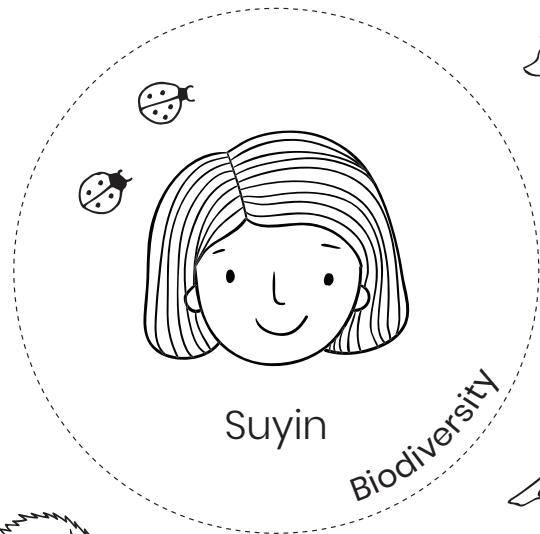


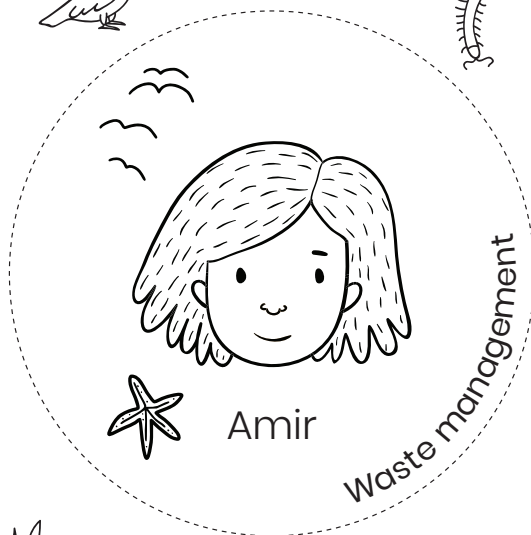
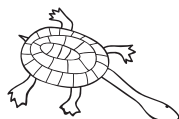
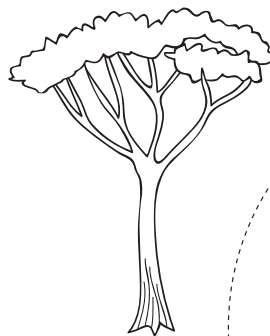
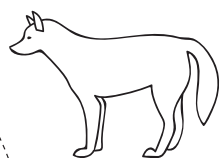


# JUNIOR LANDCARE SCHOOL HOLIDAY JOURNAL



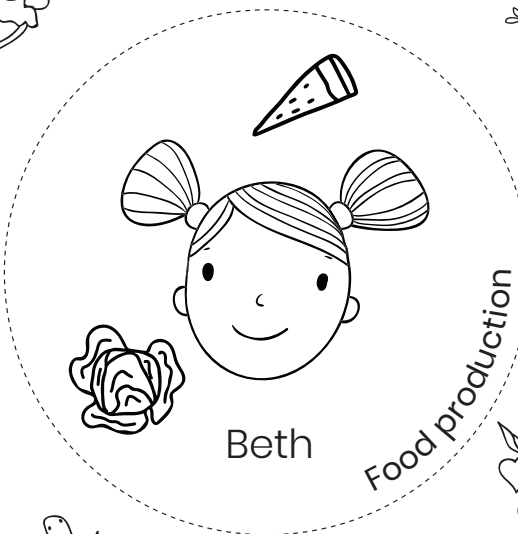
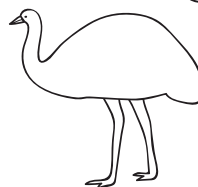
Suyin

Biodiversity



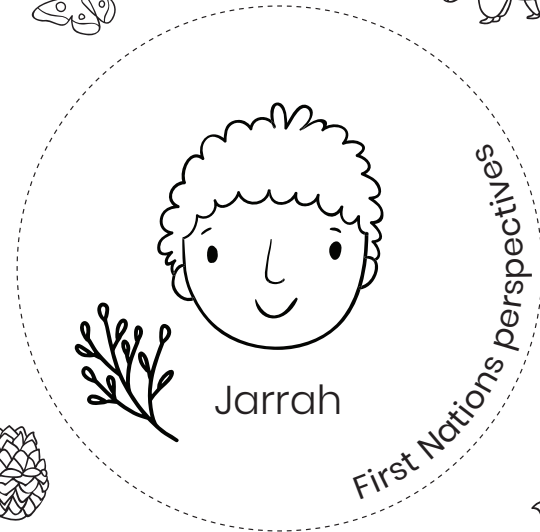
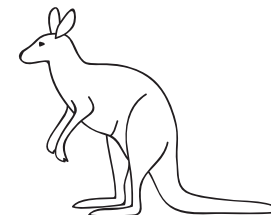
Amir

Waste management



Beth

Food production



Jarrah

First Nations perspectives



Just like you, Junior Landcarers Suyin, Amir, Beth and Jarrah are on school holidays. Colour them in and then explore the pages ahead for activities from the Junior Landcare Learning Centre, supported by Woolworths, to build knowledge and deepen connections to biodiversity, food production, waste management and First Nations perspectives.

