

Human Camera

This activity encourages movement and physical activity. It also involves problem solving and creativity. Add an extra challenge by asking the child to close their eyes, or use a blindfold. Guide the child and allow them to describe what they hear, smell, feel and imagine. Prompt them to describe what kind of things they remember seeing in their environment. This allows them to tune into their other senses and builds a trust between adult and child.

What you need:

A curious nature

Access to an outdoor space, preferably an environment with diversity to enrich the experience - a place with things such as grass, trees, plants, bugs

Safe natural spaces that suit a young child

TIP: if you live in an apartment, wander around the house and describe things you see, as well as things you see outside the window.

For example: the name of a book, a tree outside, a type of fruit in the kitchen, a note on the fridge.



What to do:

+ Choose an outdoor space near your home - this could be your backyard, a park or trail nearby

+ Walk around the area once and note it's landmarks with your children. This will help them navigate it on the next visit. For example: a big log, an ants nest, a bendy tree, a birds nest, "yellow flowers", "gumtree". You need no technical nature knowledge just deliberate observation.

+ Explain to the children how a human camera works. Frame your face like you are looking through goggles. Touch your ear to take the photo. Aim to take pictures of unique and interesting things.

+ Swap over who the human camera is. Your children will love leading the adults!

Activity extension ideas on next page!





On return to home...



1. Draw the human camera photos that you took- what did you see?
2. Research the things you took photos of- how about we google butterflies?
3. Write a story about the things that you saw along the way - who, what, where, why, when

To add an extra challenge to the activity:

Blindfold or encourage the human camera to retrace their steps with “eyes closed”.

At the conclusion of your walk, once you have taken three or four ‘human camera photos’, ask the human camera to re-navigate and spot each of the picture locations they visited.

