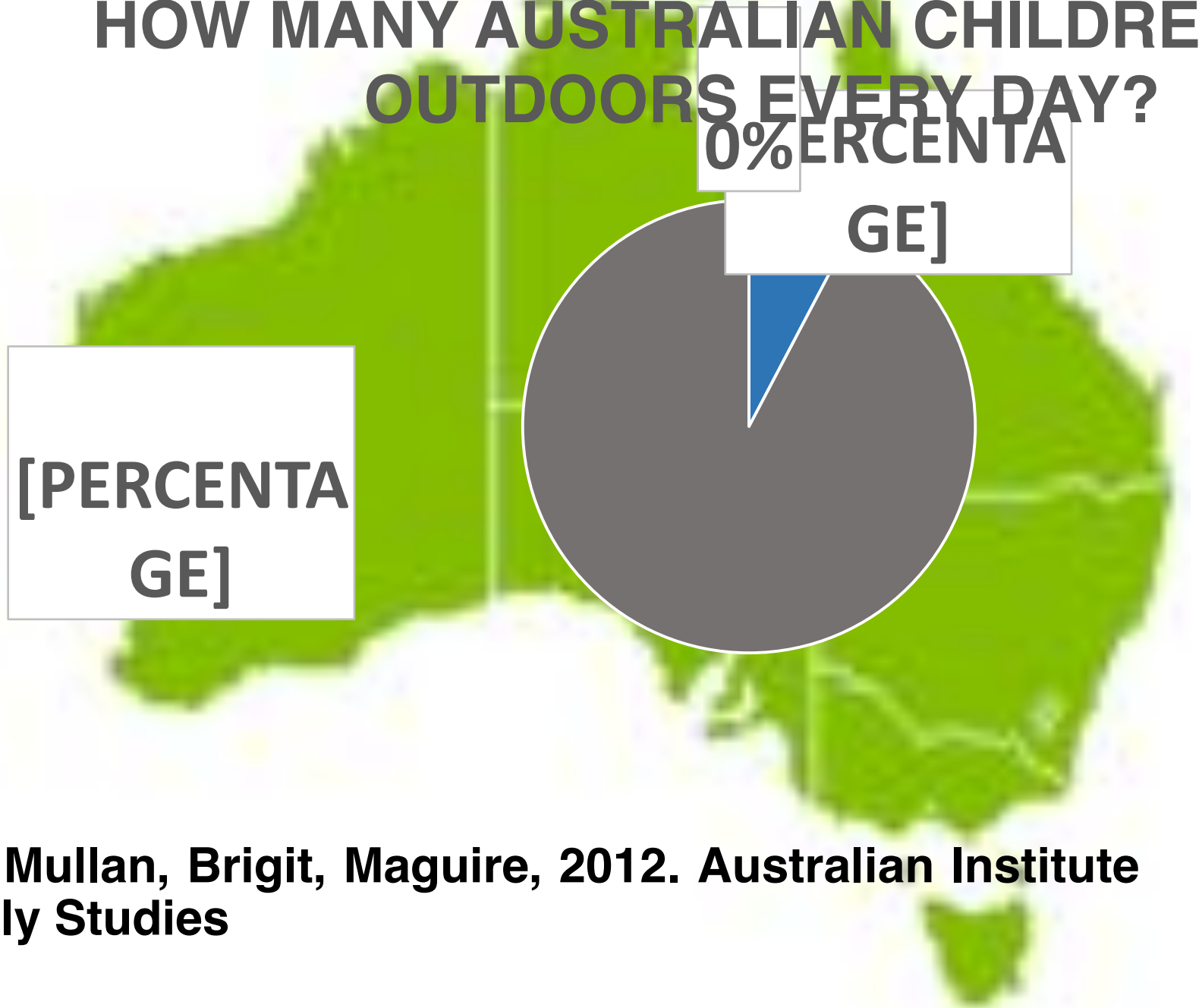
Ecotourism and Nature Play

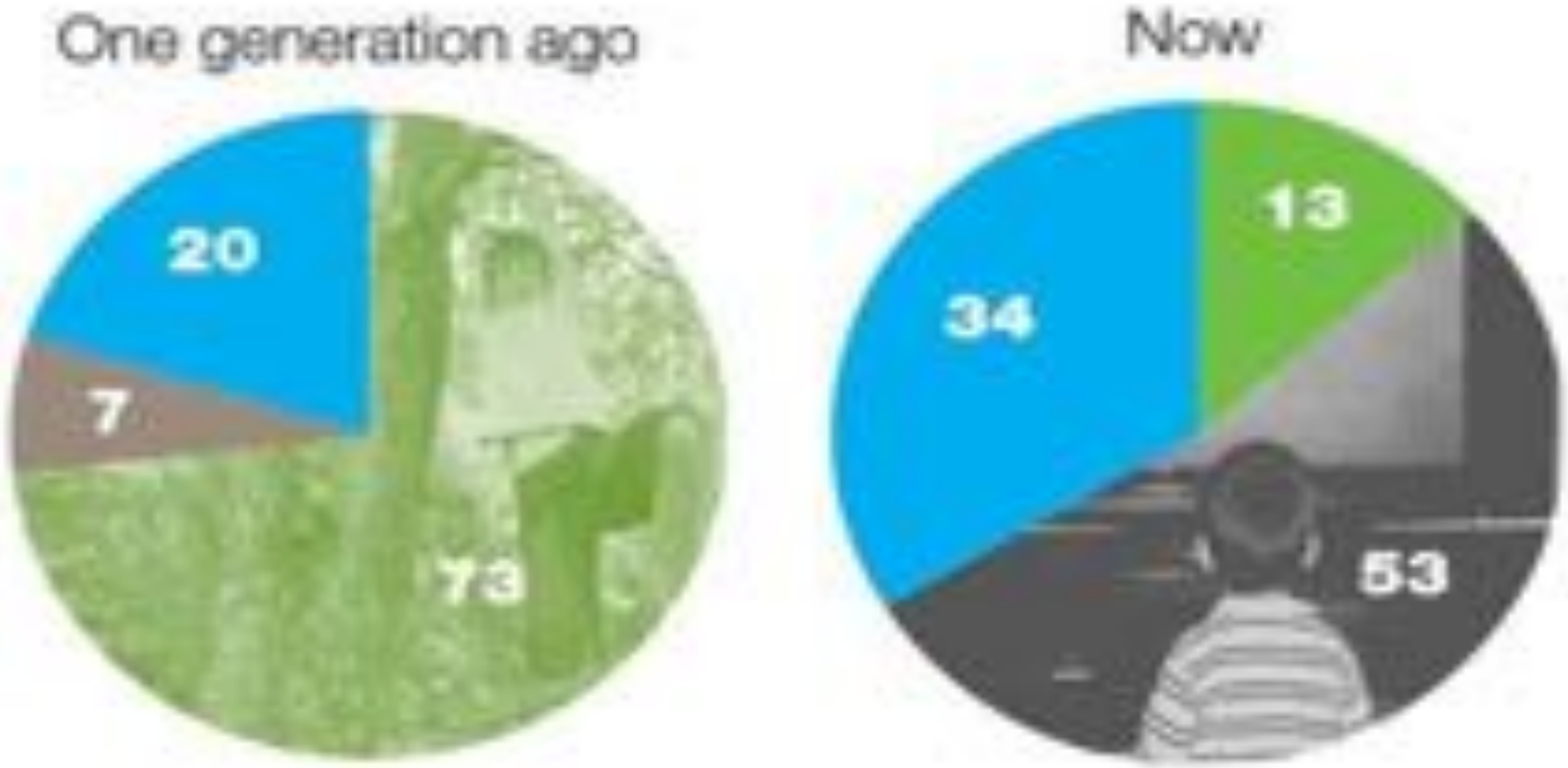
Because no one ever remembered their best day of television

Changes to children and their health

HOW MANY AUSTRALIAN CHILDREN PLAY OUTDOORS EVERY DAY?



Killian, Mullan, Brigit, Maguire, 2012. Australian Institute of Family Studies



- Played /plays outdoors more often than indoors
- Played / plays indoors more often than outdoors
- Played / plays outdoors and indoors equally