VISIT THE JUNIOR LANDCARE LEARNING CENTRE

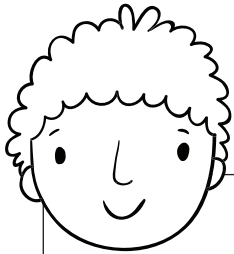


[JUNIORLANDCARE.ORG.AU/LEARNINGCENTRE](https://juniorlandcare.org.au/learningcentre)





## WHOSE COUNTRY ARE YOU ON?

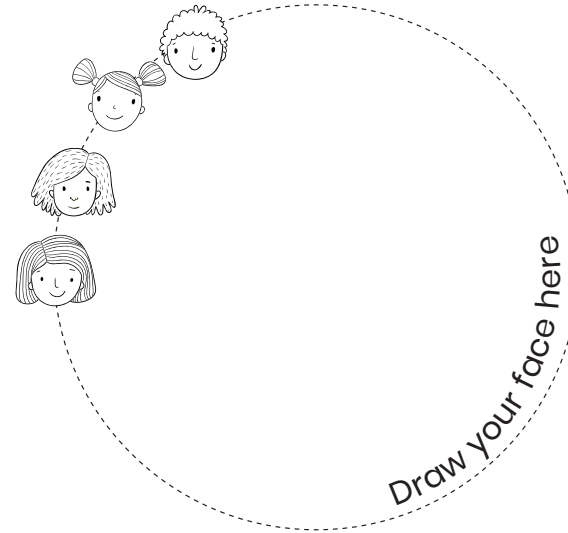


Hi, my name is Jarrah and my family and I are proud Wiradjuri people from central west NSW.

**DID YOU KNOW:** Australia is home to hundreds of many First Nations communities. Visit the Junior Landcare Learning Centre to explore whose Country you live on and to discover more about the language groups of where you or your home is located.



Go to: [JUNIORLANDCARE.ORG.AU/LEARNINGCENTRE/#FIRST-NATIONS-PERSPECTIVES](https://JUNIORLANDCARE.ORG.AU/LEARNINGCENTRE/#FIRST-NATIONS-PERSPECTIVES)



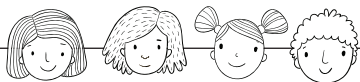
MY NAME IS

I LIVE ON

COUNTRY



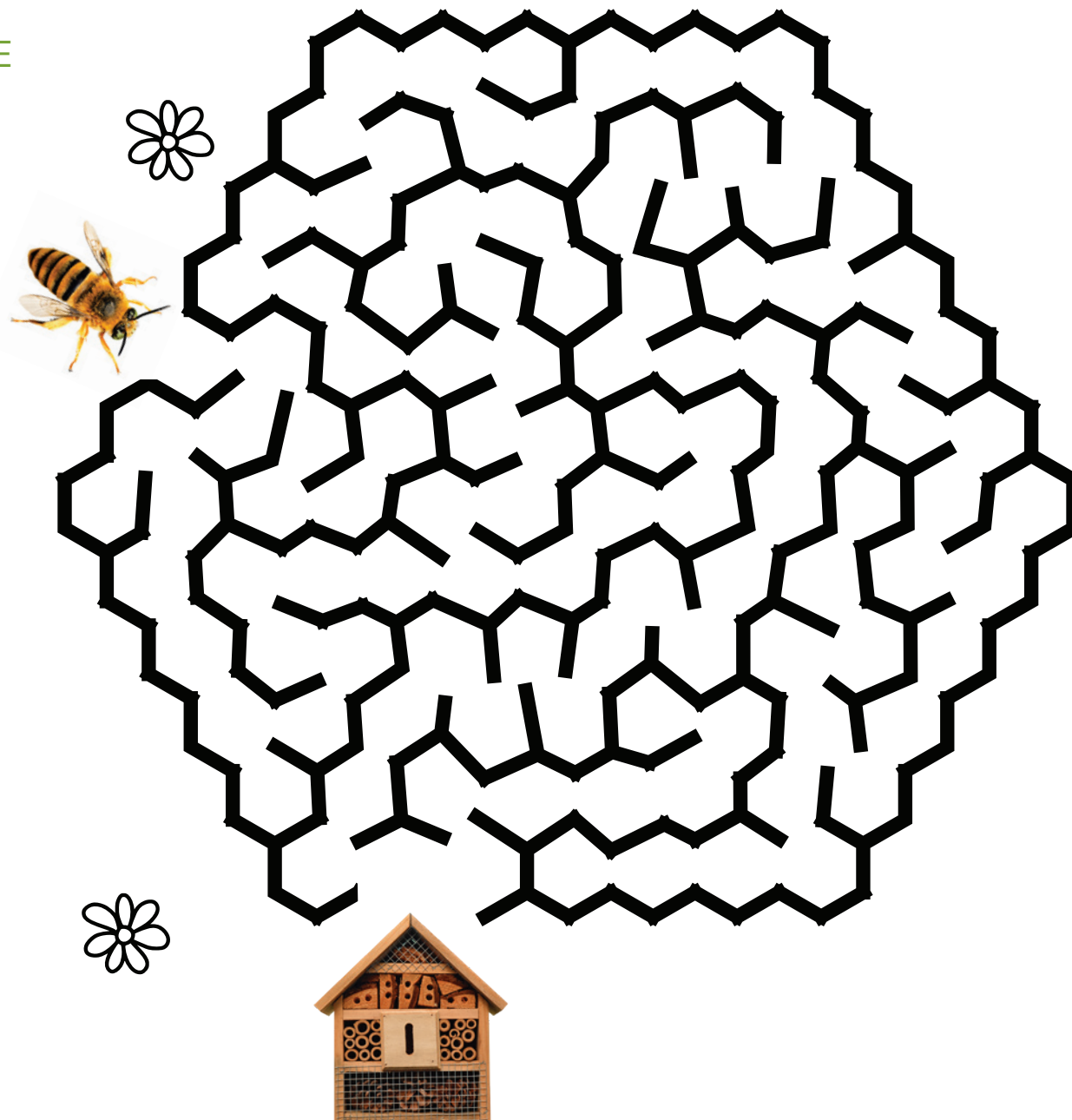
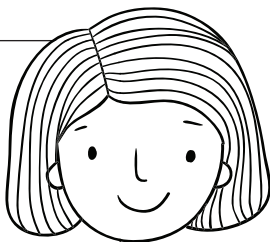
## WARM-UP ACTIVITY: BEE MAZE



