

---

## Keynote Speaker Friday 15th November 2019, 7.00pm

---

### **Nathan Fa'avae, Nelson, New Zealand**

*Ten Events Ltd, Outdoor Educator, Adventure Racer*

Nathan joins the Natural Phenomena Conference with a few feathers in his cap. He is a highly qualified and acclaimed Outdoor Educator having worked as an Outward Bound instructor and Ambassador. He is currently the Patron of Whenua iti Outdoors and is known for his work with at-risk long-term unemployed youth.

An entrepreneur in the adventure industry, Nathan has won a New Zealand business award in the adventure tourism sector. His events company hosts the biggest adventure race in the world - the Spring Challenge. He is a founding director of outdoor nutrition company, Absolute Wilderness freeze dried meals. In his spare time, Nathan captains the country's elite adventure racing team.

### **Keynote Presentation:** *Expanding Perceptions, Adventure Parenting*

The father of three teenage children, Nathan will share stories of how he and his wife have raised their children including their aims, philosophies and actions. Be warned! What he calls family holidays most would call major expeditions.

[www.nathanfaavae.nz](http://www.nathanfaavae.nz)

---

## Keynote Speaker Saturday 16th November 2019, 9.00am

---

### **Welby Ings, Auckland, New Zealand**

*Professor of Design, Filmmaker*

Welby Ings is a Professor in Design. He is an elected Fellow of the British Royal Society of Arts and has been a consultant to many international organisations on issues of creativity and learning. He is also a multi-award winning designer, illustrator, author and filmmaker. He has taught at all levels of the New Zealand school system and currently co-ordinates the PhD programme in practice-led design research at AUT University. Although he holds professorial positions in a number of international universities, until the age of 15 Welby could neither read nor write. He was expelled from secondary school and later suspended from Teachers' College.

Welby has written and spoken extensively on dehumanized systems of teaching, our obsession with performance, and the benefits of disobedient thought. His newest book *Disobedient Teaching* has been influential both in New Zealand and overseas, in questioning the nature of assessment, leadership and relevance in education.

In 2001 Dr Ings was awarded the Prime Minister's inaugural, Supreme Award for Tertiary Teaching Excellence and in 2014 he was awarded the AUT University medal for his contributions to research and creativity.

### **Keynote Presentation:** *Out Of The Safety Net: Learning Beyond Ritual*

This address is image led. It looks at how we move thinking out of the safety net of preconceived responses and pre-imagined outcomes. Prefigured by a look at what has shaped attitudes underpinning formal education in Aotearoa/New Zealand, it considers the true nature of neurodiverse intelligence and how this might be resourced using open text environments, play and the dissolution of our national preoccupation with comparative testing.

---

## **Keynote Speaker Saturday 16th November 2019, 1.15pm**

---

**Dr Ihirangi Heke, Waikato/Tainui, New Zealand**

*Health and Physical Education Consultant*

Dr Ihirangi Heke, of Tainui-Waikato descent, was raised in the South Island mountain adventure environment, before it was popularly known as such. A graduate of Otago University, he has lectured there and built a career based on helping athletes, both ordinary and elite, achieve goals beyond their expectations. Over the past 10 years he has been active in helping Māori and other indigenous groups abroad, build their own health and wellness activities based on their traditional environmental knowledge. On any one day of the week you might find Ihi mountain biking with Te Arawa people in Rotorua, playing traditional games with students in Kaikohe, at a trekking meeting in the snow in Japan, or in a virtual meeting with colleagues from Auckland University, Brookings Institute Washington, and a marae in Uawa. This is all part of him joining the dots to enable Māori and other indigenous peoples to define and determine their own health pathways and solutions as defined by their local environments.

**Keynote Presentation:** *An Introduction to Working with Maori Environmental Science*

---

## **Keynote Speaker Sunday 17th November 2019, 9.00am**

---

**Niki Buchan, Dunsborough, Western Australia**

*Natural Learning Early Childhood Consultancy*

With a biomedical background, Niki has lived and worked in South Africa and Scotland and has been calling Australia home since 2011. She has a great love for the outdoors and has been working with both adults and young children in very consultative, naturalistic and sensorial environments both indoors and outdoors for more than 35 years. She has vast experience working directly with children and educators as an educator, pedagogical leader, head of centres, as well as founder and owner of her own child care and education centres. She works internationally as a conference keynote speaker, nature pedagogue, mentor and author. Niki has developed a reputation as a strong advocate for children's right to a high-quality childhood with a deep concern about children's mental health and trauma. She believes children have a right to regular access to nature and trusts children as being capable and competent including their ability to assess and take their own risks and face challenges.

