



PLAY IT FORWARD

A game of curiosity to help you connect with your local community and explore where you live

PLAY IT FORWARD

You have been gifted this 'Play it Forward' card to encourage you to get curious and connect with your local community and explore where you live.

Each card provides suggestions for things you can do in your local community. Some activities are easy and simple and some ask you to challenge yourself. You can do them by yourself, with a friend, family or organised group.

Here are a few things to consider before you start to play:

- Ask a local, visit your local council and tourist information centres or website for information.
- Always respect community, environment and culture when enjoying any activity.
- Always choose an activity that is within your ability and confidence level.
- Share your experience and cards with others to help them discover too.
- Join us at 'Play It Forward' on www.wellbeingaction.org and tell us what you think.

1



CONNECT WITH NATURE

Discover more places and more ways
to connect with nature

CONNECT WITH NATURE



Start Small

Do you have a favourite place in nature? This might be in your yard, on your street, at a friend's house. Can you discover something new there that you have not noticed before? What do you notice? What can you hear? Or smell? What can you touch and feel?



Something New

Choose a beach, walking track, park or reserve that you have not had a chance to visit before and set a date to go there. Find out a little bit of information about the place and someone to go with. There is so much to discover right on our doorstep.



Challenge Time

Organise a camping trip in one of the free campsites.

Go for a weekend or longer. Ask for help to plan if this is new for you. You might borrow some outdoor gear from a friend too.



Super Keen

Draw, paint or write about a local landscape that you know and love.

Gift it to someone and tell them what it means to you and why you want to share it with them.

2



GIVING & CONNECTING

Discover more ways to be generous
and connect with others

GIVING & CONNECTING



Start Small

Check in on a friend or loved one and tell them one thing that you love about them.

Smile and say hello to someone you don't know next time you are out and about.



Something New

Do you know your Neighbours? It's never too late to meet and say hello. Introduce yourself as if you, or they, have just moved in.

Take a treat to share or leave on their door step.



Challenge Time

Explore volunteer opportunities available in your community.

Your local Neighbourhood House is a great place to start.



Super Keen

Start up your own volunteer idea where you see a need.

Share your ideas and start conversations about things that matter to discover who might join you.

3



SHOP LOCAL + SAVE

Support locals and discover treasures
and quality in our community

SHOP LOCAL + SAVE



Start Small

Visit a local market and chat to the stallholders.

There is so much to discover.



Challenge Time

You or a person in your group plays tour guide for the day. You/they get to decide what the group does and where the group goes. Only catch is you need to support one local business in the community.



Something New

Take yourself to a shop, café or service that you haven't tried before.

Find a shop that sells locally made goods for your next gift.



Super Keen

Share your experience with a business owner and let them know what you enjoyed and if you are super keen share this with your friends, family and social media.



4

WATERY WISDOM

Go with the flow and immerse yourself in a watery landscape

WATERY WISDOM



Start Small

Keep a hat, towel and sunscreen in your car so you can fit a 5 minute visit to a local beach anytime. Take a break and walk on the foreshore to catch up with a friend. Ask someone to make plans with you to visit a local beach or waterway.



Something New

Next time you visit your favourite beach or waterway, try to explore it in a new way. Stay safe. You might simply look more closely at the parts you normally walk past. Take time to notice the horizon. Or pick something up to have a closer look.



Challenge Time

Join one of the friendly clubs or groups that organise regular activities on our waterways or beaches.

You will make new friends and learn a new skill.



Super Keen

Try keeping a record of what you discover on your next visit to the coast or local waterway. Take photos or make sketches and notes about what you see. Join a program that looks after a local patch or collects data about local plants, animals and landscapes.



LOCAL BIRD LIFE

With an abundance of birds and wildlife living alongside us, take the time to enjoy your environment

LOCAL BIRD LIFE



Start Small

Head out into your backyard or a local park and see how many different types of birds you see.



Something New

See if you can find a bird that you have never seen before and do some research to understand more about it.

Is it local to the area? Is it common to see them? What time of year or day would you expect to see or hear them?



Challenge Time

Choose an area in your backyard where you can provide some water or shelter to encourage local birds in your backyard. Do some research on how to do this. Make sure the birds will be safe from family pets and other predators.



Super Keen

Take up bird watching as a hobby. Look to see if there are other enthusiasts in the area or that you know. Join a group, or start one. Share your pictures and enjoy the diversity of birds that we have in our environment.

6



ARTS & CULTURE

Attend a community event, meet the locals and experience what the area has to offer

ARTS & CULTURE



Start Small

Check out what events are happening in our community and share with others.

If there is something of interest go along and experience time with the locals.



Something New

Check out the local markets and go along to enjoy the experience. You might find that one thing you didn't even know you wanted.

Talk to the stall holders to discover more things to do in the community.



Challenge Time

Attend a music or arts event at one of the local venues.

Consider staying for the weekend.



Super Keen

Get involved and volunteer your time for a local event that you may have an interest in.

Our local neighbourhood houses are a great place to start.

7



TRY A NEW ACTIVITY

Connect with community by trying something new

TRY A NEW ACTIVITY



Start small

Discover events and activities in your local area. Listen to local radio, look on online groups and community noticeboards, look for information from you local council and in local newspapers.

Visit a neighbourhood house to find out what is on offer.



Something New

Plan to attend a community activity or event in the local community.

Go with family or friends. Be brave and take yourself to something new.



Challenge Time

Become a member of one of the regular activities. You will make new friends and enjoy a new hobby or ability.

Consider becoming part of the organising team that makes things happen.



Super Keen

Can't find what you are looking for? Start your own group or activity.

Do your research to make sure you can meet all local requirements.