Buzz your way into the school holidays with this fun bee maze, leading a native bee to its brand new bee hotel (see page 4 for tips on how to make your own bee hotel).

### DID YOU KNOW:

There are over 25,000 species of bees in the world. In Australia we have over 2,000 species of native bees, which are important pollinators of our magnificent wildflowers and native plants. The bee you can see here is a teddy bear bee (*Amegilla (Asaropoda)*) – a solitary native bee found in all states of Australia except Tasmania.





## OUTDOOR FUN



### TRY THESE 3 OUTDOOR FUN ACTIVITIES THESE SCHOOL HOLIDAYS!

From making your own bee hotel to creating your own compost, the Junior Landcare Learning Centre has lots of activities designed to help you learn more about the local environment and how you can help to take care of it...



### 1. MAKE YOUR OWN BEE HOTEL

Bees are pollinators. Pollinators help plants reproduce, and as a bonus for people, they help us grow our food and flowers. But urban development has removed lots of spaces where bees nest and find their food. Bee hotels are a great way to attract native bees to your garden, and the good news is, they are very easy to make. Most native bees are solitary – with each female building their own nest – so when planning the construction of your bee hotel, it's important to incorporate multiple hotel 'rooms' of different sizes.



For tips to build your own Air Bee n Bee, go to:

[JUNIORLANDCARE.ORG.AU/LEARNING\\_ACTIVITY/CREATING-A-BEE-HOTEL-CONSTRUCTION](https://juniorlandcare.org.au/learning_activity/creating-a-bee-hotel-construction)



### 2. CREATE YOUR OWN COMPOST

Compost is created when organic materials such as twigs, leaves, dry grass and kitchen food scraps break down. Composting is a great way to reduce the amount of landfill that is produced, and also provides soil full of good nutrients that can be used on the garden. There are lots of different ways to create compost but will need always need a mixture of 'green' (nitrogen) and 'brown' materials (carbon), and an appropriate place to put your compost bins.



For an easy compost recipe and video tutorial, go to:

[JUNIORLANDCARE.ORG.AU/LEARNING\\_ACTIVITY/CREATING-COMPOST](https://juniorlandcare.org.au/learning_activity/creating-compost)



### 3. REGROW PLANTS FROM SCRAPS

When you grow or propagate a plant from cuttings, stems or other parts of vegetation, you are making a copy of the previous plant (whereas when you grow plants from seed you create a brand new plant). Rather than tossing out your leftover fruit and vegetable food scraps these holidays, use them to sprout or propagate plants. Garlic, carrots, bok-choi, spring onions and lettuce are all good veggies to start with and can be grown indoors on a sunny windowsill all year-round. You can then transplant them into soil as soon as they show roots!



For step-by-step instructions to propagate food scraps, go to:

[JUNIORLANDCARE.ORG.AU/LEARNING\\_ACTIVITY/PROPAGATING-FROM-FRUIT-AND-VEGETABLE-SCRAPS](https://juniorlandcare.org.au/learning_activity/propagating-from-fruit-and-vegetable-scraps)

## INDOOR FUN: SOW A SEED, GROW A FEED

Beth loves spending a lot of time in the garden, learning about the plant cycle, and sharing her knowledge with friends. One of her favourite plants to grow are tomatoes as they are her favourite to eat. You can grow your own seedling pots at home, and best of all, you can do so on a rainy day when you're stuck indoors but still want to get your hands dirty!