**Keynote Presentation:** *Climbing Trees and Smelling Dandelions! Working with Children and Nature*

Many children do not get their regular dose of Nature. We will explore the benefits to children in spending time in outdoor, nature filled spaces. Not just physical benefits but mental, social, emotional, academic and intellectual benefits as they investigate and play in a largely unstructured natural environment. Supervision and the sensitive dance between interference and high quality interaction, what it means for children to be as safe as necessary and the danger of trying to keep children as safe as possible.

<http://www.naturallearning.net.au>

---

**Workshop No. 1 Friday 15th November 2019  
4pm - 5.30pm**

---

**Welby Ings, Auckland, New Zealand** - AUT, Professor of Design

Workshop Title: **The Dangers of Sleeping with your Social Editor: Why You Are More Creative Than You Realise**

This is a hands-on exploration of creativity - and also what masquerades for it. You will be undertaking a series of short activities that reveal how compulsively creative your thinking actually is. Linking rational and creative thought as integrated problem-solving approaches, the workshop then projects outwards from your experience and considers how you might create learning environments where creativity grows with rational thought, not as an embellishment but as a fundamental aspect of intelligence.

It will help for the workshop if you can bring a pencil and something to draw on. However, this is not an exercise in art making. Your drawing will simply be a way of quickly recording the uniqueness and diversity of your thinking.

<sup>1</sup> The concept of neurodiversity in this address includes but moves beyond neurological differences relating to Attention Deficit Hyperactivity Disorder, Dyspraxia, Dyslexia, Dyscalculia, Autistic Spectrum, Tourette Syndrome, and others. It proposes that all intelligence is a manifestation of diversity and should be recognised and respected as potential and a contribution to the necessity of human variation.

**Personal Bio:** Welby Ings is a Professor in Design. He is an elected Fellow of the British Royal Society of Arts and has been a consultant to many international organisations on issues of creativity and learning. He is also a multi-award winning designer, illustrator, author and filmmaker. He has taught at all levels of the New Zealand school system and currently co-ordinates the PhD programme in practice-led design research at AUT University. Although he holds professorial positions in a number of international universities, until the age of 15

Welby could neither read nor write. He was expelled from secondary school and later suspended from Teachers' College.

Welby has written and spoken extensively on dehumanized systems of teaching, our obsession with performance, and the benefits of disobedient thought. His newest book *Disobedient Teaching* has been influential both in New Zealand and overseas, in questioning the nature of assessment, leadership and relevance in education.

In 2001 Dr Ings was awarded the Prime Minister's inaugural, Supreme Award for Tertiary Teaching Excellence, and in 2014 he was awarded the AUT University medal for his contributions to research and creativity.

---

**Niki Buchan, Dunsborough, Western Australia** - Natural Learning Early Childhood Consultancy

Workshop Title: **Bringing Adventure Back into Play: Outdoor Learning Environments & Documenting Children's Play**

In a risk averse culture, true play opportunities have become limited. Play spaces have become over supervised, over structured, over safe and often ... downright BORING! In this practical, hands-on session we will investigate and share environments that promote and indeed encourage children to play, be engaged, challenge themselves, and take emotional, social and physical risks. We will explore the adult role and the importance of assessing not just the risk but the benefit to children's development through creating engaging play opportunities that may involve an element of risk. We will also look at child friendly documentation that makes the incidental learning and development in children's play visible.

**Personal Bio:** With a biomedical background, Niki has lived and worked in South Africa and Scotland and has been calling Australia home since 2011. She has a great love for the outdoors and has been working with both adults and young children in very consultative, naturalistic and sensorial environments both indoors and outdoors for more than 35 years. She has vast experience working directly with children and educators as an educator, pedagogical leader, head of centres, as well as founder and owner of her own child care and education centres. She works internationally as a conference keynote speaker, nature pedagogue, mentor and author. Niki has developed a reputation as a strong advocate for children's right to a high-quality childhood with a deep concern about children's mental health and trauma. She believes children have a right to regular access to nature and trusts children as being capable and competent including their ability to assess and take their own risks and face challenges.

<http://www.naturallearning.net.au>

---

**Hayley Barrowcliffe, Auckland, New Zealand** - Teacher, Northcross Intermediate school

Workshop Title: **Seedballs for Pollinators**

Learn about soil micro-bacteria, and what is happening to our pollinator and insect population. Find ways people can help by creating soil and clay seed balls for hard to reach places that will

help to make a difference. Get hands on and create some seedballs to take back to your centre, then watch them flourish in the garden!

