

SPRING *into* PARKS

A WA PARKS FOUNDATION INITIATIVE

Join the 30-day challenge to reset and recharge your way to wellness

DAY 1

Consciously connect

DAY 2

Discover backyard buddies

DAY 3

Bush walk with family

DAY 4

Admire wildflowers

DAY 5

Heal your mind

DAY 6

Take note

DAY 7

Be a conservation champion

DAY 8

Listen to nature

DAY 9

Explore a national park

DAY 10

Get artsy outside

DAY 11

Take a nocturnal walk

DAY 12

Listen to birdsong

DAY 13

Discover bush tucker

DAY 14

Capture a moment in nature

DAY 15

Spot a Quokka

DAY 16

Keep on track

DAY 17

Wind down with wellness

DAY 18

Practice yoga outside

DAY 19

Picnic in the park

DAY 20

Explore a Park

DAY 21

Stargaze the galaxy

DAY 22

Walk on the wild side

DAY 23

Visit a wildlife sanctuary

DAY 24

Savour a sunset

DAY 25

Try forest bathing

DAY 26

Find animal tracks

DAY 27

Hand heart healing

DAY 28

Visit the beach

DAY 29

Be mindful

DAY 30

Stay connected



WA PARKS
FOUNDATION

ourwaparks.org.au
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