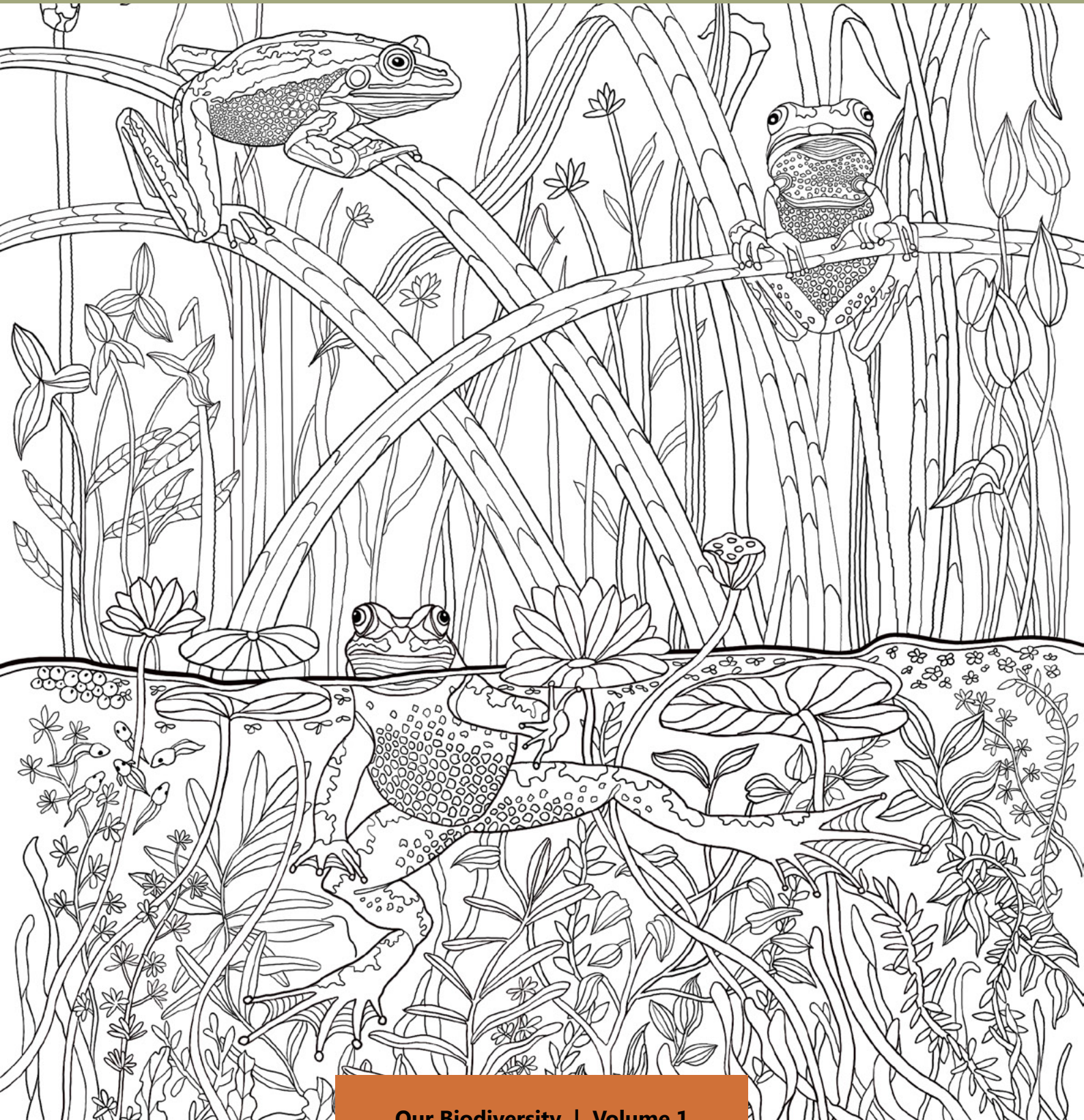
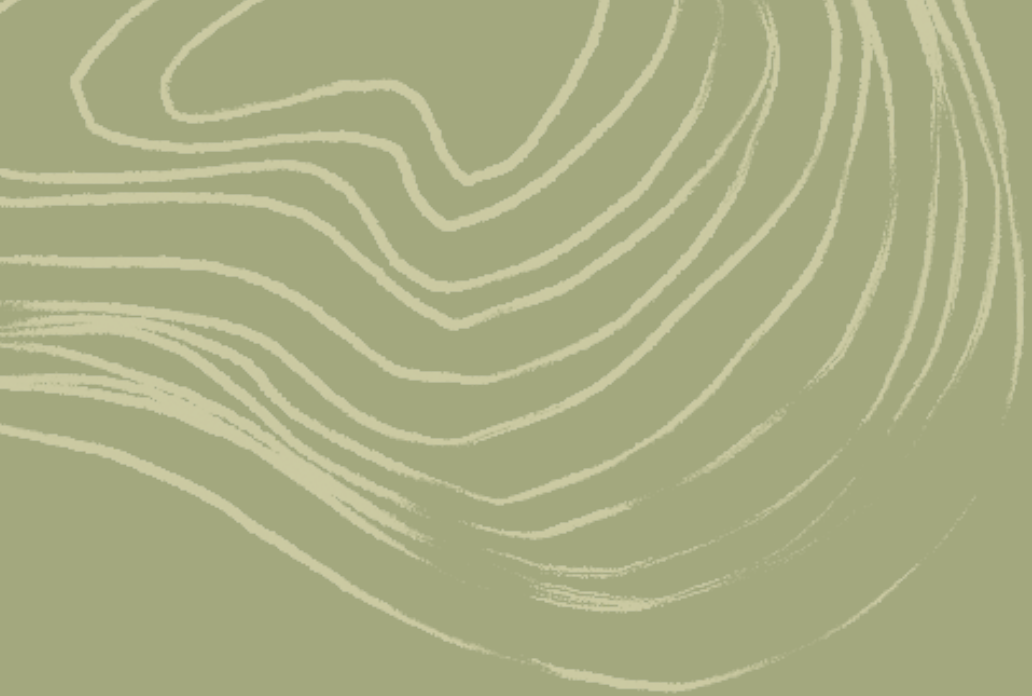