**Personal Bio:** I am passionate about kids and students spending time in the outdoors connecting with their local surroundings, being involved in environmental projects working towards a happier healthier environment. I specialise in Biotechnology and operate fully functional vege beds, an orchard and herb gardens. Through my classes at intermediate level, students learn about growing, caring, harvesting and sharing the edible produce, giving it to our food tech room when possible where they make frozen meals to give the Salvation Army, to help others in need. We investigate herbs and their properties and make herbal infusions, balms, mozzie repellents for school camp, skin care products for everyday use for wellbeing, kombucha, kefir, and other fermented products to learn about microorganisms and biomes, gut health etc. We also sell the products at markets at school to raise money or give to the community. I enjoy helping students to learn about native plants, pest plants, rodent pests, Daylighting and Naturalising streams as am involved with various enviro projects.

---

**Waikarere Gregory & Anna Tripp, Northland, New Zealand** - Earth connected home-school mother/ECE teacher

Workshop title: **Ko Au Ko Te Ao - Ko Te Ao Ko Au (I am the environment and the environment is me)**

Mauri, whakapapa, pepeha, tupuna, karakia, tikanga - these may be words you've heard or seen but what relevance do they have to ourselves, our tamariki and the relationship we have with our environment? Come and explore our connections to this world we are a part of.

**Personal Bios:** Anna Tripp is a registered early childhood kaiako at Te Rito Te Kainga Reo in Doubtless Bay in the Far North. In the past 3 years, Anna has worked with her tamariki to explore local histories, traditions and pastimes associated with their rich, coastal landscape. Maara kai, maramataka Maori, rongoa Maori and romiromi are key influences that inform and guide her practice as a kaiako. Anna enjoys sharing her experiences of the natural world with tamariki through observation, sensory exploration and understanding and valuing relationships.

Waikarere Gregory

Ko Tinana te waka

Ko Tumoana te tangata

Ko Taumatamahoe te maunga

Ko Tangonge te wai

Ko Te Rarawa te iwi me te marae

Ko Ngati-Te-Ao te hapu

Ko Waikarere Gregory toku ingoa

I was born and raised in Pukepoto, on my ancestral lands, close to our marae in the Far North, where the stories of my father and my people placed me on the whenua and in the world around me. After years away, I find myself living back on my Nannies whenua, a mama of two tamariki on a journey of exploration and getting to know my whanaunga who we share this ao/world with and developing a relationship with them.

---

**Nickie Mackwood, Whangamata, NZ** - ECE Teacher, Rainbow Cottage ECC

Workshop Title: **Strengthening connections with your Local Curriculum**

During this workshop, we look at Local Curriculum, how we can strengthen our connection with it and ways we can interact and make use of its resources. We explore ways to weave your Local Curriculum through your home/centre/school and teaching practices meaningfully. Throughout the workshop, you will gain practical teaching strategies to help children connect to the nature in your local area. We look forward to taking you on our journey and sharing how we have put our learning and inspiration from previous Natural Phenomena Conferences in to practice, in an ECE setting.

**Personal Bio:** Nickie Mackwood is a passionate and inspiring leader in ECE, committed to high quality teaching and learning for children of Aotearoa, New Zealand. With 18 years experience working with children in their early years, Nickie believes in teaching from the heart and providing a homely environment for young children in care. She is committed to strengthening children's connection to nature and believes what the Natural Phenomena Conference provides is insightful, inspiring and motivating for all who work with children.

---

**Genevieve Simperingham, Whangarei, New Zealand** - Counsellor & Parent Educator

Workshop Title: **Positive play experiences activate every aspect of the child's being  
Learn to interpret and support growth and resiliency through play**

Learn to identify or facilitate play that helps children overcome shyness, aggression, fears, separation anxieties and other specific stumbling blocks. You'll gain insights into non directive child-centred play, symbolic play, nonsense play, fighting play (including sticks, "swords" and "guns"), separation games, power-reversal games, activities with body contact and cooperative games and activities. We'll talk about how and why all these benefits are magnified when children play in natural environments.

Positive play experiences are a whole body and being experience which stimulates hormones like oxytocin that reduces stress and promotes growth and resiliency, while enhancing brain development. Playing for children is a rich world of communication, learning, growing and exploring. Certain play releases physical, mental and emotional tensions.

**Personal Bio:** Genevieve Simperingham runs the Peaceful Parent Institute which offers seminars and eCourses for parents and educators, professional development for teachers, as well as one-on-one counselling and coaching. Genevieve, being one of 9 siblings, grew up on a 180 acre farm in rural Ireland. Despite living in a very dysfunctional family, she found peace, excitement and healing in the natural world, and this has hugely influenced her work. Genevieve has facilitated hundreds of workshops and residential retreats over the last 26 years, with a big focus on immersion in nature, mindfulness, eating wholesome vegetarian food and generally slowing down and regaining balance. Genevieve has a Diploma in Psychosynthesis

Counselling, and is a Certified Aware Parenting instructor. She's a feature writer for *The Natural Parent Magazine* and has a busy following on her Facebook page and blog.

