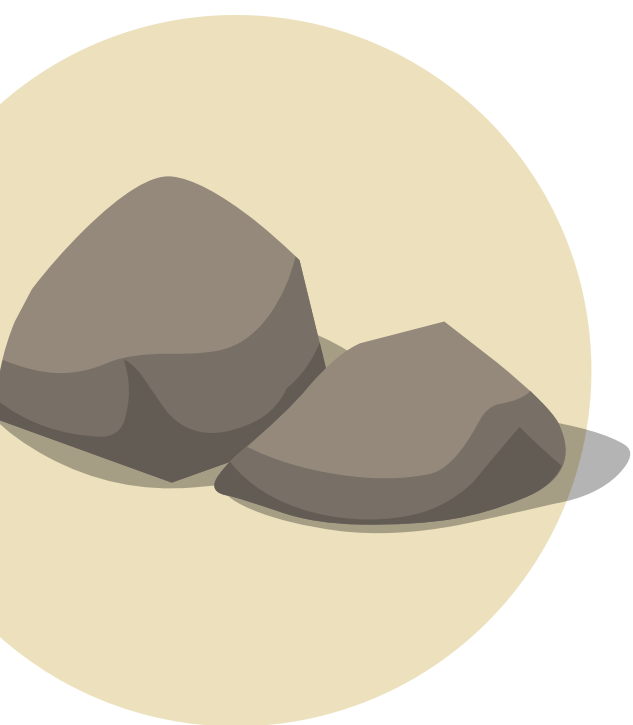




# ROCK HOPPING



## STEP 1: FIND A NICE ROCK

Have you ever been rockhopping before? Find a place in nature like a creek or beach, or just some rocks close to your home and let your feet take you on an adventure. Explore the area - what do you think you might find?

## SAFETY FIRST

Remember, you can't see your tracks on rocks, so make sure you keep track of which way you have been. Some rocks can be wobbly! Always let an adult know which way you are going. Know your own limits - if you don't feel safe, try an easier route.



## EXPLORE

Rockhopping provides all sorts of places to explore. Rockpools are full of little worlds of their own.. Can you see who lives in there? Try climbing high up on the rocks and feel how your body is made to climb! How high can you climb, and what is the furthest thing you can see? You might even see some rocks that have been use for 100s of years for grinding ochres, foods and medicines

## DISCOVER

Check out Trace Balla's graphic Novels, Rockhopping, and Landing With Wings ..

Make your own picture book about your adventures. About what you saw and discovered. And how it made you feel.



### Why is rock hopping so good for healthy child development?

Through proprioception, children develop body awareness, and a sense of how their arms and legs work in conjunction with the rest of their bodies. It also develops the vestibular (balance) sense.

