



7 Easy Steps To Making Your FAMILY NATURE BUCKET LIST



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FAMILY NATURE BUCKET LIST



WHAT IS A FAMILY NATURE BUCKET LIST?

Are there activities and adventures out in nature that you've thought about and even talked about as a family that you'd love to do and experience? But you never seem to find the time – or energy - to do them? Or you forget about the "brain wave" far too soon after you have it? Or you say, "I've always wanted to ..." or "Some day we'll get around to ..."

Don't worry, sometimes (OK, often) we get what I call a case of the dreaded

"Shoulda, Coulda, Woulda ... Didn't's".

So how do you cure yourself of this dreaded foe of family-connecting, memory-making, fun, outdoor adventuring, and learning experiences?

Firstly, let me take you on a walk down memory lane.

Think about a time when you **DID** get outside, exploring and adventuring as a family. Where were you? What were you doing? How did it feel? What did you all say afterwards? Do you talk about that time still?

Connecting to those memories, feelings and experiences is the first step back out the door as it provides you with the very powerful **WHY** you want to do it rather than just focusing on the **WHAT** of what it is you're going to do.

So, once you've worked out your WHY ...

Then just start doing 'stuff', outside, together as a family. One adventure at a time. One picnic or BBQ in the backyard at a time. One walk on the beach. One vegie garden – even one vegie (try a beanstalk!). One outing at a time.

Remember, whatever it is, it's outside and it's together.

Pretty soon it'll get to a point where you are racing to see who can get out the door the fastest!

***"Now that's all well and good," I hear you say,
"but what do we do when we get out there"?***



We love getting out and about as a family ... but sometimes we get stuck for ideas too.

Enter the amazing **"Family Nature Bucket List"** to help you!

It's a fun, family "to do" list that'll actually help motivate you "to do" the things on it!

According to the Movie, "The Bucket List", a bucket list is a list of things to do before you die. It comes from the term "kick the bucket". But like my good mate Trav Bell (The Bucketlist Guy) says, who wants to wait until you get your "expiry date" to start doing all the things you want to do and living your list? Not I said the fly!

So in our fun take on the Bucket List concept ... **and using a REAL BUCKET** ... here's how the **"Family Nature Bucket List"** works ...



- ✓ It's a planner, an organiser and a place to help you make and collect a bucket load of cherished family memories.
- ✓ Your Family Nature Bucket List will help you put everyone's ideas down on paper – then onto pegs – and keep them in one place!
- ✓ It also provides you with a GO TO place when your kids say "I'm bored"!
- ✓ In making and then doing all the things together on your Family Nature Bucket List, you'll learn all sorts of things about yourself, your family members and the natural world.

The best thing about the Family Nature Bucket List is that once you've ticked off all the activities on your Bucket, you can get to work (play!) on making a new bucket to fill with lots of new adventures and experiences ... and maybe even repeat some of your old favourites!

MAKE YOUR OWN

FAMILY NATURE BUCKET LIST



PREPARATION TIME: 30+ minutes

ACTIVITY TIME: As long as you like! LOCATION: Wherever you like!

THINGS YOU'LL NEED

Get all your bucket list making bits and pieces together and get ready to have some creative family fun!



- ✓ Paper and pens or pencils
- ✓ A bucket with a thin 'lip' (a pot plant bucket is ideal ... and usually free!)
- ✓ Different coloured markers
- ✓ Lots of wooden clothes pegs/pins
- ✓ Envelopes or something similar for holding 'memories'
- ✓ Camera (optional ... but great for capturing the moment!)



STEP 1: YOUR WHY

Like I said before, first get everyone together and talk together about **WHY** you're doing this as a family.

Consider things like:

- 🌿 *How do you want to feel?*
- 🌿 *What do each of your as individuals want to get out of it?*
- 🌿 *What would you like to learn?*
- 🌿 *What do you want to have happened in your family as a result of spending more time, together, outside?*



Write your WHY'S down on the top of a large sheet of paper.



STEP 2: YOUR WHAT - MAKING YOUR LIST!

