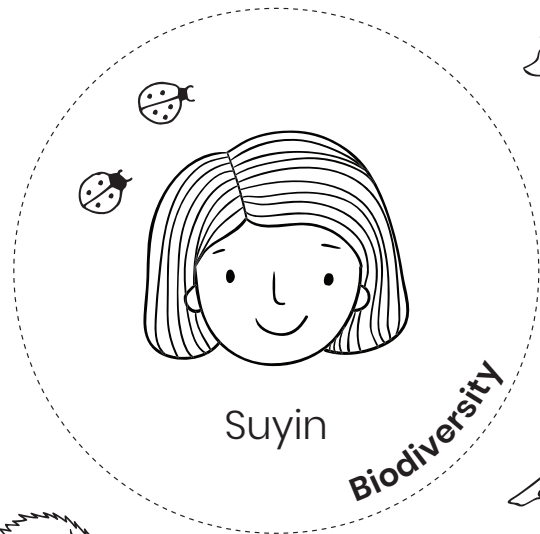


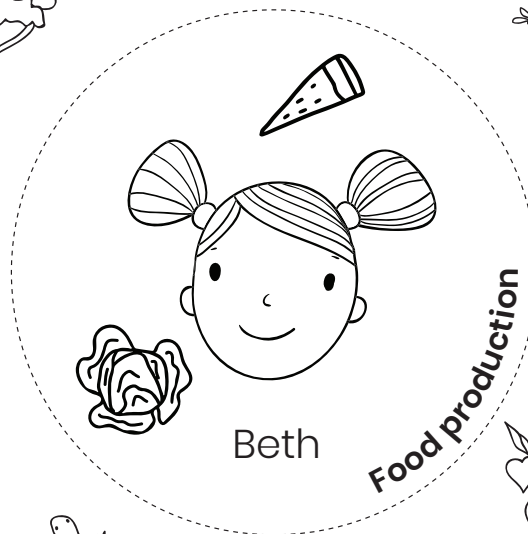


JUNIOR LANDCARE SCHOOL HOLIDAY JOURNAL



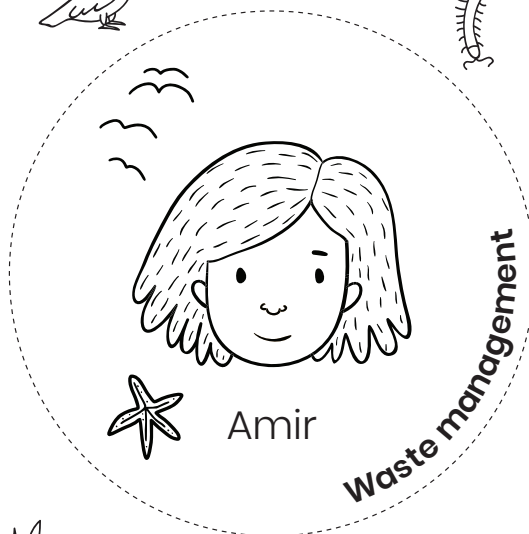
Suyin

Biodiversity



Beth

Food production



Amir

Waste management



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.

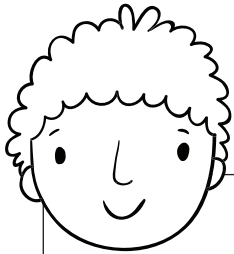
VISIT THE JUNIOR LANDCARE LEARNING CENTRE



JUNIORLANDCARE.ORG.AU/LEARNINGCENTRE



WHOSE COUNTRY ARE YOU ON?

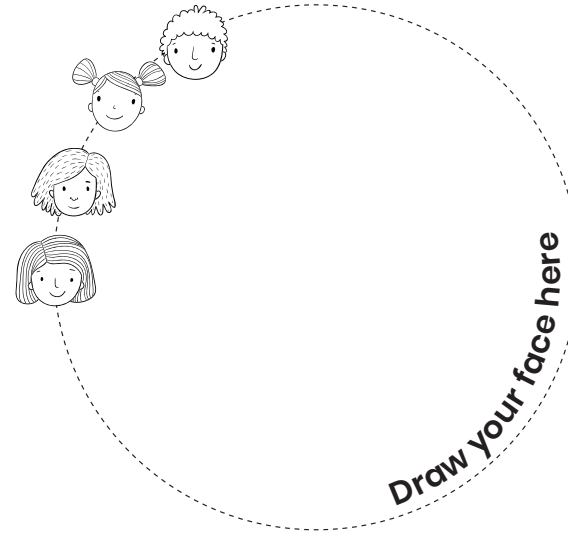


Hi, my name is Jarrah and my family and I are proud Wiradjuri people from central west NSW.