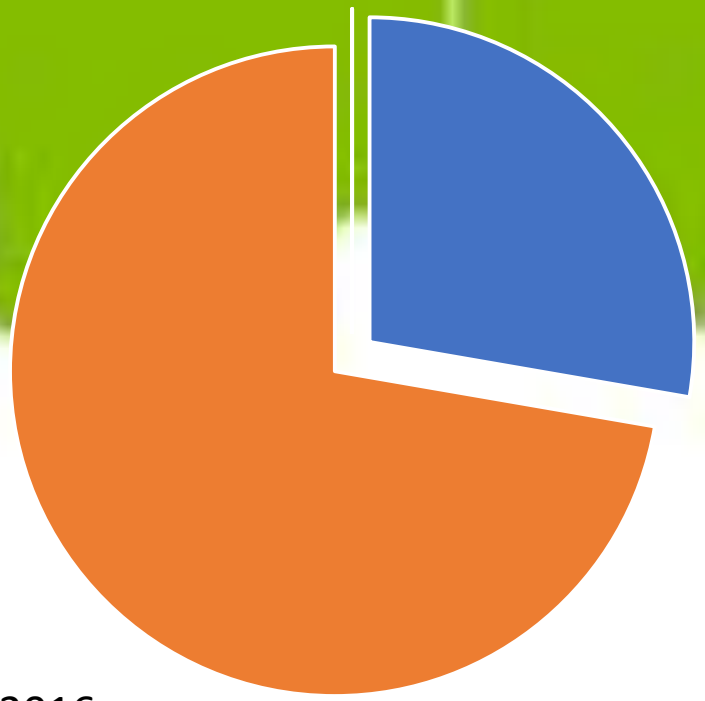
Base is those who have any child currently aged between 3-12 years, n=246

Planet Ark, Climbing Trees, 2011

Nature Play QLD

Almost 1/3 or 29% of Australian Children

Overweight or Obese



ABS – 2016

Nature Play QLD

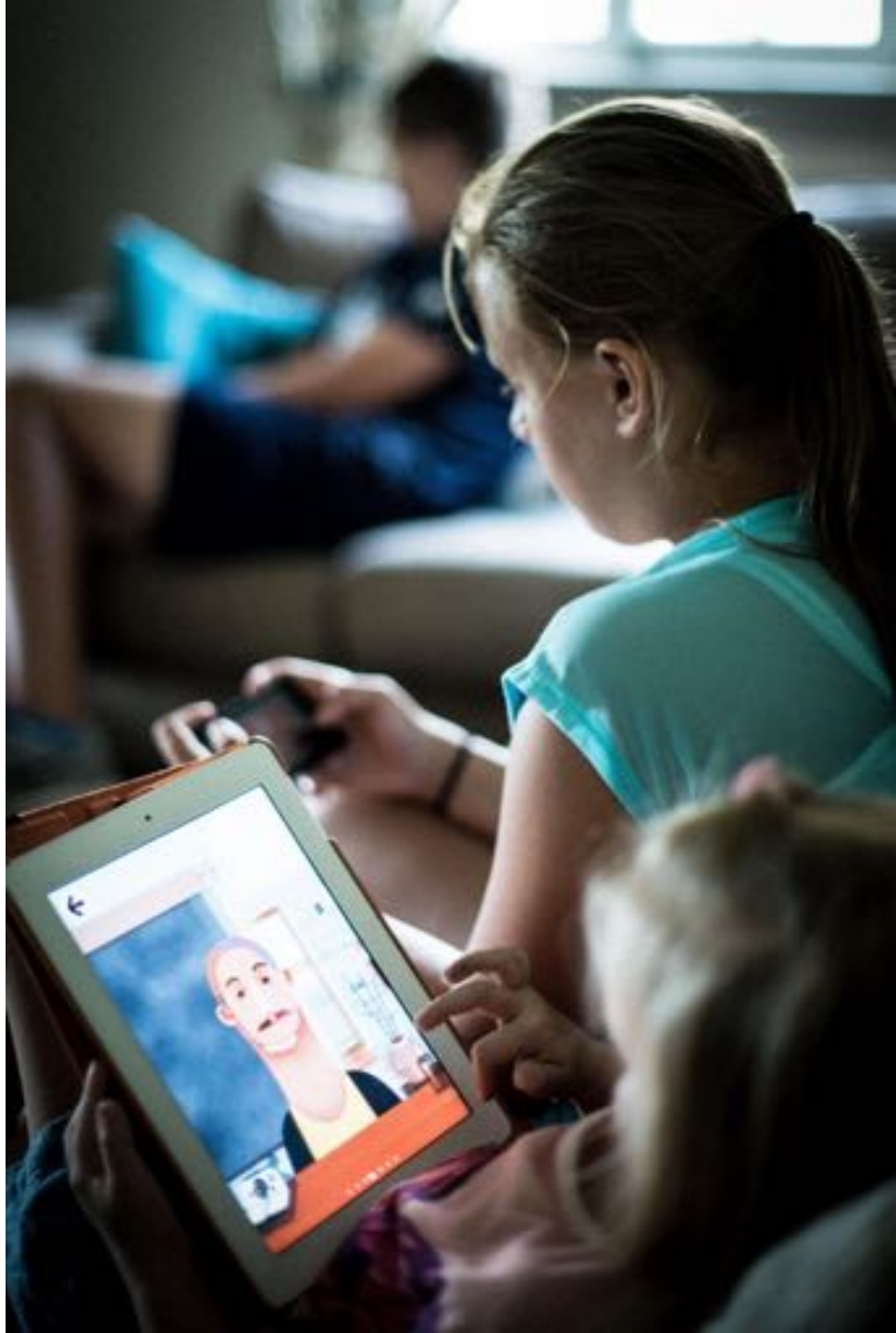
14% of Australian Children have a mental health disorder