For full instructions and a video tutorial on how to make your own seedling pot, go to:

[JUNIORLANDCARE.ORG.AU/LEARNING\\_ACTIVITY/SOW-A-SEED-GROW-A-FEED](http://JUNIORLANDCARE.ORG.AU/LEARNING_ACTIVITY/SOW-A-SEED-GROW-A-FEED)



**DID YOU KNOW:** Seeds are living things that can wait sometimes months or years before the conditions are right for them to germinate or grow.



### STEP 1

Choose a seed to sow that is suited to your climatic zone and one that will produce fruit, vegetables or herbs for you to eat. Your seed packet will explain the best time to sow seeds.



### STEP 3

Fill the seed starter pot two-thirds full with seed raising or potting mix. Carefully place your seed into the centre of the pot to a depth suitable for the specific seed and then cover with a thin layer of potting mix.



### STEP 2

Make a newspaper seed starter pot for your seedling. Tear a single sheet of newspaper in half and fold into thirds. Wrap the paper around an empty can but not too tight. Secure with tape on the side of the cylinder. Fold the paper down onto the base of the can, secure the flaps with tape. Slip your newspaper pot gently off the can. Make sure to use biodegradable or paper-based tape (e.g. masking tape).



### STEP 4

Your seed will need the right amount of water to germinate. Keep the soil in your seed planter pot soil moist by misting with a spray bottle every morning until it is time to plant in the ground or into a larger pot.



## GARDEN FIND-A-WORD



Beth lives in the outskirts of the city with her family and they like to grow their own fruits and vegetables.

Sometimes she invites her friends, Eliza and Hayley, over to help her harvest her homegrown veggies and pick the lemons from the lemon tree.

## INSTRUCTIONS

Find all the fruit and veggies that Beth and her friend Hayley are planning to grow.



Apple



Asparagus



Lemon



Broccoli



Mandarin



Capsicum



Orange



Carrot



Passionfruit



Eggplant



Strawberry



Lettuce



Watermelon



Tomato

Look closely and you might just find Beth and Hayley's names too!

E	G	A	Q	I	U	K	S	G	M	N	B	A	N	A	V	D	W	T	Y
P	G	W	E	R	P	A	S	S	I	O	N	F	R	U	I	T	R	H	J
E	Q	G	S	T	Y	X	T	W	A	T	E	R	M	E	S	O	Y	I	S
G	S	U	P	H	F	W	S	C	A	E	A	M	O	T	A	M	H	T	E
G	I	T	E	L	E	T	T	U	W	T	R	A	R	O	L	A	A	M	S
P	R	D	A	C	A	R	R	O	T	A	E	G	Q	W	S	T	Y	D	T
L	E	W	E	X	T	N	W	I	X	B	A	R	R	H	W	O	L	F	R
A	T	W	E	I	O	U	T	Q	U	D	O	W	M	E	L	T	E	R	A
M	A	N	D	A	R	I	N	E	B	C	D	S	E	E	R	E	Y	E	W
A	E	C	S	T	A	P	P	L	A	S	P	L	E	O	L	R	Q	Q	B
N	B	S	A	I	N	C	A	U	C	A	P	S	I	C	U	O	H	P	E
B	E	I	N	R	G	R	E	A	O	P	A	S	B	R	O	C	N	T	R
D	T	A	B	S	E	A	T	E	A	S	P	A	R	A	G	U	S	Y	R
Q	H	A	Y	P	P	A	H	T	P	X	T	R	O	O	P	L	F	P	Y
U	S	U	N	N	T	R	G	A	R	A	P	A	C	M	A	E	U	A	L
P	C	A	P	S	I	C	U	M	P	I	G	E	C	P	D	T	N	T	N
T	H	R	E	W	V	C	V	A	P	P	L	X	O	O	N	T	W	R	A
V	L	E	M	O	N	A	B	P	F	R	U	I	L	E	M	U	Q	P	O
Z	C	E	T	W	R	O	C	P	S	D	F	W	I	A	F	C	I	E	M
X	C	A	Y	G	C	H	G	L	E	T	T	U	C	Q	W	E	O	U	T