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



MY NAME IS

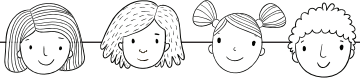
I LIVE ON

COUNTRY





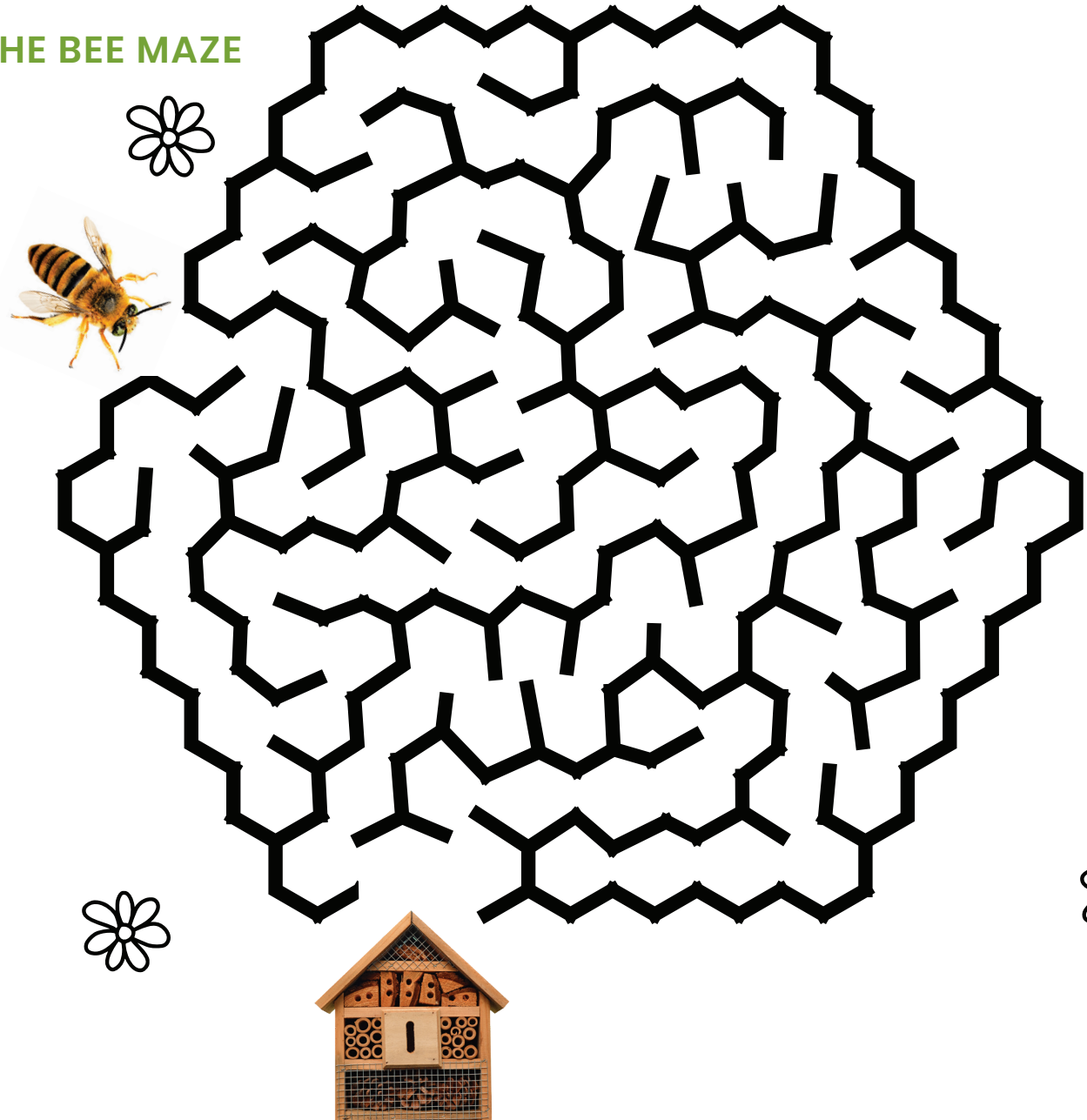
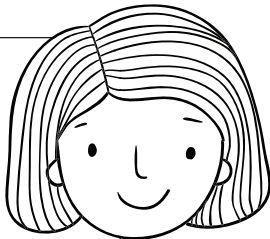
BUZZ YOUR WAY THROUGH THE BEE MAZE



Bees pollinate many fruit and vegetable flowers including tomatoes, watermelon, passion fruits, apples, cherries, strawberries and mangoes. If we take care of the bees, the bees will take care of us.