Explain that your Family Nature Bucket List is a fun way to think of lots of things you'd like to do together outdoors.

Then grab your paper and pens, crayons or pencils, and encourage each family member (parents too!) to contribute their ideas!



The idea is that everyone participates and all ideas are written down.

Write your list of **WHAT'S** down below your **WHY'S** on your large sheet of paper.

It's likely that once the ideas start flowing you'll get oodles of suggestions.

Write them ALL down. The more the merrier!

Think about:

- 🍃 *Things you'd like to do and experience in nature*
- 🍃 *Places you want to visit in nature*
- 🍃 *Cool things you'd like to learn about nature*
- 🍃 *Things you'd like to learn to do and accomplish whilst out and about in nature*
- 🍃 *Ideas for things you'd like to do that will help nurture and protect nature*

Here are some ideas to get you started ...



STEP 3: DECORATE YOUR BUCKET

All good Family Nature Bucket Lists need an actual bucket, so the next step is making yours!

Your bucket will be used to keep all your adventure ideas in one place and it's a great place to keep your memories in it once you've ticked them off!

Take your thin-lipped bucket (a pot plant container makes a great - and cheap - bucket or you can find a new one at a hardware or craft store).



Enjoy creating your family's bucket together and make it colourful and fun by decorating it using stickers, paint, markers or whatever you like!



STEP 4: PEG YOUR ADVENTURES

Once you've got your snazzy bucket all ready, it's time to add your adventures!

Next grab your wooden clothes pegs/pins and coloured markers and write your nature bucket list ideas on them (one peg for each idea).

You may want to work out how many pegs fit around your bucket and prioritise which ones will go on the bucket first ... or just get yourself a bigger bucket!

Any that don't fit can be used to 'refill' your bucket when you've "ticked" your first lot of adventures off your Bucket List!

It doesn't have to be rocket science and I'm all for making it as easy as possible really. BUT if you do want to add a twist to it or have it a little more orderly (for those of you who need to) you can even categorise them if you like.

STEP 4: PEG YOUR ADVENTURES ...

Here are some ways that might work for you ... or come up with your own:

- 🌿 Colour coded using different coloured markers
 - Green for parks
 - Yellow for sunny day activities
 - Blue for water and rainy days
- 🌿 Inside, Outside & Beyond
 - Claire Warden's classification of spaces as being "inside, outside and beyond" (Warden, 2008)
- 🌿 I also love LandCare Australia's philosophy and practice ...
 - Do something. Learn something. Give something.



There are lots of ways you might like to group activities, experiences and adventures.

Whatever works for you - categorised or more free-range - just get your pegs done, and then get out there and do it!

If there is an activity happening that you want to attend that is on a specific date, colour code the top of the clothes peg/pin RED so you know don't miss it!

A great way of keeping track of any pre-purchased tickets or information for those events, is simply putting them in an envelope and attached them to the associated peg ready for when you go on that particular adventure.

Then peg/pin them onto your bucket and get ready to take a walk on the wild side!



STEP 5: GO ON YOUR ADVENTURES!

Now you've got your list and your bucket, it's time to get outside and have some good, green fun!

Take turns choosing the adventures and make sure you let the kids lead the way.



You may want to determine how often you'll go on your adventures (e.g. once per week during school terms or even daily for simple nature play activities).

And don't forget to take your camera to record your memory making adventures!



You may also want to take a note pad or some index cards to record any fun things the kids say or do, or interesting facts you learn. You could call these your 'Memory Cards' or something fun like that.

These 'Memory Cards' can be pegged to the appropriate clothes peg/pin and on your return home and will be a fun jog to your memory when reminiscing about your adventures together.



STEP 6: FAMILY NATURE BUCKET LIST CHECK IN

Once you've 'ticked off' an adventure, get together as a family and share your thoughts and favourite things about your experience.

Write everyone's memories and impressions down on your 'Memory Card' and print off your photo memories if you can.

Record the date you completed the bucket list item on the back of the peg and then clip the 'Memory Card', printed photos and any other bits and pieces you've collected together.



Then you can proudly drop the finished peg into your bucket!