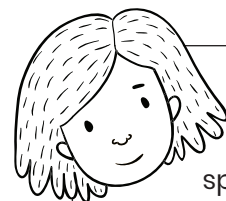




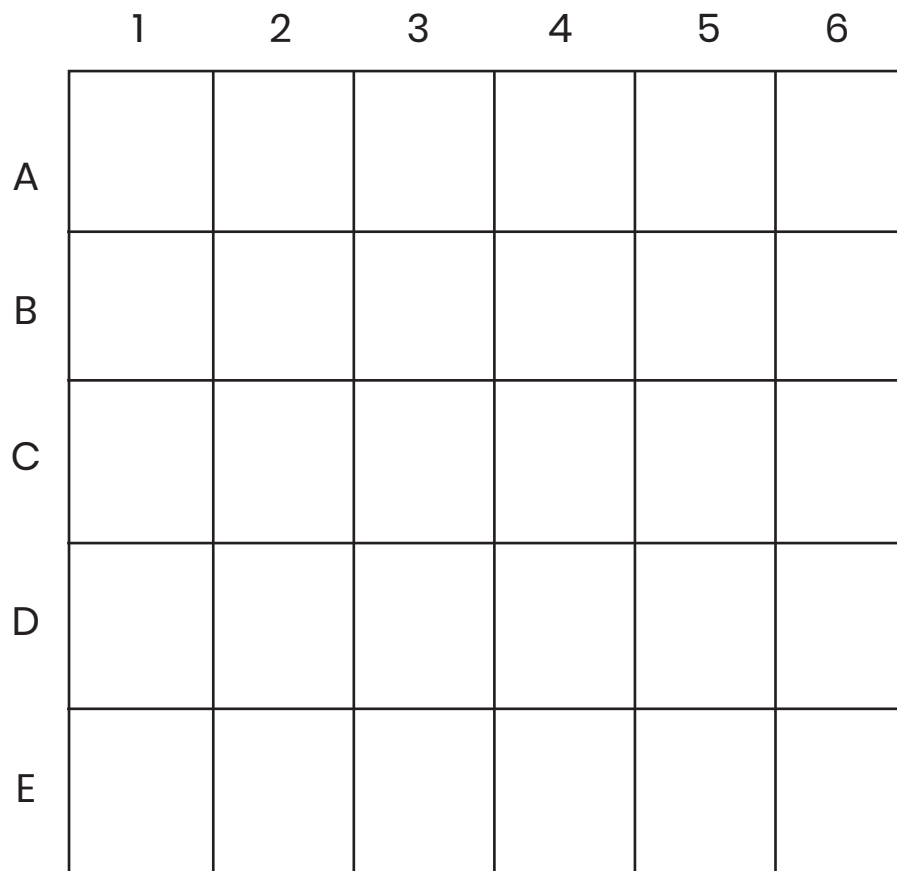
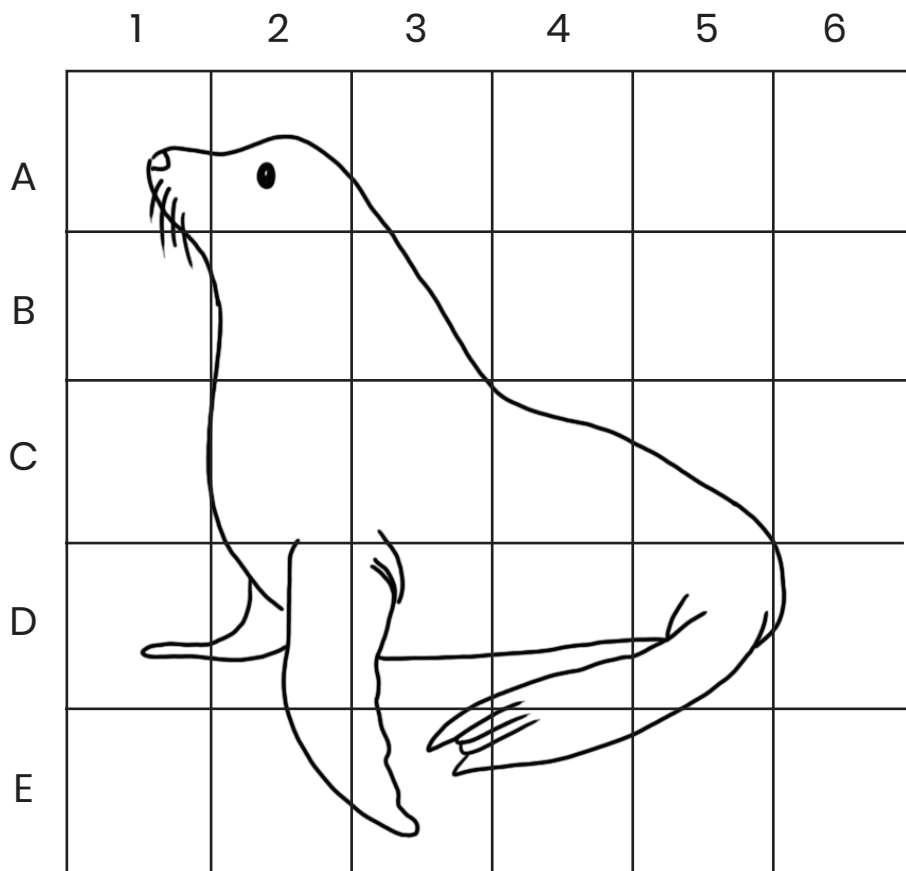
## ANIMAL GRID

Amir is passionate about water and waste management. His scout group often takes part in regular beach clean-ups and he picks up litter whenever he sees it to help protect wildlife in marine and aquatic environments.