National Survey of Mental Health and Wellbeing, 2010

Outdoor play has been replaced by screen time

- 74% of Aussie kids exceed the daily screen use guidelines
- 71% of use a second device while watching TV
- 1 in 5 use devices at the dinner table
- 39% fall asleep with a device
- Average child above 5 years does 4.5hrs of screen time per day

(Telstra, 2015) (Australian Institute of Family Studies, 2015)



http://www.childrenandnature.org/documents/C118/ accessed 24/3/2104

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Mail Online

- Predisposed to mental health issues
- Creates ADHD-like behaviours
- Impedes healthy attachment
- Interrupts healthy sleep patterns
- Reduces memory strength
- Reduces brain activity
- Reduces interest in outdoor play

Impact of screens on young brains

Iminds. Swingle, 2015

Impact of outdoor free play on young brains

- Higher executive function
- Builds social skills
- Strengthens resilience and adaptability
- Activates all areas of the brains
- Strengthens love and interest in healthy play options
- Reduces likelihood of other mental health issues developing
- Reduces screen addiction
- Increases focus and attention
- Prepares children for class room learning
- Increases academic results

Iminds. Swingle, 2016

The solution is literally right outside your door!!!

Mt Barney Lodge and Nature Play

Mt Barney Lodge and Nature Play

Bush Kids

Mt Barney Lodge and Nature Play

Kids Night Adventure

Mt Barney Lodge and Nature Play

Bushtucker Tracker

Mt Barney Lodge and Nature Play

Rock Climbing

Mt Barney Lodge and Nature Play

Free Briefing and Passport

Mt Barney Lodge and Nature Play

Free Briefing and Passport

MISSION STICKERS
BACK P
Barney Lodge
MISSIONS
Pitch a tent
a big rock
Nature Play QLD
PASSPORT
to an amazing childhood
Nature Play
QLD

Mt Barney Lodge and Nature Play

Light Your Fire

Mt Barney Lodge and Nature Play

Stealth Tracker

Mt Barney Lodge and Nature Play

Kids Bird Twitch

Mt Barney Lodge and Nature Play

Bushcraft and Survival Camp

BUSH KIDS ($15PP, 5-14YO)

You can't go wrong with an afternoon spent playing in the creek and the Bush Kids activity involves just this. With morning/afternoon tea included, kids will learn how to build eco-boats from natural materials found in the environment and race their constructions head-to-head.

CONSTRUCT A LANTERN ($15PP, 5-13YO)

Children will be inspired by the environment around them and will make their very own lantern by using the recyclable materials around them. The lanterns can be used to brighten up campsites and can be taken home as a momento of their Mt Barney Lodge camping trip.

AUSSIE BUSH BUDDIES ($10PP, ALL AGES)

Kids will have the opportunity to touch and interact with some of Australia's most intriguing native animals. You don't want to miss the chance to pat and learn about the quirky personalities of pythons, squirrel gliders, lizards and turtles.

MT BARNEY EXPEDITION

We also have a challenge for the fit, adventurous teenager these school holidays – conquer the state's second highest peak, Mt Barney. This incredible climb is not for the faint-hearted, as it involves a full day of hiking, but we assure you, the view from the top is worth it.

MT MAROON EXPEDITION

Another challenge for keen adventurers is the Mt Maroon Expedition which will see participants tackle the 965 metre giant. It's one of the Scenic Rim's most picturesque mountains and our guides will lead you all the way to the top.

