

## Nature Connect Field Trip



### *High level summary*

***Recommended for trip: long-pants, long-sleeved shirts, closed-toed shoes, broad-brimmed hat, sunscreen, drinking water. - Optional: mosquito repellent***

Join us for an intimate Nature Journaling workshop with local artist [Elizabeth Martin](#) at the McMinns Lagoon Reserve near Darwin. McMinns Lagoon offers 41 hectares of unspoilt wetlands, and has one of the largest varieties of flora and fauna habitats in the Northern Territory. Participants will settle into noticing what is around them and will see their surroundings in a new way as they learn to observe and draw, practice sound mapping and colour mapping. Transportation and a picnic morning tea are included in the cost.

*Participants to bring their own blank paper journal. Or, they will have opportunity to purchase at the workshop with cash or card:*

- *Paperbark Nature Journal Booklet - \$15*
- *Nature journaling kit (pencils, booklet etc) - \$10*

### *Detailed description*

Nature journaling is a fun, relaxing practice of recording observations of nature through drawing or writing. The practice can be calming, improve observation skills and attention to detail and promote a

deeper understanding of and connection with nature and our place in it. It does not require any artistic skills.

A nature journal is a place to explore your thoughts, feelings, curiosities, and creative expression in response to the extraordinary natural world around us. A nature journal can be used to recall observations, note species sightings and other scientific observations, or simply capture a special moment. In the face of rapid changes to our natural world, nature journaling can help us record and track changes over time or be used to record progress on restoration projects and plan future projects.

The workshop will: introduce the practice and benefits of nature journaling in a nature restoration site in Darwin and introduce exercises that enhance nature observation skills and promote reconnection with nature and culture.

This workshop is being coordinated by the [Environment Centre Northern Territory](#) (ECNT), the peak community sector environment organisation in Australia's Northern Territory, raising awareness among community, government, business, and industry about environmental issues and supporting community participation in decision-making processes. ECNT advocates a future where nature in the Northern Territory from the vast tropical savannas to the free-flowing rivers and pristine coasts continue to thrive and support the unique flora and fauna and rich Indigenous culture of the region. The work of ECNT in protecting the Territory's nature is supported by nature journaling workshops through enriched connections, enhanced care and more and greater contributions to the Territory's nature.

### **Relevance to restoration science, practice, or policy**

The practice of nature journaling is highly relevant to restoration practice and policy because it helps to calm your mind, increase your attention to detail and improve observation skills to what is happening around us. It promotes engagement of the right side of the brain, creativity and acknowledging and validating subjective experiences. These can help to bring a different perspective to the work we do and potentially help us to be more open to other ways of being, knowing and doing in the world. These things are important to promote in the face of the significant environmental and challenges we face today.

### **The workshop program/ structure and topics include:**

- arrive and purchase journaling starter kit and book – [Make a Date with Nature](#) An introduction to nature journaling (optional)
- welcome and introductions
- acknowledge traditional custodians & their deep and ongoing connection with Country
- mindfulness and deep listening in nature – out of mind and into 'feeling'
- blind contour drawing
- colour mapping
- I notice, I wonder, it reminds me of
- have a conversation with nature – encouraging imagination
- wrap up

### **Expected outcomes**

Workshop participants will:

- gain an introduction to the practice of nature journaling
- learn a range of nature journaling exercises and available resources

- learn the benefits of nature journaling for restoration practice and policy

### **Mc Minns Lagoon**

This nature journaling workshop will be held at the McMinn's Lagoon Reserve near Darwin. Located about 35 km from Darwin City, the McMinn's Lagoon Reserve is a premier wetland fringed with a mix of open woodland and closed paperbark forest and grassland, covering approximately 41 hectares. The reserve, originally created as part of a rural subdivision in the early 1970s, is today owned by Litchfield Shire Council and managed by the McMinn's Lagoon Reserve Association (MLRA). McMinn's Lagoon is an area of significant environmental, social, and cultural value to the Larrakia people and local residents. It is an important bird sanctuary and rest stop for several migratory bird species en route to Siberia including the yellow wagtail (*Motacilla flava*), the common greenshank (*Tringa nebularia*) and a variety of sandpipers. Magpie geese flock to breed in the late dry season. It is also a significant habitat for the Northern Long-Necked Turtle.

We depart around 7:45 am from the Darwin Esplanade and arrive at McMinn's Lagoon about 30 minutes later. The Nature Journaling Workshop takes place from around 8:30 am to 10:30 am. We head back around 11 am and reach the Darwin Esplanade by 11:30 am. Morning tea will be served during the session.