---

## **Workshop No. 2 Saturday 16th November 2019**

### **10.30am - 12pm**

---

**Welby Ings, Auckland, New Zealand** - AUT, Professor of Design

Workshop Title: **The Dangers of Sleeping with your Social Editor: Why You Are More Creative Than You Realise**

This is a hands-on exploration of creativity - and also what masquerades for it. You will be undertaking a series of short activities that reveal how compulsively creative your thinking actually is. Linking rational and creative thought as integrated problem solving approaches, the workshop then projects outwards from your experience and considers how you might create learning environments where creativity grows with rational thought, not as an embellishment but as a fundamental aspect of intelligence.

It will help for the workshop if you can bring a pencil and something to draw on. However, this is not an exercise in art making. Your drawing will simply be a way of quickly recording the uniqueness and diversity of your thinking.

<sup>1</sup>The concept of neurodiversity in this address includes but moves beyond neurological differences relating to Attention Deficit Hyperactivity Disorder, Dyspraxia, Dyslexia, Dyscalculia, Autistic Spectrum, Tourette Syndrome, and others. It proposes that all intelligence is a manifestation of diversity and should be recognised and respected as potential and a contribution to the necessity of human variation.

**Personal Bio:** Welby Ings is a Professor in Design. He is an elected Fellow of the British Royal Society of Arts and has been a consultant to many international organizations on issues of creativity and learning. He is also a multi-award winning designer, illustrator, author and filmmaker. He has taught at all levels of the New Zealand school system and currently co-ordinates the PhD programme in practice-led design research at AUT University. Although he holds professorial positions in a number of international universities, until the age of 15 Welby could neither read nor write. He was expelled from secondary school and later suspended from Teachers' College.

Welby has written and spoken extensively on dehumanized systems of teaching, our obsession with performance, and the benefits of disobedient thought. His newest book *Disobedient Teaching* has been influential both in New Zealand and overseas, in questioning the nature of assessment, leadership and relevance in education.

In 2001 Dr Ings was awarded the Prime Minister's inaugural, Supreme Award for Tertiary Teaching Excellence and in 2014 he was awarded the AUT University medal for his contributions to research and creativity.

---

**Nathan Fa'avae, Nelson, New Zealand** - Ten Events Ltd, Outdoor Educator, Adventure Racer

Workshop Title: **Sleeping on the Dirt with a Rock for a Pillow**

From his experience with adventure racing and leading high performing teams Nathan shares his leadership values and beliefs, and will discuss how good leadership can help in getting the most from your team by extracting their maximum potential. The six-time world champion shares tales of leadership and teamwork in what is undoubtedly one of the most demanding endurance sports in the world. Consider how to get yourself and/or your team working together, staying motivated to extract the best from the individual, their role, and the centre/class as a whole.

**Personal Bio:** Nathan joins the Natural Phenomena Conference with a few feathers in his cap. He is a highly qualified and acclaimed Outdoor Educator having worked as an Outward Bound instructor and Ambassador. He is currently the Patron of Whenua iti Outdoors. Nathan is known for his work with 'at risk long-term unemployed youth'. The father of three teenage children, he will share stories of how he and his wife have raised their children, their aims, philosophies and actions. Be warned! What he calls family holidays most would call major expeditions. An entrepreneur in the adventure industry, he has won a New Zealand business award in the adventure tourism sector, his events company hosts the biggest adventure race in the world - the Spring Challenge. He is a founding director of outdoor nutrition company, Absolute Wilderness freeze dried meals. In his spare time, he captains the country's elite adventure racing team.

[www.nathanfaavae.nz](http://www.nathanfaavae.nz)

---

**Wiremu Sarich, Kaitaia, New Zealand** - Educator traditional Maori games

Workshop title: **Areare Ngao**

Channelling mauri (energy) through play and creating simple artefacts of play from natural resource, Wiremu will share his vast knowledge of indigenous games and offer many rich insights into utilising games to enhance your understanding of a Te Ao Maori world view. Participants will engage with and make various implements of play. We will learn key concepts for traditional use of games for environmental awareness that you can personalise to suit the needs and desires of your kura.

**Personal Bio:** Wiremu Sarich, is a practitioner of traditional Maori games with years of experience delivering programs in schools and communities, nationally throughout Aotearoa and internationally.

---

**Celia Hogan, Christchurch, New Zealand** - Little Kiwis Nature Play

Workshop Title: **Nature in the Early Years - Where do I start?**

Starting a bush kindy or forest school excursion can seem a little daunting if it's not currently part of what you do. You maybe wondering what do I need to know? What paperwork is required? How do I actually start!!!!

This workshop is aimed at teachers who are currently wanting to set up a regular nature discovery programme or teachers who have recently started running regular excursions and are wanting confirmation that what they are doing is on the right track!