Central Coast
Calm





**Special thanks to artist
Dr Tanya Hoolihan for creating
the beautiful illustrations
throughout the book.**

**Tanya is a Natural History
illustrator specialising
in scientific, wildlife and
botanical illustration.**

Central Coast Calm is a calming colouring book inspired by the importance of our natural environment and well-being.

Calm colouring books are a great mindfulness activity for both children and adults and can produce the following health benefits:

- ✧ Help reduce stress and anxiety
- ✧ Improve balance and concentration
- ✧ Bring peace and a feeling of calmness.

Mental health affects how we think, feel and act. It also affects our everyday life, such as work, relationships and study. Looking after our social and emotional wellbeing is as important as keeping our body healthy. When we're feeling emotionally healthy, we can be fully present with our family, friends and community [Beyond Blue].

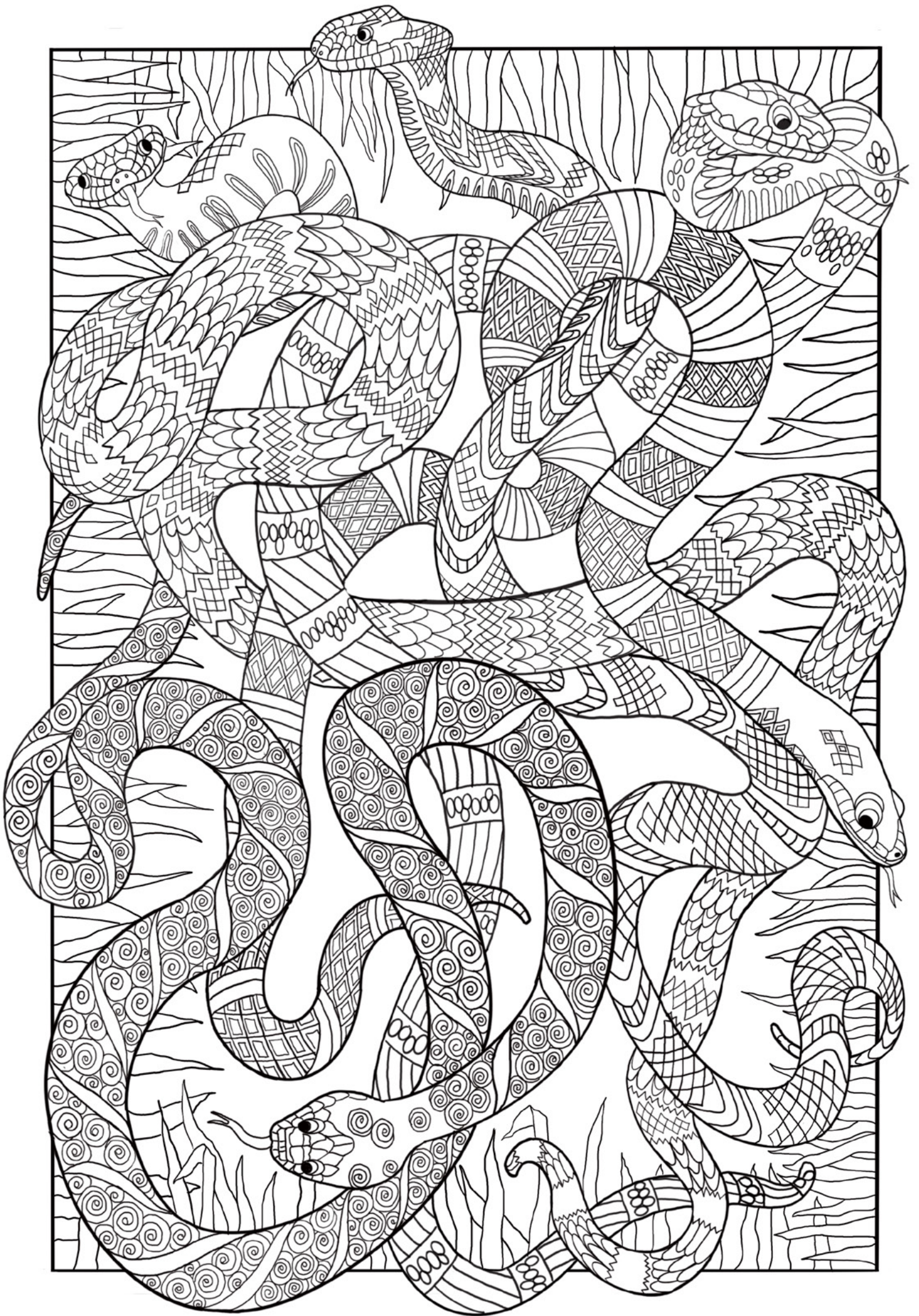
These captivating colouring pages aim to help calm the mind, explore your creativity and learn more about our magnificent biodiversity on the Central Coast.