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](https://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



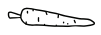
Mandarin



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

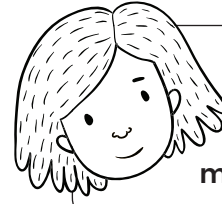




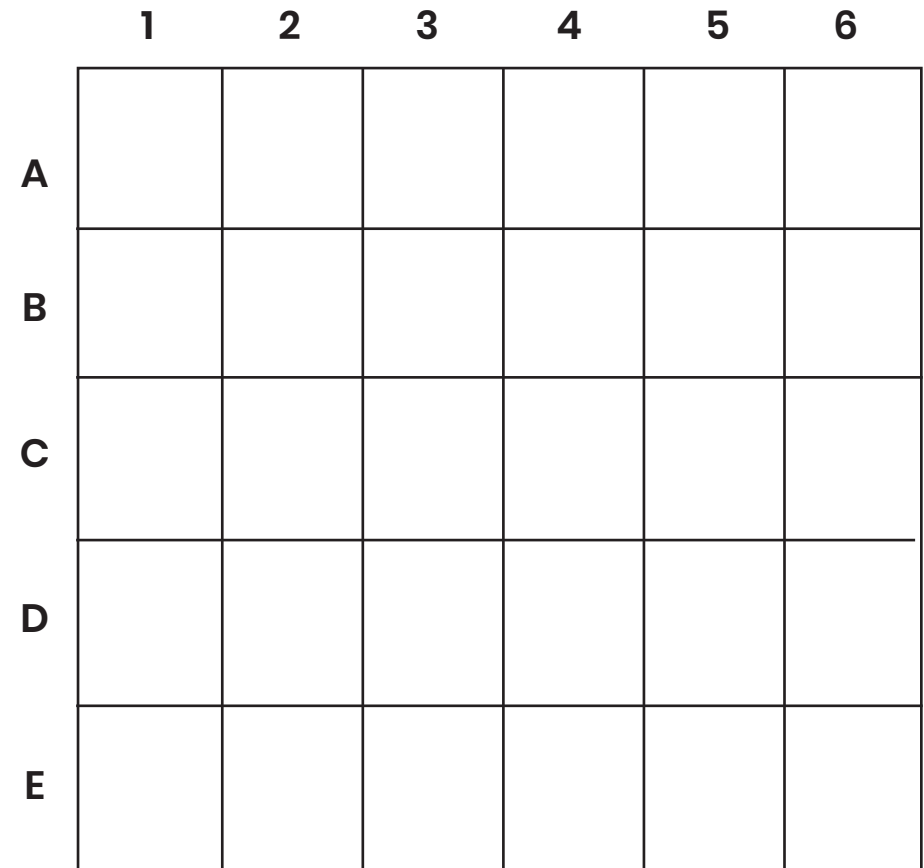
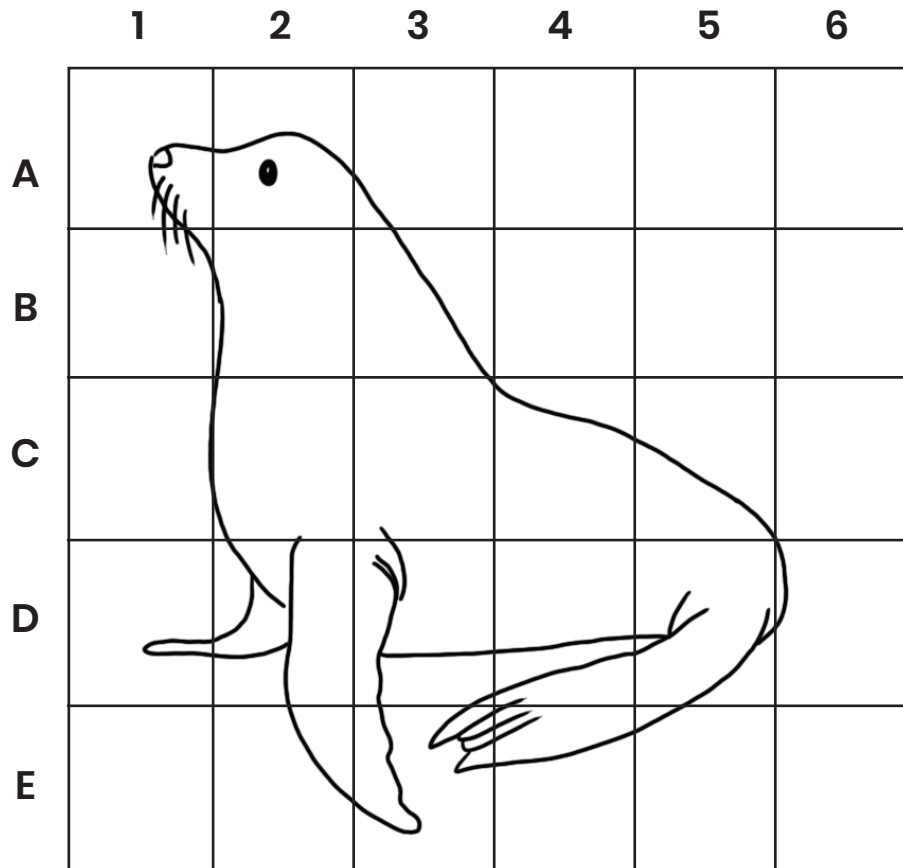
SEAL GRID DRAWING

