

From Screen To Green

activities to
unplug and rewild



Once upon a time, children's days were measured in tree climbs, scraped knees, and the number of frogs they almost – but not quite – caught.

Fast forward to today, and many of those adventures have been swapped for glowing rectangles and endless scrolling.

Research tells us that while screens can spark curiosity, too much of them is linked with rising anxiety, shorter attention spans, and less sleep. On the flip side, time outdoors – digging, building, exploring – boosts creativity, strengthens resilience, nurtures wellbeing, and even improves academic outcomes.

This book is your pocket sized treasure chest of simple ways to help your children rewind.

The activities within are part of our
“Screen to Green” adventure,
little invitations to wonder and wander,
reconnecting with the living world right
outside the door.

- ☐ Mandala
- ☐ Whittled Critter
- ☐ Foraged Creature
- ☐ Flower Loom
- ☐ Mini Shelter
- ☐ Tipi
- ☐ Yarning Stick
- ☐ Tree Face
- ☐ Flower Crown
- ☐ Solstice Lantern
- ☐ Rope Ladder
- ☐ Rope Swing
- ☐ Nature Spotting
- ☐ Colour Hunt





What you need

Basket

Found leaves,
petals & flowers

What to do

Step 1

Collect & Sort – Gather petals, leaves, stones, seeds, or pinecones. Sort by size and colour.

Step 2

Start at the Center – Place a small, symmetrical item in the middle to anchor your design.

Step 3

Build Outward – Arrange elements in repeating circular patterns, alternating textures and colours.

Step 4

Refine & Reflect – Adjust for balance, then pause to enjoy the calm and creativity of your work.





What you need

Peeler

Found stick

Pens

What to do

Step 1

Choose your stick – Find one that's wider than your finger and sturdy enough to carve.

Step 2

Shape with a peeler – Use a veggie peeler to smooth the handle and carve a face area. Always peel away from your body and keep a safe distance from others.

Step 3

Whittle the body – Strip the bark, round the shape, and carve simple features like ears, tails, or beaks.

Step 4

Add personality – Use markers to draw on eyes, patterns, or accessories, then name your new forest friend.





What you need

Found leaves,
petals & flowers

What to do

Step 1

Collect & Explore – On a nature walk, gather leaves, petals, sticks, and seed pods with varied shapes and textures.

Step 2

Shape the Wings – Place two large leaves for bottom wings and two smaller petals for top wings symmetrically on a flat surface.

Step 3

Build the Body – Use a small stick for the body and add two thin leaves or seed pods at the top for antennae.

Step 4

Add the Details – Decorate with smaller leaves or flowers to give your insect character.



What you need

Found sticks

Leaves, flowers

Twine



What to do

Step 1

Plan Your Loom – Pick a shape (circle, square, triangle) and size based on your materials and design idea.

Step 2

Build the Frame – Use sticks to form your shape. Tie corners with twine to keep it sturdy.

Step 3

Add Twine – Stretch twine across the frame to make a weaving grid. Keep it tight.

Step 4

Weave with Nature – Tuck in leaves, petals, and grasses through the twine to create patterns.



What you need

Found sticks
Small toy/rock



What to do

Step 1

Plan the Shelter – Choose an animal and consider its size, behaviour, and needs like warmth, dryness, or camouflage.

Step 2

Build the Frame – Use sticks to form a triangular base, then lean more sticks against it to create a tipi-like structure.

Step 3

Cover with Leaves – Layer leaves thickly over the frame to insulate and protect from the elements.

Step 4

Check Comfort & Protection – Ensure the shelter shields from rain, wind, and sun, and offers a secure, spacious interior.





What you need

Found sticks

Leaves

Twine

What to do

Step 1

Plan the Tipi – Choose a location and think about who or what it's for, small animals, dolls, or you. Consider size, stability, and shelter needs.

Step 2

Build the Frame – Use long sticks to form a triangle base. Lean more sticks around it to create a cone or tipi shape. Tie the top with twine to hold it together.

Step 3

Cover with Leaves – Layer leaves, bark, or grass over the frame to insulate and camouflage. Make it thick enough to block wind and light rain.