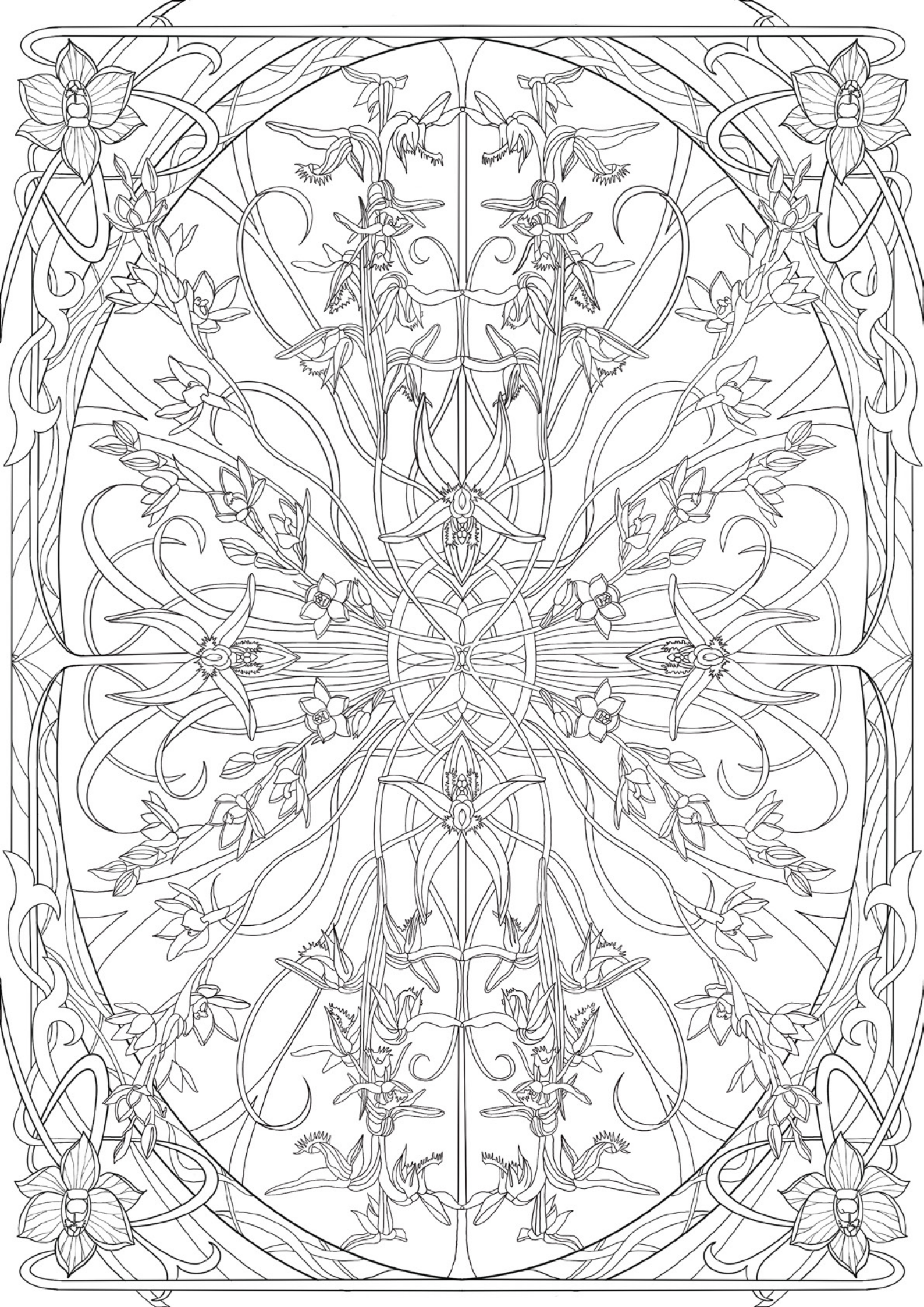
**Love Nature
Love