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.

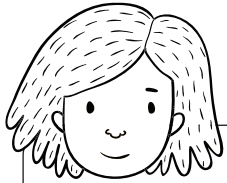


DID YOU KNOW: Plastics in the environment can take hundreds of years to break down, thereby impacting marine species for generations.





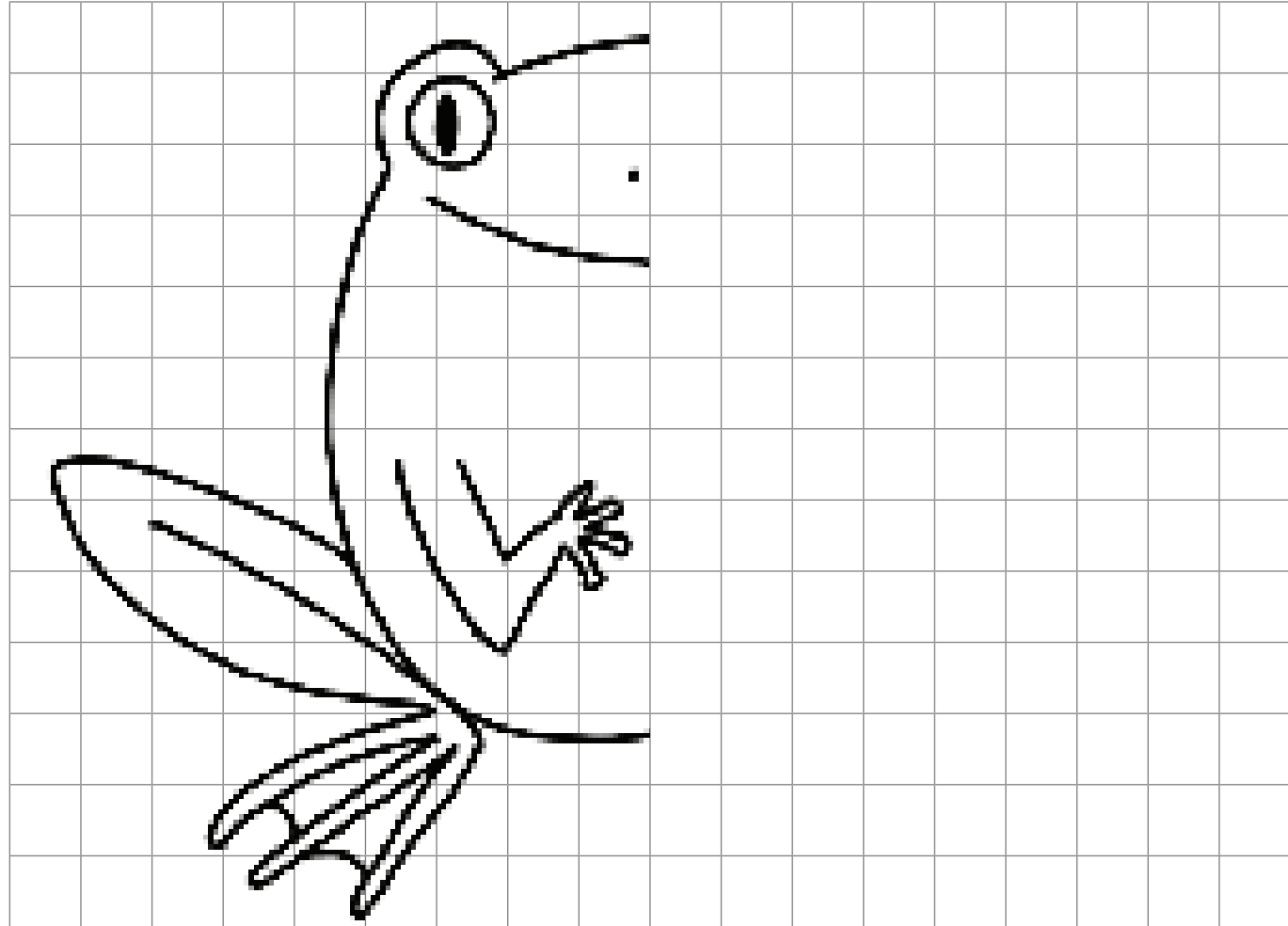
FINISH THE FROG



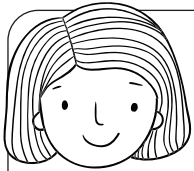
Did you know?