STEP 7: DISPLAY YOUR BUCKET

Be sure to put your Bucket somewhere in your home where you see it often. It will create a fantastic talking point that your kids (and you) will come back to over and over again to reminisce about all the fun you had.

Seeing your bucket fill up with memories is really fun, motivating and rewarding, and it's sure to have everyone asking what and when the next adventure will be!

Once you've filled up your bucket with fun memories and mementos, get started on your next one!



WHAT PEOPLE ARE SAYING ABOUT THE FAMILY NATURE BUCKET LIST

Shared nature experiences and adventures are a powerful way to strengthen your family relationships and create cherished family memories ... and having a fun, colourful and very cool tool like the **Family Nature Bucket List** is a simple and inexpensive way to help your family choose to get outdoors together more often in a fun and motivating way.

Here's what others have to say about the Family Nature Bucket List ...

"I love the Family Nature Bucket List because it helps me and my family to get outside, see the lovely world of nature and have heaps and heaps of fun together".

Taylor, Age 5

"We have loved our Family Nature Bucket List. We have always loved getting outside and into nature but found that life was getting in the way and we would end up having large blocks of nature time and then large stints when we were too busy and barely made it outside. With our bucket taking prime location on our kitchen bench it soon became a reminder to get outside and find that balance. My children were 2 and 4 when we started this challenge so it included lots of smaller moments like find a cool rock, a new flower, or a new insect (moments that allowed us to explore and just be) and naturally evolved to include more child led provocations such as can the bandicoot jump and what exactly are the Aurora Australis. The bucket has been like our family Pinterest board and as we have new questions and ideas it is added to the bucket to ensure we don't forget them. It has really enabled us to disconnect from technology and connect with each other".

Daylene Peach, Mum and Early Childhood Educator

"It has been a great experience. I feel like these are all things we would be doing anyway. However, there is more buy in from many of the kids. We pulled it out this evening to look at our week and what activities we might do this week. We are using it to document what we have done as we look at the clips we put in the bucket as we finish them. We plan on printing one to two pictures for each activity and writing a card to remember our excursions, putting them in a Project Life book to remember our Family Nature Bucket List Summer! This could be extended year round or recycled. It reminds us of our traditions and encourages us to get outside as a family, spending time in nature together! We look forward to more Family Nature Bucket List items! Thanks, Tania!"

Dr. Carla Gull, Mom and www.insideoutsidemichiana.blogspot.com.au

"The Family Nature Bucket List helps channel creativity and time management into a great way to keep track of wish lists for summer, vacation, or life in general!"

Geof Benson, Executive Director, Dunes Learning Center

"Thanks Tania, you're bringing buckets of #VitaminN to Australia!"

Richard Louv, Author 'Last Child in the Woods', 'The Nature Principle' and 'Vitamin N', & Co-Founder of Children & Nature Network



DO YOU FANCY SOME BUCKET LIST BUDDIES?

On your journey out the door, sometimes it's nice to be surrounded by friends and it's motivating to see the fun things others are doing with their Family Nature Bucket Lists.

Plus who doesn't love bragging about how cute their kid looks covered from head to toe in mud?

So we've set up a little 'online' Facebook group to help get you 'offline' and playing and exploring in nature. Here you'll find lots of ideas for your bucket lists and we know you'll be inspired by what others are doing with their buckets too.



You'll also get to connect with other nature loving families from all around the world!

So please come along and join in all the fun ... you'll find the group at

<https://www.facebook.com/groups/familynaturebucketlistchallenge/>

I look forward to seeing you and your family OUTSIDE!

TANIA MOLONEY

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Passionate advocate for connecting
children and families with and in nature,
Founder, Nurture in Nature Australia and The Nature Bus



Get in touch! We love to hear about your Family Nature Bucket List Adventures and you can follow and join in with ours too!

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Instagram: <https://www.instagram.com/nurtureinnature/>

Twitter: @naturechildhood

Web: <https://nurtureinnature.com.au/> & <http://thenaturebus.com.au/>



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CONNECT WITH US AND JOIN IN THE
FAMILY NATURE BUCKET LIST FUN!

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