our Natural Areas**





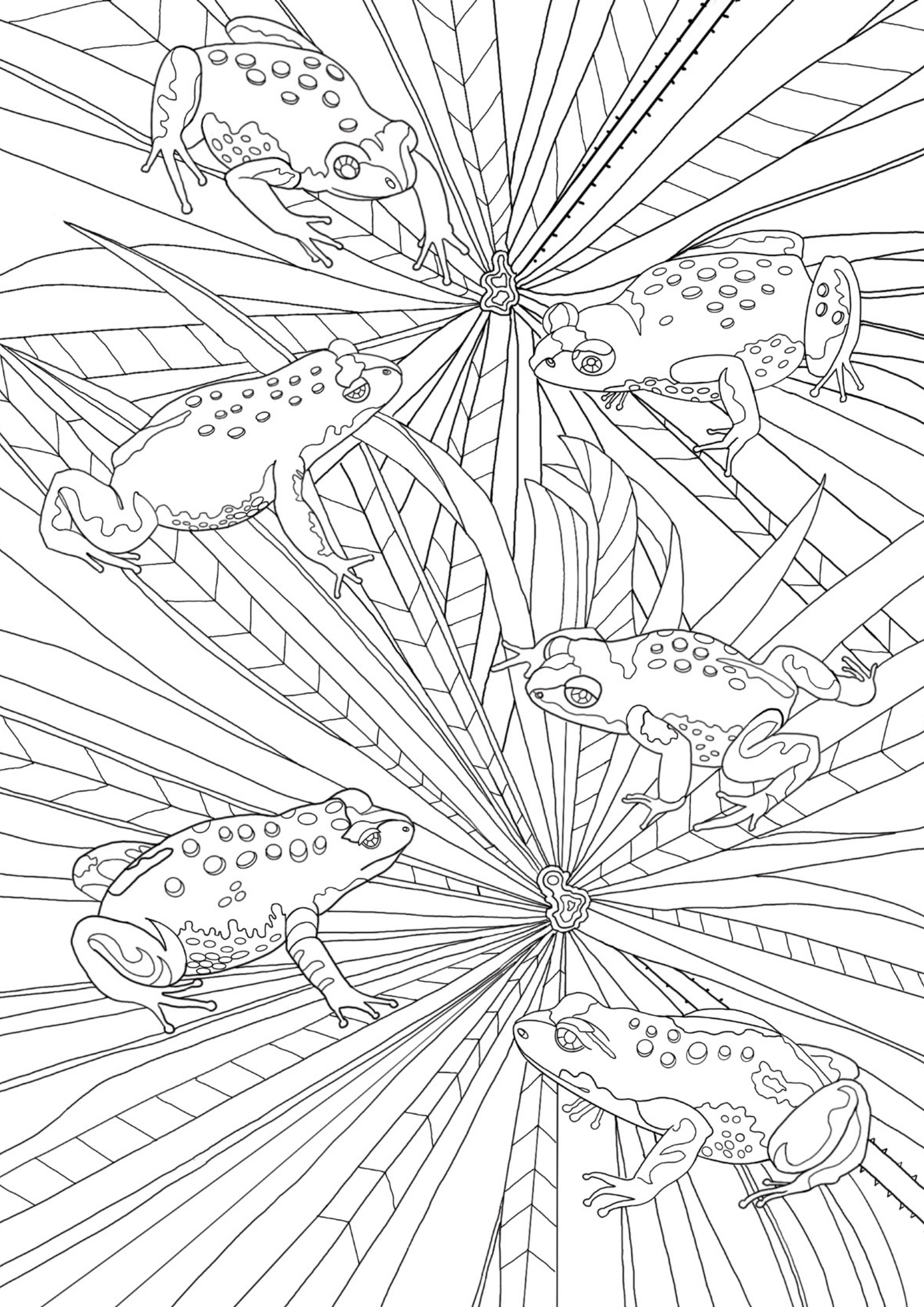