Step 4

Check Strength & Shelter – Make sure it stands firmly and offers protection. Adjust gaps and add more cover if needed.





What you need

Found sticks

Leaves

Twine

What to do

Step 1

Plan the Stick – Choose a sturdy stick. Think about its size and how it will be held or displayed. Consider the story or theme you want it to represent.

Step 2

Wrap with Twine – Wind twine tightly around sections of the stick to create texture and grip. You can use different colours to mark stages of a story or meaning.

Step 3

Decorate with Leaves – Attach found leaves, petals, or grasses by tucking them under the twine or tying them on.

Step 4

Check Feel & Meaning – Make sure everything is secure and comfortable to hold. Reflect on the story your yarnning stick tells, each element can represent a memory, person, or place.





What you need

Found sticks

Leaves

Twine

What to do

Step 1

Plan the Face – Pick a tree and imagine the expression— happy, wise, sleepy? Think about where the eyes, nose, and mouth will go.

Step 2

Shape the Features – Use clay or salt dough to sculpt simple facial parts: eyes, nose, mouth, eyebrows. Keep them thick enough to hold shape outdoors.

Step 3

Add Natural Details – Press in leaves, bark, twigs, or seeds to decorate. These add texture and personality.

Step 4

Attach & Adjust – Gently press each piece onto the tree trunk. Make sure it sticks well and looks balanced. Step back and admire your tree's new face!



What you need

Found flower &
leaves
Tape



What to do

Step 1

Plan & Measure – Decide if you’re making a crown or bracelet. Cut a strip of tape to fit your head or wrist, then fold it over sticky-side out.

Step 2

Collect Nature – Gather small leaves, petals, feathers, and grasses from your surroundings.

Step 3

Decorate – Stick your natural items onto the tape, pressing gently to secure them.

Step 4

Wear & Enjoy – Wrap the tape around your head or wrist and fasten the ends. Admire your nature-inspired wearable!





What you need

Found leaves

Glue

Jar

Electric candle

What to do

Step 1

Prepare the Jar- Clean a glass jar and remove any labels. This will be your lantern base.

Step 2

Decorate with Leaves - Brush glue onto the outside of the jar and press on dried or fresh leaves. Let it dry completely.

Step 3

Add the Light - Place an electric candle or LED tea light inside the jar for a safe, glowing effect.

Step 4

Enjoy the Glow - Use your lantern to celebrate the solstice, indoors or outdoors.



What you need

Found logs

Rope



What to do

Step 1

Gather Materials – Find strong, straight sticks or small logs for rungs. Cut two long ropes for the ladder sides.

Step 2

Tie with Clove Hitch – Use a clove hitch knot to attach each rung:

- Wrap the rope around the stick once.
- Cross over and wrap again to form an “X”.
- Tuck the end under the second loop and pull tight.
- Repeat for each rung, spacing them evenly.

Step 3

Secure the Top – Tie the top ends of the ropes to a sturdy branch, beam, or hook. Make sure it’s stable and won’t slip.

Step 4

Test & Stay Safe – Gently pull and step on the ladder to check strength.

Safety Tip: Always test with care and supervise use. Never climb unless the ladder is secure and built for safe weight support.





What you need

Found sticks

Leaves

Twine

What to do

Step 1

Gather Materials – Find a sturdy horizontal branch and a smooth log or thick stick for the seat. Cut two equal lengths of strong rope.

Step 2 – Tie the Seat

Use a secure knot like a clove hitch to tie each end of the rope to the log. Make sure the knots are tight and balanced.

- Wrap the rope around the stick once.
- Cross over and wrap again to form an “X”.
- Tuck the end under the second loop and pull tight.

Step 3

Hang the Swing – Throw the rope over the branch and tie it securely. Adjust the height so the seat hangs evenly and is easy to reach.

Step 4

Test & Stay Safe – Gently pull and sit to test strength.

Safety Tip: Always check the branch and knots before swinging.

Supervise children and never use weak or damaged materials.





What you need

Recycled Container
Leaves & sticks

What to do

Step 1

Gather Materials – Find a clear container like a jar or tub. Collect natural items like leaves, sticks, and grass to make the bugs feel at home.

Step 2

Build the Catcher – Poke small air holes in the lid or cover. Add the leaves and sticks inside to create a comfy space for your mini beast.