Frogs are environmental indicators: If our frogs are healthy and abundant, then our waterways are most probably healthy too.

Help Amir complete a happy, healthy frog using the grid alongside. You can colour it in too!



NATURE JOURNAL SIGHTINGS



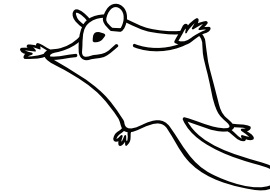
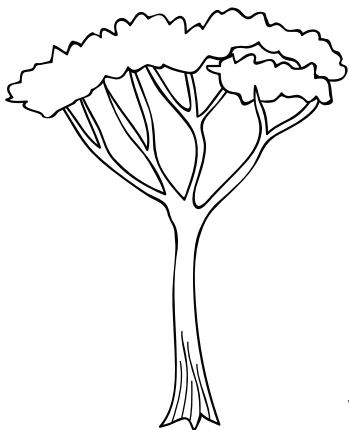
If you're like Suyin, you may love bushwalking and exploring the biodiversity all around you. Use these pages to record your favourite sightings these school holidays. Perhaps it was a beautiful flower or bug you've never seen before?

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: _____

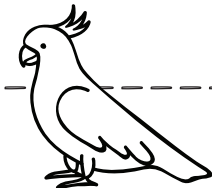
LOCATION: _____

FIELD NOTES: _____



SKETCHES:

A large dashed rectangular box for sketching.

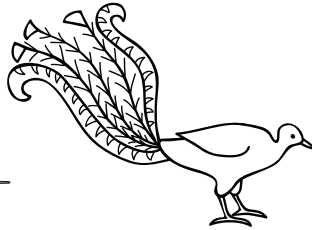


NATURE JOURNAL SIGHTINGS

DATE AND TIME: _____

LOCATION: _____

FIELD NOTES: _____

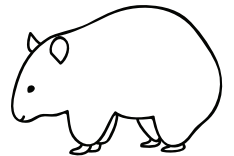


SKETCHES:

DATE AND TIME: _____

LOCATION: _____

FIELD NOTES: _____



SKETCHES:

NATURE JOURNAL SIGHTINGS

DATE AND TIME: _____

LOCATION: _____

FIELD NOTES: _____



SKETCHES:

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SKETCHES:

NATURE JOURNAL SIGHTINGS

DATE AND TIME: _____

LOCATION: _____

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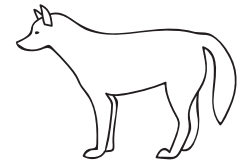


SKETCHES:

DATE AND TIME: _____

LOCATION: _____

FIELD NOTES: _____



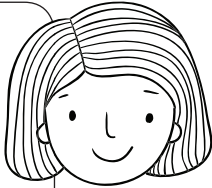
SKETCHES:





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.



