

### Vitamin N Challenge:

Download, print and accomplish one or as many Vitamin N Challenges as you can over the Spring School Holidays. Will you accept the Vitamin N Challenge?

As you complete a mission get your passport and mission evidence.. a drawing, photo, story, etc to any OPAL Mid North Checkpoint or upload your photos and tag #VitaminN #Opalmidnorth

### Other Fun Outdoor Ideas for Families:

→ Find a geocache

### What is GEOCACHING?

Geocaching is a free outdoor treasure hunt, where thousands of containers (called geocaches) are hidden around the world, including in the Mid North Region. Geocaches can be found using a GPS or Smartphone. Visit [www.geocaching.com.au](http://www.geocaching.com.au)

### HIRE a Geocaching Pack?

Free GPS Units are available to hire to adults and children under the age of 18 years (who are accompanied by an adult). The GPS units are provided in a OPAL Geocaching Hire Pack with general information and a list of local caches to get started. Identification and a contact phone number is required.

The OPAL Geocaching Packs can be hired from :

#### Spalding General Store

Check availability and opening times: (08) 8845 2032

#### Over the Edge Sports Store, Melrose

Check availability and opening times: (08) 8666 2222

#### Flinders Mobile Library

Check availability and opening times: 8662 2305 or 042 8622 305

\*contact your local OPAL coordinator to find out how your business can hire Geocaching Packs to community.

*Don't forget to get permission if you go out on your own and to pack your hat/raincoat/gumboots, sunscreen, fresh snack and water bottle!*

### Vitamin N Checkpoints:

- Melrose Post Office
- Over the Edge Sports Store: Melrose
- Black Sheep on Tuckwell : Wilmington
- Flinders Mobile Library
- Northern Areas Council Office: Jamestown, Gladstone or Spalding
- Jamestown Community Library
- Jamestown Bindle Stick the Store
- District Council of Peterborough Council Office
- Peterborough Community Library
- The Valleys Lifestyle Centre: Clare
- Clare Public Library
- Clare and Gilbert Valleys Council Office: Clare
- Wakefield Regional Council Office: Balaklava
- Snowtown Community Library
- Balaklava Community Library
- Blyth Community Library
- Hamley Bridge Library
- Brinkworth Community Library

### Prize Draw

To be in the running for an OPAL Prize lodge completed passports to any OPAL Vitamin N Check Points by Monday 17th October 2016. All entries will go into a random draw for one of four Adelaide Zoo Spring Experience!

Prizes will be drawn after Monday, 17th October 2016 and the winners will be notified by telephone.



## VITAMIN N CHALLENGE

School Holiday Activities

## SPRING PASSPORT





Name: \_\_\_\_\_

Age: 0-4 5-10 11-15 16+

Contact phone number\* \_\_\_\_\_

Town in which I live \_\_\_\_\_

### Mandala Creations

Head outside and create a nature mandala out of rocks and nature treasures **Advance Manoeuvre:** take your family to Port Germein Beach and let your imagination run wild and help fill the Port Germein beach with your mandala creations! Friday 14 October from 10.30am – 2pm or pop in throughout the school holidays and post a picture to Facebook using the hashtag #myportgermeinmandala

### Seed Safari

You're going on safari. But you're not looking for elephants or zebras. You're on a seed safari. Collect as many different types of seeds as possible with your family and friends. Put them in a container. What do they look like? What textures do you have? Can you tell which plants they came from just by looking at them? **Advanced Manoeuvre** - Take a walk on a local walking trail to find your seeds and plant some of the seeds and see if they grow.

### Leaves and Sailboats

Make your own sailboat out of nature treasures you have collected and get ready to take to the water. You can use leaves, sticks or even bark. Go with an adult to a lake, creek, river, ocean or puddle and see how far your boat will sail. Can you change your design so it floats better? **Advanced Manoeuvre:** head down to Belalie Creek, Jamestown and have a competition with your friends to see who can make the best boat. The person who can make a boat that stays afloat for the longest wins!

### Monkey Magic

Are people always calling you a little monkey? Now is your chance to prove them right! Get ready to climb! You will need to find something safe to climb. Maybe a big hill, monkey bars or the ladder that reaches a cubby house. Make sure you ask permission before you start. Why not finish off the challenge with a banana to celebrate? **Advance Manoeuvre:** Test your climbing skills at Richardson Park Playspace, Sevenhill and take a photo and display on the OPAL Vitamin N pin board at The Valleys Lifestyle Centre, Clare

### Hungry Birds

Time to feed the birds, for this mission you will need to make your own bird feeder. Coat a pine cone or branch with peanut butter then roll in bird seed. Hang your bird feeder in the garden and wait for your feathered friends to arrive! **Advance Manoeuvre:** visit your local library to find the names of the birds that ate from your feeder or research what types of food birds like to improve your feeder design and see which one the birds like best.

### My Spring Garden

Ask an adult if you can have your own section of the garden to plan a special space. Then decide just how you want your garden to look. Do you want a cactus garden, a fairy palace or a flowering garden for butterflies? Better get to work! **Advance Manoeuvre:** visit your local community garden to see what spring veggies are growing in your town.



## SCHOOL HOLIDAY ACTIVITIES PASSPORT

Lodge passport to any OPAL Vitamin N Checkpoint by 17th October 2016 to go in the draw to win 1 of 4 Adelaide Zoo Spring Experiences! \* valid contact phone number is essential to be in the running for prize.

### You're an Angel

Have you heard of snow angels.. What about a sand/dirt angel? Lie down in the moist sand/dirt and wave your arms and legs till you make an angel skirt and wings...ta da! Why not decorate your angel with nature treasures, shells, leaves, rocks...now that's heavenly! **Advanced manoeuvre** - If you don't like angels? Why not make a bush troll, see if you can make the ugliest troll at Rocks Reserve at Balaklava post a picture to Facebook using the hashtag #myrocksreservebush troll

### Who's afraid of the dark?

Do you like the dark? It can be scary but the best thing about night time is all of the amazing creatures that come out to play. Possums, bats and owls all come out at night. Grab a torch and an adult and head out for a possum prow! Make sure you check out the tops of the trees where they hide. Have a competition with your friends to see who can be the first person to spot a possum. How many possums can you find?

### Wind chime time

Go on a nature walk with an adult and collect some sticks, shells, nuts, flowers and anything else you like the look of. Bring home your stash to make a wind chime. String together the sticks then add your own collection of pretty things!