In this workshop we will look at what starting looks like, what paperwork is required, barriers and solutions, and some tips on the practicalities of taking a group on a regular excursion in the great outdoors. There will also be a discussion on the new ECE strategic plan and how that and Te Whariki support nature play in the early years. You will come away with some inspiration, confidence and an understanding of what your 'next steps' are in developing your nature education programme.

**Personal Bio:** As a facilitator of outdoor and nature-based learning, Celia inspires ECE and primary teachers to look beyond the day-to-day challenges and find outdoor learning opportunities where kids can blossom. While investigating how nature sessions could work within ECE and primary schools she found teachers really struggled to use the outdoor classroom. With support and guidance their confidence grew, and she is now excited to be running professional development for nature educators throughout New Zealand. Celia currently runs a bush kindy session each week and is setting up a one-day nature school programme for 5-10-year olds. She is also focused on changing legislation in ECE to enable full time nature kindergartens in NZ. Celia originally studied outdoor recreation and adult education. For the past 20 years she has worked for a variety of outdoor education organisations internationally, setting up, developing and running outdoor programmes, wilderness expeditions, leadership development programmes and establishing risk management and safety systems. Now with two wild preschoolers herself she wants to share her passion for getting children outdoors and into nature.

[www.littlekiwisnatureplay.com](http://www.littlekiwisnatureplay.com)

---

**Tia Healey-Jellick, Northland, New Zealand - Native Healing Herbals**

Workshop Title: **Making Medicine From Nature**

An interactive workshop from identification through to preparation and use. Participants are taken into the bush to identify and pick their own plants. We talk about how to pick, when to pick according to moon cycles, advice and guidance on picking, blessings, integrity and honouring papatuanuku, our mother earth. This is a hands on practical workshop, exploring the senses - you see the healing balms made. We make our products without using chemical or nasty ingredients, its all natural.

**Personal Bio:** I grew up in the Kaitaia area, in the Far North, surrounded by native bush. The forest was my solace, my friend and my healer, and I have always been passionate about Aotearoa and her native plants. What started as a passion and a hobby making herbal balms soon turned into a unique business called Native Healing Herbals. I also run workshops to adults and school groups on how to make balms, homeotherapy, and natural health remedies, as well as providing various holistic healing techniques. I have been doing this for over 15 years now. I see each workshop as an opportunity to meet new people and pass on knowledge, which may assist the individual and thus the community to become re-empowered, by taking responsibility for themselves and the health of their whanau. I endeavour to pass on and

encourage self belief by identifying the gifts that we hold, nurturing my students on how to share their gifts with those who require them, are drawn to them, or who call for them - all the while maintaining integrity and respect for ourselves and others. I endeavour to leave the students with a rewarding feeling which builds self esteem and confidence.

[www.nativehealingherbals.co.nz](http://www.nativehealingherbals.co.nz)

---

**Dee Pignéguay - Auckland, New Zealand** - Author of *Feed Me Right* and *Passionate Organic Gardener*

Workshop Title: **The Nutrition/Brain/Wellness Connection**

Food has a domino effect on all aspects of our lives, so join me to explore ways to connect children to the natural world through nature's foods. Together we will investigate if there is a relationship between food, well-being, the learning process and the love of nature. A practical workshop to help children develop confidence and skills to care for the outdoors by focusing on caring about nature's foods. Humans developed with the plants and foods of the natural world. And nutrition is one of the greatest environmental factors during early years of the child's development. We will explore the body's relationship with food and innovative ways to engage children to help them develop confidence and grow a love for nature's foods.

**Personal Bio:** Dee Pignéguay, a former school-teacher, is a dedicated science champion helping to cultivate wonder in our world and pass on nature nous to a new wave of mini scientists. Read her well researched science based books and you will find her views on gardening, nutrition, nature and well-being are inspired. Dee's books are incredibly informative, demonstrating the importance of conservation and sustainability. Dee is a keen observer of life and she believes *Exploring Nature's Pattern Magic* will help people engage with nature and realize just how important the natural environment is to sustaining our own life here on Planet Earth. Dee's books and workshops help educators strengthen their connections to nature. Her creative ideas will help you develop nature-based learning environments even in urban areas.

[www.feedmeright.co.nz](http://www.feedmeright.co.nz)

---

## **Workshop No. 3 Saturday 16th November 2019 2.30pm - 4pm**

---

**Niki Buchan, Dunsborough, Western Australia** - Natural Learning Early Childhood Consultancy

Workshop Title: **STEM Detectives - Identifying STEM and the Arts in Children's Play**

A practical hands-on session exploring the science, technology, engineering, maths and the arts that happen naturally when children are playing in a resource-rich environment that promotes free play. Once you know what to look for, you will see it everywhere! STEM Detectives gives

you the tools and strategies you need to extend these concepts and provide opportunities for children to continue to develop a love of STEM!

