

Take a moment to

*arohia
te
taiao*

notice nature



Take a moment for Conservation Week

4 – 12 September 2021

Conservation Week is a national celebration that encourages people to get engaged in nature and to help take care of it.

Taihoa ake te wā mō te taiao – Take a moment for nature

In the bustle of daily life we often forget to make time for ourselves. This year for Conservation Week we are reminding Aotearoa to take a moment for nature.

When we connect with nature, we strengthen our health and wellbeing. When Papatūānuku thrives, we all thrive: Our personal wellbeing and nature's wellbeing are interconnected.

Take your moment for nature however suits you – it could be by taking a short walk outside, donating to a conservation programme, building a wētā motel with the tamariki, or simply taking the time to listen to birdsong.

Spread the word

Inspire your audiences by sharing engaging and flexible nature content through your channels!

[Click here for Conservation Week resources](https://conservationweek.org.nz)



Department of
Conservation
Te Papa Atawhai

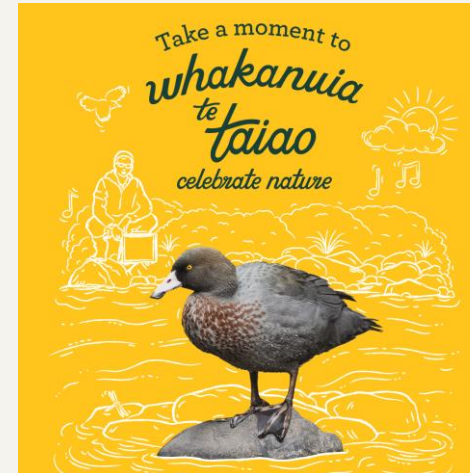
conservationweek.org.nz

Ideas to get involved

1. **Host an event or activity** – it could be public or internal for your staff. See our guide on [how to plan an event](#).

Some ideas to get you started:

- Guided walks
- Planting day
- Beach clean-up
- Stream restoration
- Wellbeing in nature session
- Trap building workshop
- A 'thank you' event for your conservation community



2. **Share content on your networks** – Share the resources available on your social media and tag @docgovtnz
3. **Print and distribute posters** – We have 7 poster versions available, plus two customisable event posters
4. **Use the screensavers & email signatures at work** – Remind your workplace to take a moment for their wellbeing