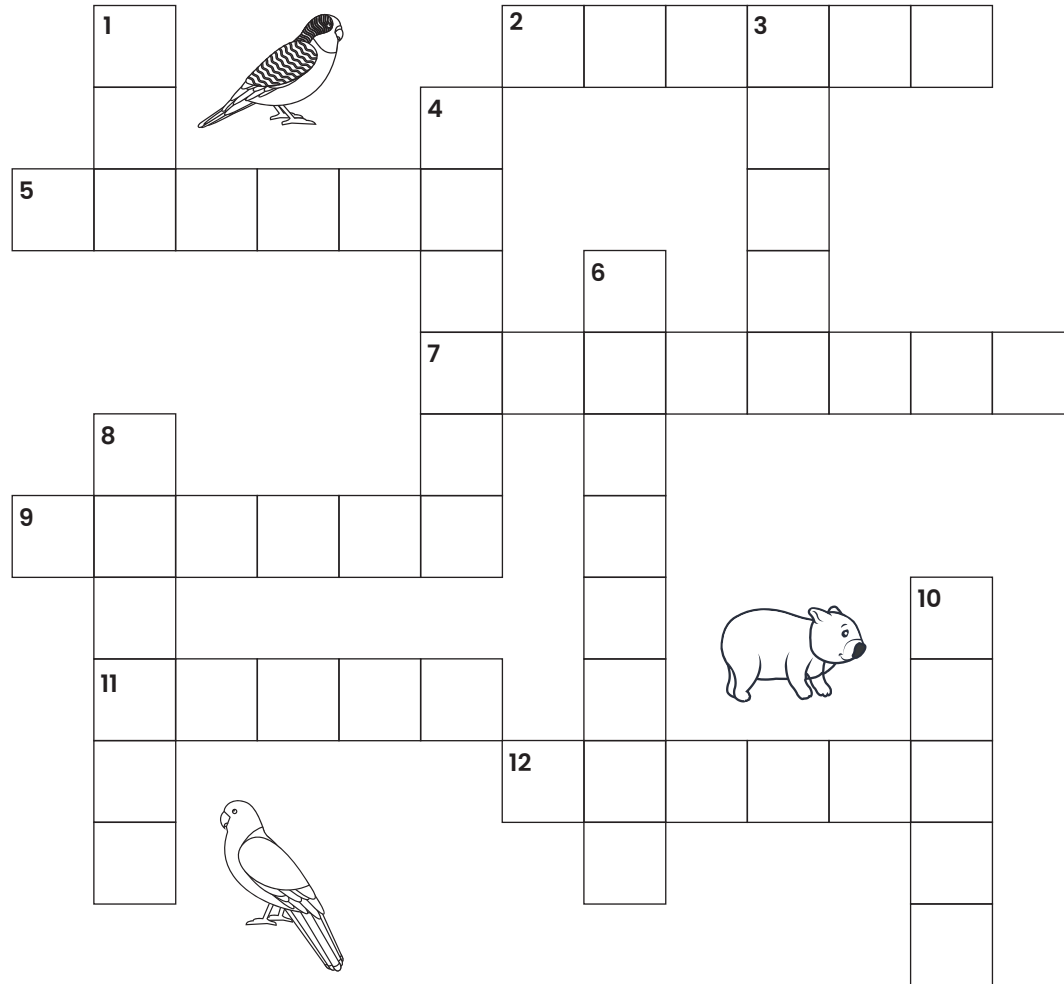
INSTRUCTIONS

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





FIRST NATIONS PERSPECTIVES WORD SEARCH



Hi, I'm Jarrah and I live in Canberra, Ngunnawal/Ngambri Country. One of my favourite things to do is to explore my local bushland and discover the Indigenous plants and bush tucker growing all around me. Everything my ancestors needed to survive was provided by the bush. Plants provided tools, medicine, shelter and clothing – and they still do! That's why it's important we learn to take care of Country and respect the knowledge systems and traditional practices that have been caring for our beautiful lands for thousands of years!

INSTRUCTIONS

Find all the words below to help build your understanding of First Nations perspectives. Look up any words you don't know and think about what they mean to you.

COUNTRY	TUCKER
TRADITIONAL OWNER	LILLY PILLY
CUSTODIAN	MUNTRIES
ELDER	BUNYA
ANCESTOR	BILA (waterway)
OCHRE	BOAB
YIDAKI	YARNING

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





SEE, HEAR, SMELL AND FEEL THE SEASONS



My friend Beth loves Autumn when the leaves change colour. What's your favourite season? I've discovered from Uncle Adam that the idea of four seasons comes from places in the Northern Hemisphere, where the plants lose their leaves in Autumn. Did you know some First Nations people have more than four seasons? We even have different seasons all across Australia. First Nations peoples have always known what the different seasons are by observing the changes in the weather, the sky during the day and night.

INSTRUCTIONS

As the seasons begin to change, take some time to go outside and just sit and observe. Have a look at the animals coming to visit the trees and plants around you. What can you see? What can you hear? What can you smell? What does it feel like to be outside; for example, are you feeling a little warmer? Draw or write what you can see, hear, smell and feel in each of the blocks provided.

Repeat this activity several times a year/at the start of each new season and then compare the differences and what stays the same.

You can try this activity with the Northern Hemisphere model of the four seasons (Summer, Autumn, Winter, Spring) or you can try it using the local seasons relevant to the Country you are on.

I see...



I hear...



I smell...



