



# SPRING *into* PARKS

A WA PARKS FOUNDATION INITIATIVE  
MADE POSSIBLE BY CHEVRON

## 30 DAY REBOOT

### DAY 1

Connect to Country

### DAY 2

Share a smile

### DAY 3

Observe nature nearby

### DAY 4

Practice mindfulness

### DAY 5

Care for our Country

### DAY 6

Meet a friend outside

### DAY 7

List three things you're grateful for

### DAY 8

Dip your toes in the ocean

### DAY 9

Go bird watching

### DAY 10

Explore rock pools

### DAY 11

Go on a cloud hunt

### DAY 12

Learn about Aboriginal bush medicine

### DAY 13

Watch the sun go down

### DAY 14

Hand heart healing through nature

### DAY 15

Practise yoga outside

### DAY 16

Discover bush tucker

### DAY 17

Follow a creek

### DAY 18

Try Forest Bathing

### DAY 19

Find animal tracks

### DAY 20

Plant a native seed

### DAY 21

Stargaze the Milky Way

### DAY 22

Meditate in fresh air

### DAY 23

Get artsy outside

### DAY 24

Find a local greenspace

### DAY 25

Soak up the sunshine

### DAY 26

Watch local wildlife

### DAY 27

Picnic in the park

### DAY 28

Bush walk with a buddy

### DAY 29

Smell Eucalyptus leaves

### DAY 30

Explore a national park

Improve your health & happiness this June by spending time in nature



WA PARKS FOUNDATION

[ourwaparks.org.au](http://ourwaparks.org.au)  
#springintoparks

the human energy company™  
Chevron