**Personal Bio:** With a biomedical background, Niki has lived and worked in South Africa and Scotland and has been calling Australia home since 2011. She has a great love for the outdoors and has been working with both adults and young children in very consultative, naturalistic and sensorial environments both indoors and outdoors for more than 35 years. She has vast experience working directly with children and educators as an educator, pedagogical leader, head of centres, as well as founder and owner of her own child care and education centres. She works internationally as a conference keynote speaker, nature pedagogue, mentor and author. Niki has developed a reputation as a strong advocate for children's right to a high-quality childhood with a deep concern about children's mental health and trauma. She believes children have a right to regular access to nature and trusts children as being capable and competent including their ability to assess and take their own risks and face challenges.

<http://www.naturallearning.net.au>

---

**Cherry Daly, Whangarei, New Zealand** - Teacher, Founder of Open Spaces ECE centre

**Workshop Title: A Pink Elastic Approach to the Red Tape of ECE**

An informative, light hearted and entertaining presentation exploring the challenges, and ways of overcoming and moving beyond these, in striving to put your passion into practice. Cherry will reflect on her journey over 19 years, from establishment of Open Spaces and the changes in ECE philosophies and regulations over this time, and the potential and actual responses such changes have created.

**Personal Bio:** A late comer to the ECE world, Cherry completed her Diploma in 2005 after 25 years in Secondary teaching. Opened her own centre. Attending the World Forum on Reconnecting Children with Nature in Nebraska in 2009 opened Cherry's vision to the importance of Nature to children's development. She has been committed to incorporating it at Open Spaces ever since.

---

**Tracey Willms Deane, Whangarei, New Zealand** - Tuatara Design Store, Artist

**Workshop Title: Treasured Taonga**

This is a hands on "Treasure Hunt and Make Your Own Taonga" experience. Great for those who would like some ideas and practical skill for gathering natural materials (sustainably) and making a keepsake, memory holder, talisman, piece of art. This brings together some traditional artisan skills and some self-awareness nurturing skills. With reverence for the gifts that Nature holds and enjoyment of the freedom creativity can bring, we will end up keeping a special reminder of this time in Nature when we are back in the less natural world. Grounded in the practices of Zen Shiatsu body-centering, and the skills of asking WHAT IF alongside traditional "HOW" methods to foster creativity, this workshop will be fun, practical/hands-on,

and you'll walk away with a treasure to remind you of your Nature - and the knowledge of how to do it again on your own!

**Personal Bio:** Artist, business woman, rainbow bridge, mother of adult children, and a percussion musician, Tracey brings a diverse background of work and life experience together to weave presentations that are well-grounded in the world as it is, as well as inspirational to co-create the world we would dream into being. She has always turned to nature for healing her heart, soul, and body, and sees mother earth as the guiding light of creativity. Tracey facilitates bringing awareness to what is present in our environment, and using that awareness to inform our choices and actions. She is guided by the intention of being adaptable while knowing your own core so as to not be blown off course too easily. Tracey walks in the business world while keeping heart-centered and spirit-led. Seeing a face lit up with wonder brings her joy.

---

**Dr Ihirangi Heke, Waikato / Tainui, New Zealand** - Health and Physical education consultant

Workshop Title: **Tohu Taiao - Reading the Signs**

A deeper look at the environment from a Maori perspective and especially an understanding of the roles of atua, kaitiaki, tipua and how tohungatanga is incorporated across each area. I will also provide some insight into Aromatawai turaru or Maori risk assessment before heading into the environment. Finally I will also provide some information on the Atua Matua environmental health framework - a framework that looks at the contributions of the environment to children's health.

**Personal Bio:** Dr Ihirangi Heke, of Tainui-Waikato descent, was raised in the South Island mountain adventure environment, before it was popularly known as such. A graduate of Otago University, he has lectured there and built a career based on helping athletes, both ordinary and elite, achieve goals beyond their expectations. Over the past 10 years he has been active in helping Māori and other indigenous groups abroad, build their own health and wellness activities based on their own traditional environmental knowledge. On any one day of the week you might find Ihi mountain biking with Te Arawa people in Rotorua, playing traditional games with students in Kaikohe, at a trekking meeting in the snow in Japan, or in a virtual meeting with colleagues from Auckland University, Brookings Institute Washington, and a marae in Uawa. This is all part of him joining the dots to enable Māori and other indigenous peoples to define and determine their own health pathways and solutions as defined by their local environments.

