Waterland - 32 Clarkson Road, Maylands (splashpad, water sprayers, bubbles and tipping buckets)
- Subiaco Theatre Gardens Playground - Hammersley Road, Subiaco (fountain, trickling creek, dams & sandpit pond)
- Water Labynth - Forrest Place, Perth (interactive water sculpture creating 'rooms' with water jets)
- Yagan Square Play Space - Rooftop Yagan Square Precinct Market Mall, Northbridge (interactive water feature)

Perth - North

- Brathwaite Park - cnr Scarborough Beach Road & The Boulevard, Mount Hawthorn (blended water trough & pump)
- Hyde Park Water Playground - Vincent Street, North Perth (fountains, overhead buckets, spray jets & cannons)
- Kingsway Amenity Play Space - 1 Coal Way, Madley (tipping bucket & water sprayers)
- Kirkcaldy Park Splash Pad - Lambert Road, Eglinton (water tunnel, water sprays, fountain spray & jet streams)
- Rainbow Waters Playgrounds - Liberty Avenue, Ellenbrook (5 interactive water features, spray jets, fountains and bubble jets)
- Whiteman Park Mini Water Park - Drumpler Road, Whiteman (50cm deep wading pool & waterpouffes)
- Yokine Play Space - Wordsworth Avenue, Yokine (water pump, raised water platform & sandpit pond)

[natureplaywa.org.au](http://www.natureplaywa.org.au)

Resources for Families

Find out more: <https://www.natureplaywa.org.au/downloads/resources-families/>

CONTACT US

Dr Kelsie Prabawa-Sear

Nature Play WA Spokesperson

Kelsie is available for TV, print and radio media opportunities.

Her warm, friendly and personable nature makes her an ideal interview subject, and she can speak authoritatively, informatively and succinctly on a wide range of subjects, including:

- nature play,
- adventurous and risky play,
- mental wellbeing and physical health benefits of being outdoors and in nature,
- importance of providing adequate public space and infrastructure for play,
- benefits of outdoor learning for improved academic achievement
- research demonstrating benefits of time spent in nature

Dr Kelsie Prabawa-Sear

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Katherine Healy

Media Enquiries

Katherine is Nature Play WA's Strategic Communications and Campaigns Manager.

She has a Bachelor of Arts (English) in Journalism, and has worked in print, radio and online media, in journalistic, on-air, editorial, marketing and promotional roles.

With a strong sense of storytelling, Katherine is adept at "crafting a yarn" and has significant experience in bringing together the right people for media opportunities.

Katherine Healy

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