Use the grid on the left to help you redraw the grid on the right.



**DID YOU KNOW:** Plastics in the environment can take hundreds of years to break down, thereby impacting marine species for generations. For ideas on how to carry out your own beach clean-up, go to: [JUNIORLANDCARE.ORG.AU/LEARNING\\_ACTIVITY/CARING-FOR-OUR-COASTS-BEACH-CLEAN-UP](https://JUNIORLANDCARE.ORG.AU/LEARNING_ACTIVITY/CARING-FOR-OUR-COASTS-BEACH-CLEAN-UP)



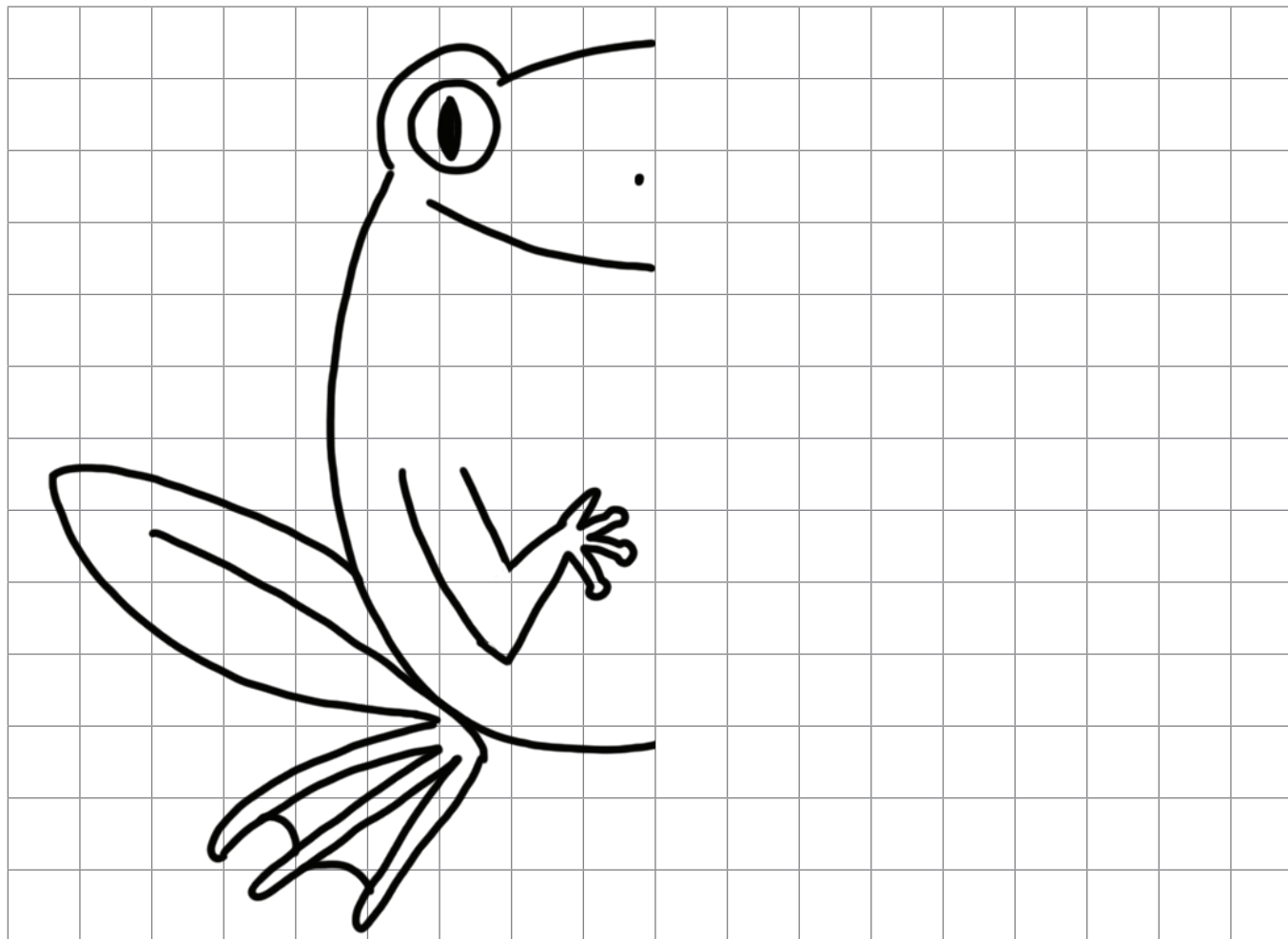
## FINISH THE PICTURE



From plastic to paper, Amir is always looking for ways to reuse, recycle and reduce. Just like the paper in this holiday journal... He will only print out what he needs, always use both sides, add some to his compost bin, and his favourite: turn used paper into origami art! To make your own jumping origami frog, go to:

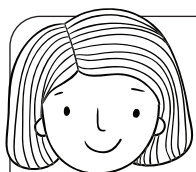


[AUSTRALIAN.MUSEUM/  
INSIDE-OUT/ONLINE-  
EXPERIMENTS-ACTIVITIES/HOW-TO-  
FOLD-ORIGAMI-FROG](http://australian.museum/inside-out/online-experiments-activities/how-to-fold-origami-frog)





## NATURE JOURNAL SIGHTINGS



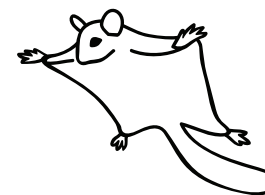
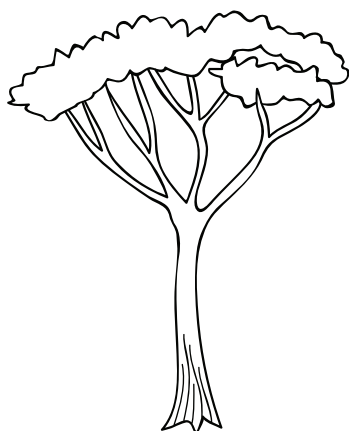
If you're like Suyin, you may love bushwalking and exploring the biodiversity all around you. Use these pages to record your favourite sightings these school holidays. Perhaps it was a beautiful flower or bug you've never seen before?

### NEED SOME INSPIRATION?

Visit the 'Fun with Costa' playlist on the Junior Landcare YouTube channel for tips on how to go on a bug hunt, when the best time of day is to find insects and lots more!



Go to: [LANDCAREAUSTRALIA.ORG.AU/FUN-WITH-COSTA-PLAYLIST](https://www.landcareaustralia.org.au/fun-with-costa-playlist)



DATE AND TIME: \_\_\_\_\_

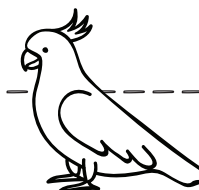
LOCATION: \_\_\_\_\_

FIELD NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



SKETCHES:



## NATURE JOURNAL SIGHTINGS

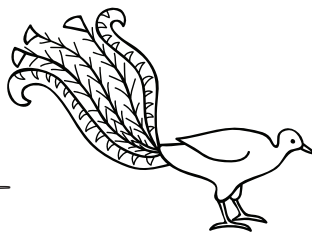
DATE AND TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

FIELD NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



SKETCHES:

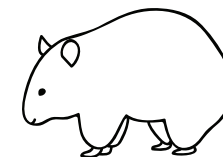
DATE AND TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

FIELD NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



SKETCHES:



## NATURE JOURNAL SIGHTINGS

DATE AND TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

FIELD NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



SKETCHES:

DATE AND TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

FIELD NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



SKETCHES:



## NATURE JOURNAL SIGHTINGS

DATE AND TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

FIELD NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



SKETCHES:

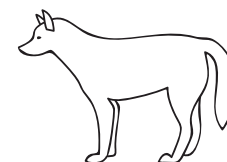
DATE AND TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

FIELD NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



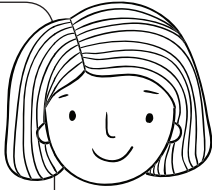
SKETCHES:





## WIND DOWN ACTIVITY: ANIMAL CROSSWORD

Suyin sits out on the porch at dusk trying to catch the breeze. She can hear the familiar sounds of galahs calling from the old river red gums downhill from her house. Suyin is hopeful that she will spot some animals this evening.