Step 3

Catch & Observe – Gently catch bugs using a soft brush or by guiding them in. Watch how they move, eat, or hide.

Step 4

Be Kind & Safe – Always release bugs after observing. Handle them gently and wash hands after. Respect their role in nature.





What you need

Binoculars

Nature guide

Sketching materials

What to do

Step 1

Choose a Spot – Find a quiet place near trees, water, or open fields.

Step 2

Watch & Listen – Stay still and look for movement. Listen for nature calls and songs.

Step 3

Observe Details – Notice size, colours, shape, and behaviour. You can sketch or write notes to help identify nature later, or use a guide.

Step 4

Respect Wildlife – Watch from a distance. Never chase or touch. Stay calm and quiet to protect the space and enjoy the moment.

Frog Field Guide



Eastern Banjo Frog

Limnodynastes dumerilii

Medium - large, brown/grey purple markings on side

Mating call - 'bonk'



Painted Frog

Neobatrachus pictus

Medium - deep olive dark marking head & body

Mating call - musical trill



Bibron's Toadlet

Pseudophryne bibroni

medium - dark brown/grey, scattering of orange reddish spots

Mating call - 'ark'



Brown Tree Frog

Litoria ewingi

medium - pale brown, narrow black/brown stripe from snout to shoulder

Mating call - 'weep-eeep-eeep'



Spotted Marsh Frog

Limnodynastes tasmanicus

medium - olive/green/brown spots on pale background

Mating call - 'uk..uk..uk'



Common Froglet

Crinia signifera

Small - variable colour brown/grey/green

Mating call - 'crick'

Plant Field Guide



Bottlebrush
Callistemon

Bright red, brush-like flowers

Medium tree



Flowering Gum
Corymbia ficifolia

Vibrant yellow or orange gum blossoms

Medium tree



Waratah
Telopea speciosissima

Large, bright red flower heads

Medium bush



Native Hovea
Hovea linearis

Purple pea-like flowers on slender stems.

Small plant



Yellow Grevillea
Grevillea

Spider-like flowers in red, pink, or yellow.

Medium bush



Yellow Wattle
Acacia

Golden, fluffy round

Medium tree

Bird Field Guide



Australian Ibis
Threskiornis molucca

White-bodied, long beak scavenger

Large



Galah
Eolophus roseicapilla

Pink and grey cockatoo

Medium



Kookaburra
Dacelo novaeguineae

Kingfisher with a distinctive laughing call

Medium



Superb Blue Wren
Malurus cyaneus

Small, vibrant blue male

Small



Eastern Rosella
Platyercus eximius

Colourful red, yellow, and blue parrot

Medium



Sulphur-crested Cockatoo
Cacatua galerita

Large white parrot with yellow crest

Medium

Butterfly Field Guide



Dainty Swallowtail

Papilio anactus

Medium sized (2.5cm - 6cm) or Large sized (>6cm)

White/cream with black/brown



Wanderer

Danaus plexippus

Medium sized (2.5cm - 6cm) or Large sized (>6cm)

Mostly orange



Cabbage White

Pieris rapae

Medium sized (2.5cm - 6cm) or Large sized (>6cm)

White/cream with black/brown



Small Grass Yellow

Eurema smilax

Medium sized (2.5cm - 6cm)

Mostly yellow



Australian Admiral

Vanessa itea

Medium sized (2.5cm - 6cm) or Large sized (>6cm)

Mostly orange with white/black



Caper White

Belenois java

Medium sized (2.5cm - 6cm) or Large sized (>6cm)

White/cream with black/brown

Mini Beast Field Guide



Ladybird
Coccinellidae

Round, spotted beetle

4-10 mm



Bee
Apis mellifera (Honeybee)

Fuzzy, striped insect

12-15 mm



Earthworm
Lumbricina

Long, segmented worm

10-300 mm



Black Beetle
Heteronychus arator

Shiny black beetle

12-15 mm



Cricket
Gryllidae

Leaping, chirping insect

15-30 mm



Ant
Formicidae

Small, social insect

2-15 mm

Beyond
the leaves



Lobethal
LUTHERAN SCHOOL