



SPRING *into* PARKS

A WA PARKS FOUNDATION INITIATIVE

TAKE THE 30 DAY CHALLENGE

SUN 1

Celebrate Father's Day with a picnic in a park

MON 2

Savour a sunset

TUES 3

Try yoga lesson in the park

WED 4

Find a quiet spot and listen to nature

THURS 5

Feel the sand between your toes

SAT 7

Take a walk in the wild and discover a bush trail

SUN 8

Taste local bush tucker

MON 9

Breathe in some fresh air

TUES 10

Sit outside and watch the birds

WED 11

Sit by a tree and soak up the sounds of rustling leaves

THURS 12

Listen to a wellness podcast while walking

FRI 13

Build an insect hotel

SAT 14

Grab a book and read outside

SUN 15

Take a photo of today's outside adventure

MON 16

Eat lunch outside

TUES 17

Take a moment of 'me' time

WED 18

Invite a friend into nature

THURS 19

Take some time to explore your local park

FRI 20

Move your body

SAT 21

Do a digital detox and limit your screen time. Have a WiFi free day

SUN 22

Climb a tree challenge

MON 23

Meditate

TUES 24

Enjoy your cuppa in the morning sun

WED 25

Try forest bathing

THURS 26

Slow down and notice something new

FRI 27

Go stargazing

SAT 28

Discover a meadow of wildflowers

SUN 29

Dig in. Get dirty gardening or planting a nature patch

MON 30

Treat Yourself - you made it!

SPRING INTO PARKS THIS SEPTEMBER
AND EXPLORE OUR PARKS YOUR WAY!

#springintoparks
is made possible by

Chevron



human energy

WA PARKS
FOUNDATION

Check out the calendar of events at ourwaparks.org.au/springintoparks