---

**Dani Lebo & Stephanie Ward , Whanganui, New Zealand** - Outdoor Educator and Teacher

Workshop Title: **Playing With Fire**

Participants will work through the benefits and risks of using fire with nature play groups as young as preschool aged. We will try our hand at making a fire nest, using flint to start a coal, and using a bow drill to start a coal. We will model safe fire set ups and safe fire practices with children.

**Personal Bios:**

Dani Lebo. Ko Appalachia te maunga. Ko Passaic te awa. Ko Atlantic te moana. Kei te noho au ki Whanganui. Ka tiaki te maunga Ruapehu ki a āku tamariki. Ka whangai te wai o te awa tupua o Whanganui ki a rāua. Nō reira ngā mihi nui ki ngā tāngata whenua o tēnā whenua – te Atihaunui a Pāpārangī. Dani Lebo lives on a small mixed-use permaculture farm in Whanganui with her family, and an assortment of animals. They run The ECO School - providing accessible sustainability education through permaculture courses, community workshops, and nature play programs. Dani has been an outdoor educator across a variety of settings and has also been a classroom teacher in the US and NZ. She is most interested in finding ways of bringing nature play into mainstream schooling.

Stephanie lives in Whanganui with her partner Richie, two children, Nate and Bea, her chickens and ducks and a dog who likes to herd them. Steph was a primary school teacher in NZ and special education teacher in the UK and now runs nature-based programmes for children ages 0-10. Stephanie spent her childhood in rural England before moving to Whanganui and has fond memories of walking in the forest, building huts and making dams in streams. She loves to facilitate the same sorts of experiences with children now.

[www.TheECOschool.net](http://www.TheECOschool.net)

---

**Peter Garlick, Motueka, New Zealand** - Motueka Steiner School

**Workshop Title: Creating a New Nature-Based School - A Case Study**

I will tell the story of the Motueka Steiner School's journey to build a new farm-based campus. We will also have space to consider any of the participants' projects or plans, and look at what assistance may be given, or how learnings from the Motueka Steiner School can be applied.

**Personal Bio:** Born and raised in Greymouth, West Coast, Peter completed a BSc Geology at University of Canterbury. Mountaineering and skiing dominated his 20s, including a summer in Antarctica as Field Leader. He subsequently changed careers from Geologist to Conservationist to sea kayak guide, becoming co-owner of Abel Tasman Kayaks for 10 years. In 2010 he completed a NZDipBus, and then became a trustee and chairman of Motueka Steiner School. Now an employee at the Motueka Steiner School, leading the project to build a new farm-based school campus and combine Steiner Education with nature based learning.

[www.motuekasteinerschool.nz](http://www.motuekasteinerschool.nz)

---

**Workshop No. 4 Sunday 17th November 2019**

**10.30am - 12pm**

---

**Pennie Brownlee, Thames, New Zealand** - Author and early childhood educator

Workshop Title: **Coming To Our Senses**

Mental and spiritual health are both dependent on being at home in 'interconnectedness', with people and with nature. In this workshop we explore how parents and teachers can promote children's love affair with our 'brothers and sisters in nature', and with the Earth Herself?

**Personal Bio:** Pennie has been in love with nature 'forever' thanks to having parents who loved nature, and to two awesome biology teachers. She has taught in the primary, early childhood, community and tertiary sectors and is currently self employed. She is the author of *Dance with me in the Heart*, *Magic Places* and co-author of *The Sacred Urge to Play*, books for parents and teachers passionate about partnership relationships with people, places and this Earth.

---

**Jo Feetham & Hayley Dolman, Palmerston North, New Zealand** - Ruahine Kindergarten Association

Workshop Title: **Purakau-narratives**

Pūrākāu are stories that keep te reo me ngā tikanga Māori alive, while preserving and transmitting Te Ao Māori. They can help children to learn where they come from, who they are and where they are going by providing links to nga Atua and the whenua. Jo and Hayley will provide a workshop where Kaiako can find out how you can use the Pūrākāu framework. Participants can create their own Pūrākāu and take away ideas to use with tamariki.

**Personal Bios:** Hayley and Jo are Kindergarten Kaiako from Palmerston North who are passionate about empowering whanau to support tamariki to develop their sense of culture and identity. Both teachers have been involved in holding workshops in the Highbury community for whanau and other teachers. Hayley has supported Jo on her research journey to find out how Pūrākāu can support culturally responsive pedagogy. Together Hayley and Jo have created a framework to support Kaiako on their bicultural journey utilising Pūrākāu.

---

**Hannah McQuilkan, Auckland, New Zealand** - Tree Mystic

Workshop Title: **Forest Bathing - Awaken your Senses to Nature**

What is Forest Therapy or Forest Bathing? What are its health benefits? How can Forest Therapy lead us back to joy, passion and purpose? In a world experiencing much suffering and despair, Hannah McQuilkan spreads the deep joy and peace that comes when we awaken to our innate, primal and wondrous connection to Planet Earth and all the beings who share her with us. During this interactive session you will engage in sensory opening experiences and share the powerful benefits of Forest Therapy.