I feel the seasons

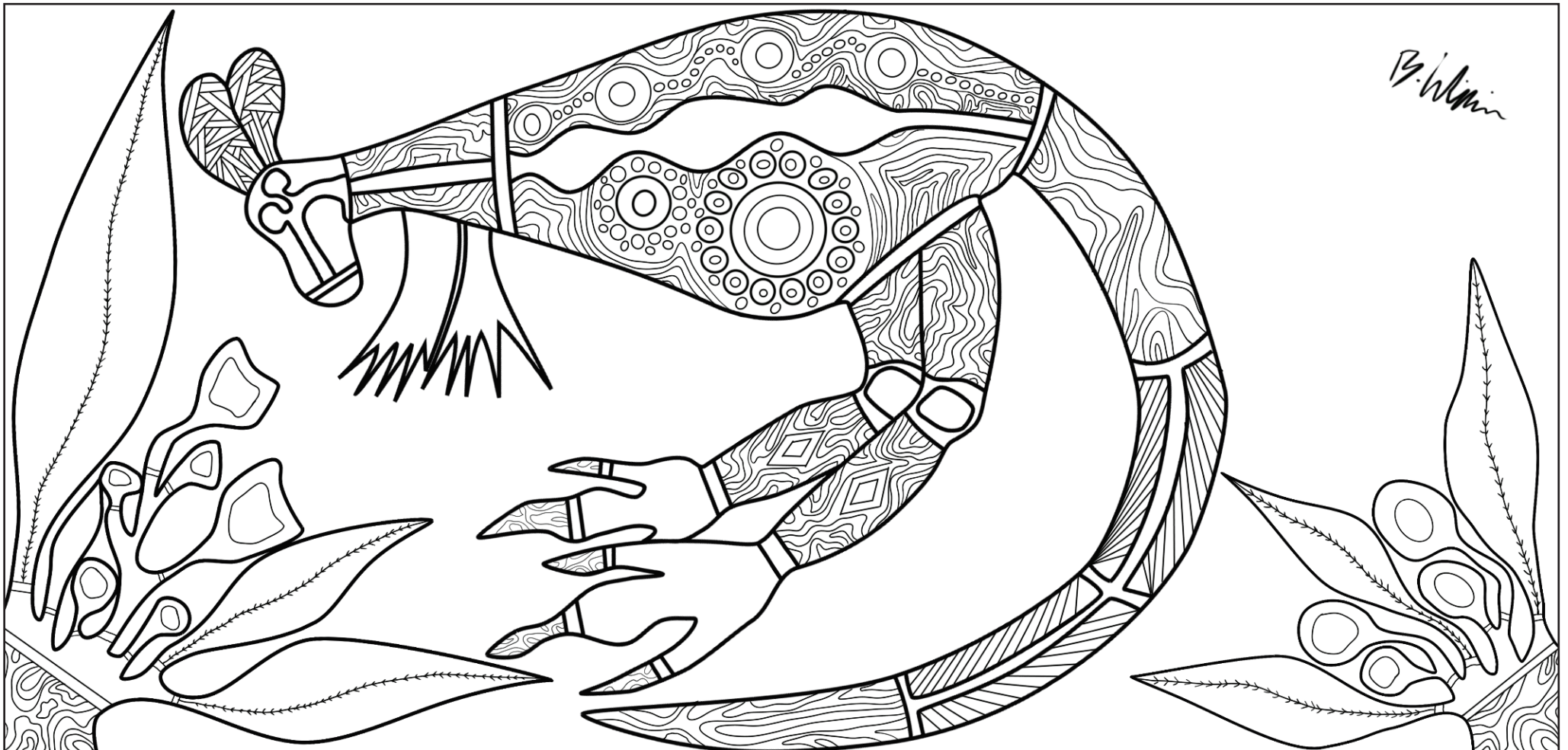




COLOUR IN BUNDAH THE KANGAROO



Hi there, Jarrah here. I love Bundah the Kangaroo. She is a beautiful creature and so special to our people. Bundah provides my Wiradjuri people with nutritious meat food; fur and skins for warmth and clothing; sinew for string and rope, strong teachings and wisdom. Have a think of some special colours to give Bundah mother Kangaroo. Did you know: The Kangaroo can only move forward. This is why we see the Kangaroo on the Australian coat of arms as a symbol of moving forward as a nation. This is also wisdom of First Nations people to take the essence of the Kangaroo and help each other move forward and to not become stuck in certain ways that may not be helpful to us.





COLOUR IN DINAWAAN THE EMU



VISIT THE LEARNING CENTRE

JUNIORLANDCARE.ORG.AU/FIRST-NATIONS-PERSPECTIVES-RESOURCES



Hi, my name's Jarrah. Can you help me colour in Dinawaan the Emu? Let's see if you can give him some of the colours you might see in the night sky, like dark purple, white, orange and silver. Did you know: The Emu is seen in the Milky Way constellation in the sky. Many Aboriginal groups including my Wiradjuri people have stories of the sky Emu and how he gives us greater understanding of what his cousin Emu is doing on Country. This information guides us to collect Dinawaan eggs at the correct time, for food and carving. Dinawaan reminds us to walk our own path and be mindful of our own place and business.