See timetable on following page for activity dates and sessions.

WEEK 1	ACTIVITY	TIME	AGE	COST
SATURDAY 30 JUNE	Beginner Rockclimb	8am - 1pm	10+	$60
	Bushtucker Tracker	10-11.30pm	8-14	$20
	Stealth Tracker	2-3.30pm	8-14	$20
	Bush Kids	3-4.30pm	5-14	$15
	Kids Night Adventure	5-7.30pm	5-14	$25
SUNDAY 1 JULY	Light Your Fire	8-9.30am	8-14	$20
	Bushtucker Tracker	10-11.30pm	8-14	$20
	Australian Bush Buddies	12-1pm	all	$10
MONDAY 2 JULY	Abseil	8am - 1pm	10+	$60
	Bush Kids	1-2.30pm	5-14	$15
	Light Your Fire	2-3.30am	8-14	$20
TUESDAY 3 JULY	Mt Barney Expedition	5am-4pm	15+	$150
	Bushtucker Tracker	10-11.30pm	8-14	$20
	Construct a Lantern	2.30-4pm	5-14	$15
	Kids Night Adventure	5-7.30pm	5-14	$25
WEDNESDAY 4 JULY	Beginner Rockclimb	8am-1pm	10+	$60
	Bush Kids	10-11:30am	5-14	$15
	Light Your Fire	2-3:30pm	8-14	$20
THURSDAY 5 JULY	Bushtucker Tracker	10-11:30am	8-14	$20
	Construct a Lantern	2-3:30pm	5-13	$15
FRIDAY 6 JULY	Mt Maroon Expedition	7am-1pm	15+	$125
	Light Your Fire	8:30-10am	8-14	$20
	Bush Kids	2-3:30pm	5-14	$15
SATURDAY 7 JULY	Beginner Rockclimb	8am-1pm	10+	$60
	Nature Play Brief	8:45-9am	All	FREE
	Bushtucker Tracker	9-10:30am	8-14	$20
	Light Your Fire	2-3:30pm	8- 14	$20
	Kids Night Adventure	5-7:30pm	5-14	$25
WEEK 2	**ACTIVITY**	**TIME**	**AGE**	**COST**
SUNDAY 8 JULY	Construct a Lantern	8:30-10am	5-13	$15
	Australian Bush Buddies	10-11am	All	$10
	Bush Kids	2-3:30pm	5-14	$15
MONDAY 9 JULY	Abseil	8am-1pm	10+	$60
	Bush Kids	8:30-10am	5-14	$15
	Light Your Fire	2-3:30pm	8-14	$20
	Bushtucker Tracker	2-3:30pm	8-14	$20
TUESDAY 10 JULY	Stealth Tracker	12-1:30pm	8-14	$20
	Construct a Lantern	2:30-4pm	5-13	$15
	Kids Night Adventure	5-7:30pm	5-14	$25
WEDNESDAY 11 JULY	Light Your Fire	8-9:30am	8-14	$20
	Stealth Tracker	10-11:30am	8-14	$20
	Bush Kids	2-3:30pm	5-14	$15
THURSDAY 12 JULY	Beginner Rockclimb	8am-1pm	10+	$60
	Construct a Lantern	2-3:30pm	8-14	$20
FRIDAY 13 JULY	Light Your Fire	8-9:30am	8-14	$20
	Bushtucker Tracker	10-11:30am	8-14	$20
	Bush Kids	2-3:30pm	5-14	$15
SATURDAY 14 JULY	Beginner Rockclimb	8am-1pm	10+	$60
	Nature Play Brief	8:45-9am	All	FREE
	Australian Bush Buddies	10-11am	All	$10
	Stealth Tracker	12:30-2pm	8-14	$20
	Light Your Fire	2:30-4pm	8-14	$20
	Kids Night Adventure	5-7:30pm	5-14	$25

The Results are…

- In 2018 we were at %75 of capacity on the over 50 activities in the holiday period
- In 2018 Adventure Activities have grown to over 40% of our business
- People are now booking to stay purely because of the activities we offer.
- Unbeknown to them all, we are
  - Giving them unstructured play
  - Connecting them with their natural world
  - Educating them about how special nature is
  - Creating a new generation of kids and parents who are comfortable being outdoors with all the associated health benefits.

The Results are…