**Personal Bio:** Hannah is a Naturopath, Shamanic Healer and Forest Therapy Guide. With 18 years experience in the wellness industry she's tried it all and is certain that one of the most overlooked areas for wellbeing is the simple art of nature connection. Hannah runs transformative nature connection events and offers breakthrough shamanic healing sessions in NZ and the USA. Warm, open and engaging, Hannah will gently support you in coming home to yourself and relating to the world around you in a new invigorated way.

**Heeni Hoterene, Motatau, Ngati Hine, Nga Puhi, New Zealand** - Educator and Maramataka Practitioner

Workshop Title: **Maramataka, reclaiming our time and energy systems**

Kaupapa - Tinorangatiratanga, Self determination. Strategy - Alignment with the environment and greater syncing as a collective. Action - Understand maramataka, its energies, the right time to accomplish the right activity! Reclaiming our time and energy through recognition of Aotearoa seasons and moons. A insight into how traditional Maori knowledge can benefit you in your educational practices - its tangible, sensible, makes sense and ancient! A professional model for practice and measurable results! Don't wait for a situation, plan and work that plan!

**Personal Bio:** When in doubt accelerate! I am a expert at translating traditional knowledge to be used in a modern day practical world. I am a educator from Tertiary to Kohanga reo. I am the number one wahine practitioner of maramataka Maori. I build rammed earth eco off grid community homes (papakanga) I am organic and a international rep for the slow food movement. I believe in collaboration. I am a braveheart, I am a environmental activist that dreams that the benefits of Te Tiriti o Waitangi will be enjoyed by all. Humorous, interactive, staunch and uplifting presenter, that understands ko te mea nui o te ao, ko te tangata, people are most important! #whareuku #maramataka

manawheneua.com

---

**Ann Langis, Auckland, New Zealand** - Conscious Kids Co-founder

Workshop Title: **Guns, Swords, and Spears: The Importance of Play Fighting for 4-7 Year Olds**  
Give children choices of what to play in the outdoor environment and you will see focused exploration of plants and insects, quiet communion with the trees, and fairy gardens created and nurtured. You will also see sticks turned into weapons, a roll down a hill turn into a WWF-worthy bout, and epic battles played out complete with enemies, spies, and POWs. You will see tears and injuries, as well as absolute and utter joy. For most of us educators (usually female), this type of play (primarily by boys) can be challenging to bear witness to, but play fighting is an important and powerful type of play that all children should have the choice to engage in. In this workshop we'll look at the research and theory behind play-fighting in the roughly 4-7 year old age group, and strategies for how to support safe and developmentally appropriate practices, as well as capitalise on the incredible learning opportunities that come from play fighting.

**Personal Bio:** Ann has over 20 years' experience working with children from early childhood through to college and holds a master's degree in Education from Harvard University. She is the co-founder of Conscious Kids Devonport and Director of Education and Training for Conscious Kids Limited, which offers 100% nature-based free play programmes for children aged 5-12 years old, as well as other environmental education programmes such as Tinkering School and Junky Monkeys large loose parts. Over 12 years of involvement in Playcentre, Ann has delivered

a wide range of adult training experiences, for small groups through to national meetings in the hundreds. She is also a presenter and professional learning coach for Longworth Education, offering workshops and mentoring for teachers in the area of play-based learning.

[www.consciouskids.co.nz](http://www.consciouskids.co.nz)

---

**Dave Key, Whangarei, New Zealand** - Consultant, transformational change educator

Workshop Title: **What Happens to Us 'Out There'? Why Can Experiences of Nature Transform Us?**

At this workshop Dave will be presenting findings from his PhD, more details of this workshop are to be confirmed in due course.

**Personal Bio:** Dave is a facilitator, coach and consultant specialising in the design and facilitation of transformational change programmes. His purpose is to help create deep and enduring social change towards a sustainable future. His background is in psychology, ecology and outdoor education. His special interest is in the ways experiences of nature can be powerfully transformative toward pro-ecological behaviour.

Over the last 20 years Dave has worked with a diversity of organisations and individuals. He has also taught, supervised and researched extensively in the academic sector and is a published author.

Dave holds an MSc (Dist.) in Human Ecology; is a Fellow of the Centre for Human Ecology; a Visiting Research Fellow at the Global Sustainability Institute at Anglia Ruskin University and; an Honorary Research Fellow at the University of Exeter. He is also a PhD candidate at Auckland University of Technology and sits on the editorial boards of several international journals. He is also an internationally qualified outdoor leader.

Dave lives in Whangarei with his partner, daughter and dog.