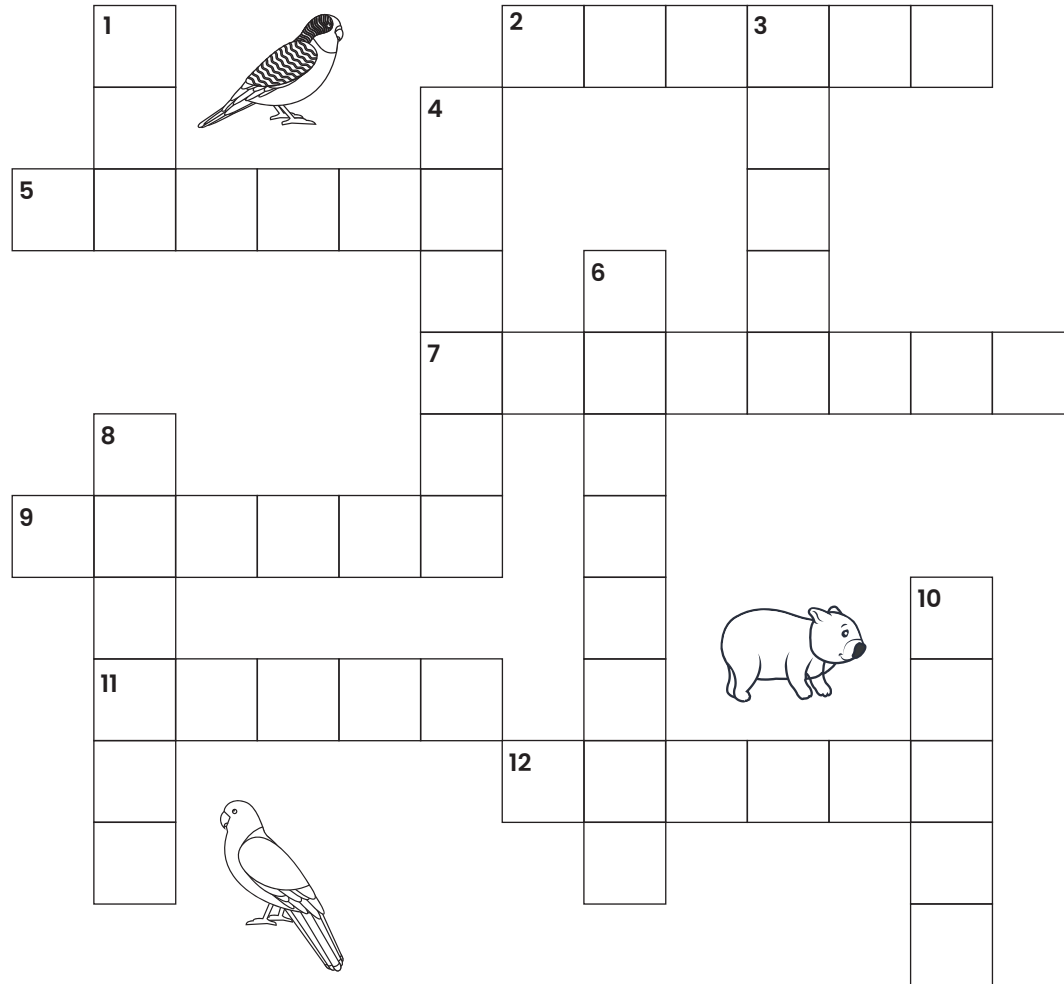
### INSTRUCTIONS

#### Across

2. Australian marsupial who has cube shaped poo.
5. A 'happy' Australian animal that lives on Rottnest Island in Western Australia.
7. This Australian animal is an excellent swimmer and lays eggs.
9. Term given to a baby echidna.
11. Pink and grey Australian bird.
12. Common name for a monitor lizard.

#### Down

1. This Australian bird is the second largest bird in the world.
3. This Australian mammal is an iconic replacement for the Easter Bunny.
4. Australian bird known to swoop during their breeding season.
6. This Australian animal uses hopping as their primary method of locomotion.
8. Nickname for the Australian bird often kept as a pet.
10. Australian marsupial who eats up to 1kg of eucalyptus leaves a day.



Answers: 1. Emu 2. Wombat 3. Bilby 4. Magpie 5. Quokka 6. Kangaroo  
7. Platypus 8. Budgie 9. Pugle 10. Koala 11. Galah 12. Goanna



# QUICK LINKS FOR MORE IDEAS AND INSPIRATION:



## JUNIOR LANDCARE LEARNING CENTRE

The Learning Centre, supported by Woolworths, features over 70 learning activities to build knowledge and deepen connections to food production, biodiversity, First Nations perspectives and waste management:



Go to: [JUNIORLANDCARE.ORG.AU/LEARNINGCENTRE](https://juniorlandcare.org.au/learningcentre)

## JUST FOR KIDS ACTIVITY SHEETS

Fun printable activities for Junior Landcarers to try at home or in the classroom:



Go to: [JUNIORLANDCARE.ORG.AU/JUST-FOR-KIDS](https://juniorlandcare.org.au/just-for-kids)

## JUNIOR LANDCARE YOUTUBE CHANNEL

Watch Junior Landcare ambassador Costa and the Junior Landcare team for tips, demonstrations and inspiration before you start the Learning Centre activities:



Go to: [YOUTUBE.COM/@JUNIORLANDCARE](https://youtube.com/@juniorlandcare)

## LEARNING CENTRE EDUCATOR HUB

A place for educators to connect, share experiences and obtain more information about getting the most out of the Junior Landcare Learning Centre:



Go to: [JUNIORLANDCARE.ORG.AU/EDUCATOR-HUB](https://juniorlandcare.org.au/educator-hub)

## FIND A LOCAL LANDCARE GROUP

Get in touch with your local landcare or other community environmental group for volunteer opportunities, events or advice for activities such as setting up a nest box in your garden or local environment:



Go to: [LANDCAREAUSTRALIA.ORG.AU/LANDCARE-GET-INVOLVED/FINDAGROUP](https://landcareaustralia.org.au/landcare-get-involved/findagroup)



## ABOUT JUNIOR LANDCARE:

Junior Landcare provides children the opportunity to play an active role in ensuring the safe future of their environment. Activities in the Junior Landcare program help young Australians to develop skills, share knowledge, create experiences and foster connections with place and community. Junior Landcare encourages continuous participation from childhood to adulthood so that the children of today, become the Landcarers of the future.