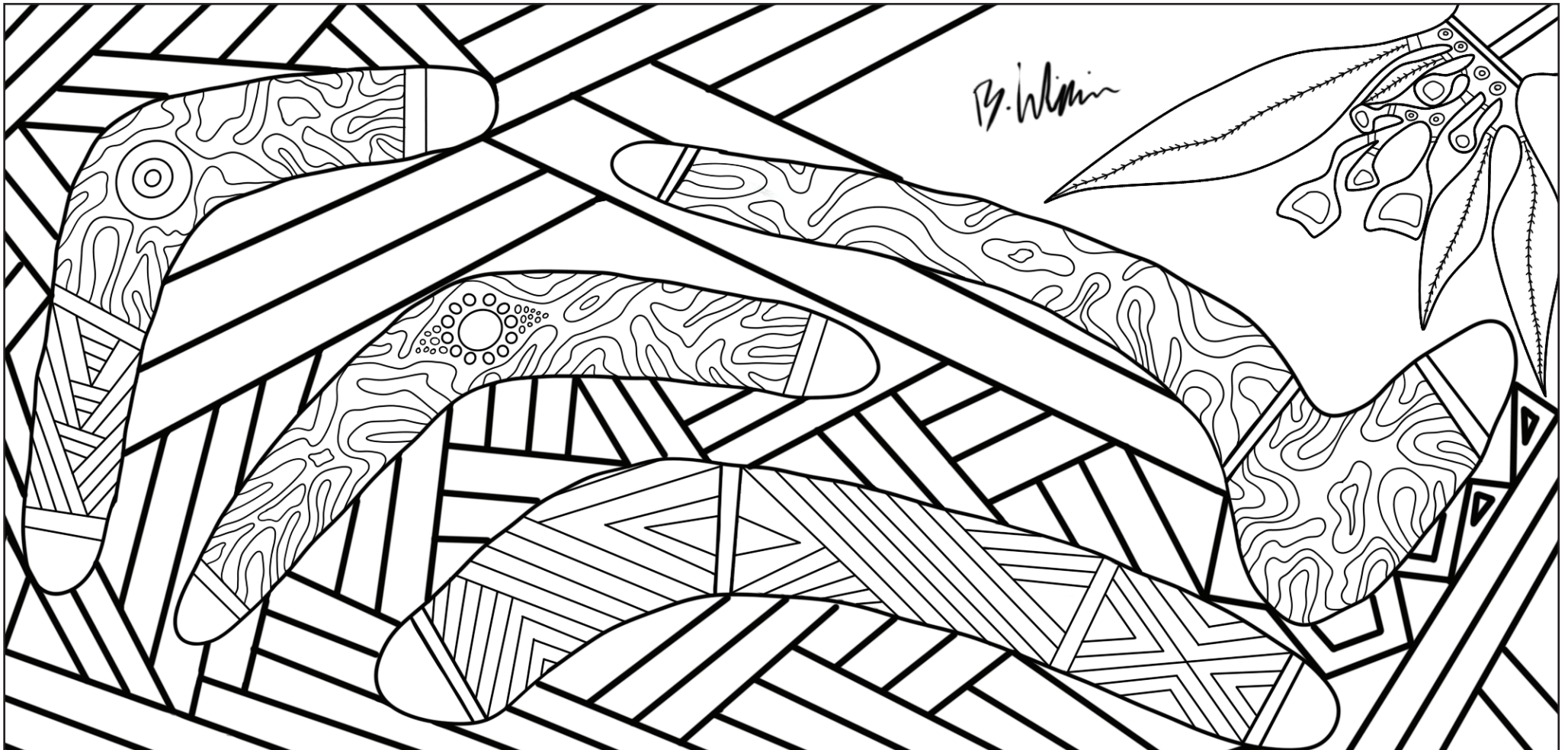




COLOUR IN BARGAN



Hey, you mob, it's Jarrah! I've returned just like the Boomerang! Nah just kidding, but the Boomerang is such an important tool for my people. There isn't just the returning kind either! Some are thrown low and hard in hunting practice; some are used for closer contact with animals and some even look more like a cross in shape. They all play a function and hold a place in our culture. Did you know: For my Wiradjuri people, Bargan is one word used to describe the boomerang and the word Bargan Bargan is the word to describe the waning crescent moon. Have a think about it, look at the shape of both the returning boomerang and the waning crescent moon. This will give you a tip as to why they have the same language name! How about you have a go colouring in Bargan.



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

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

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

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

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



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.