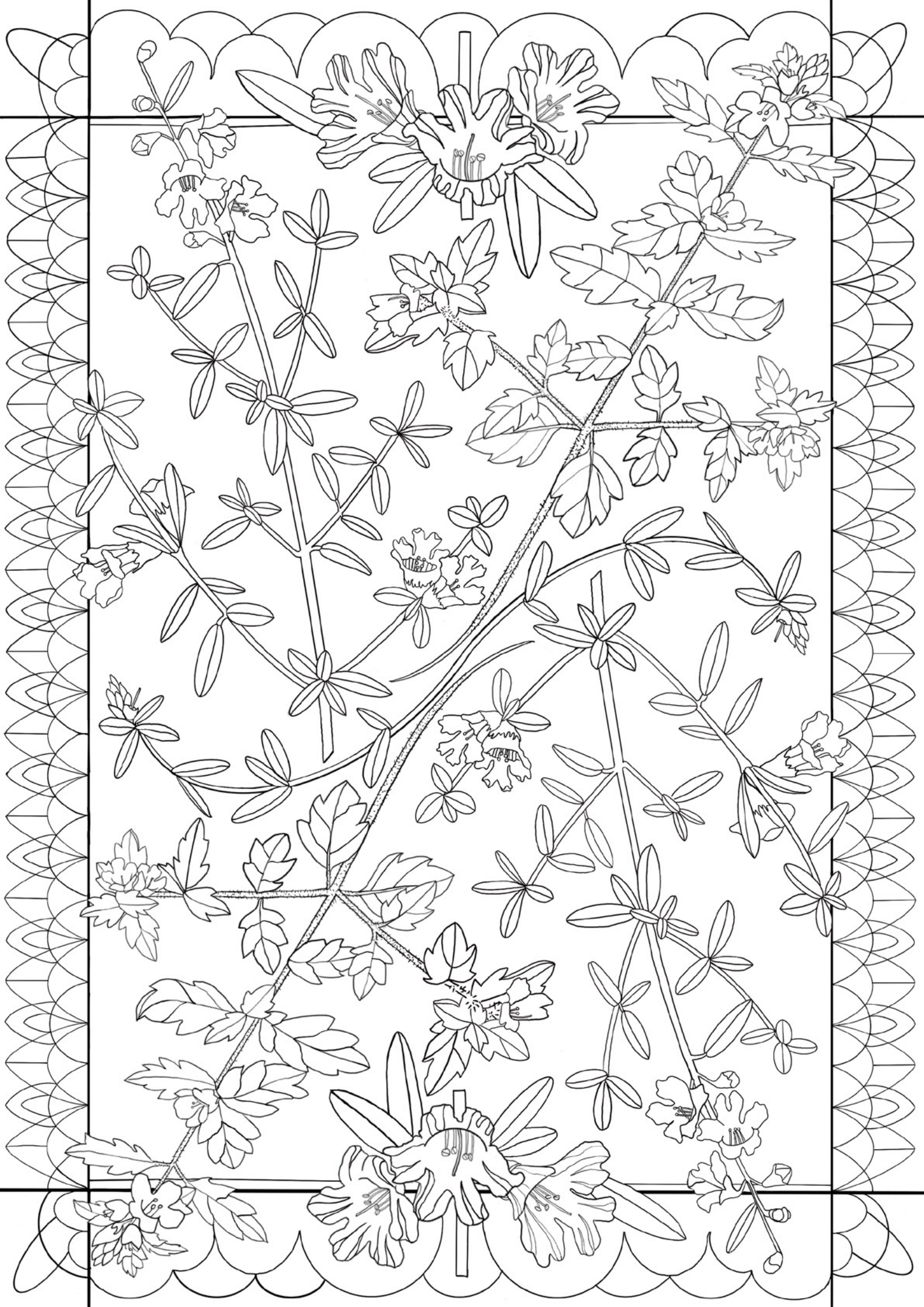






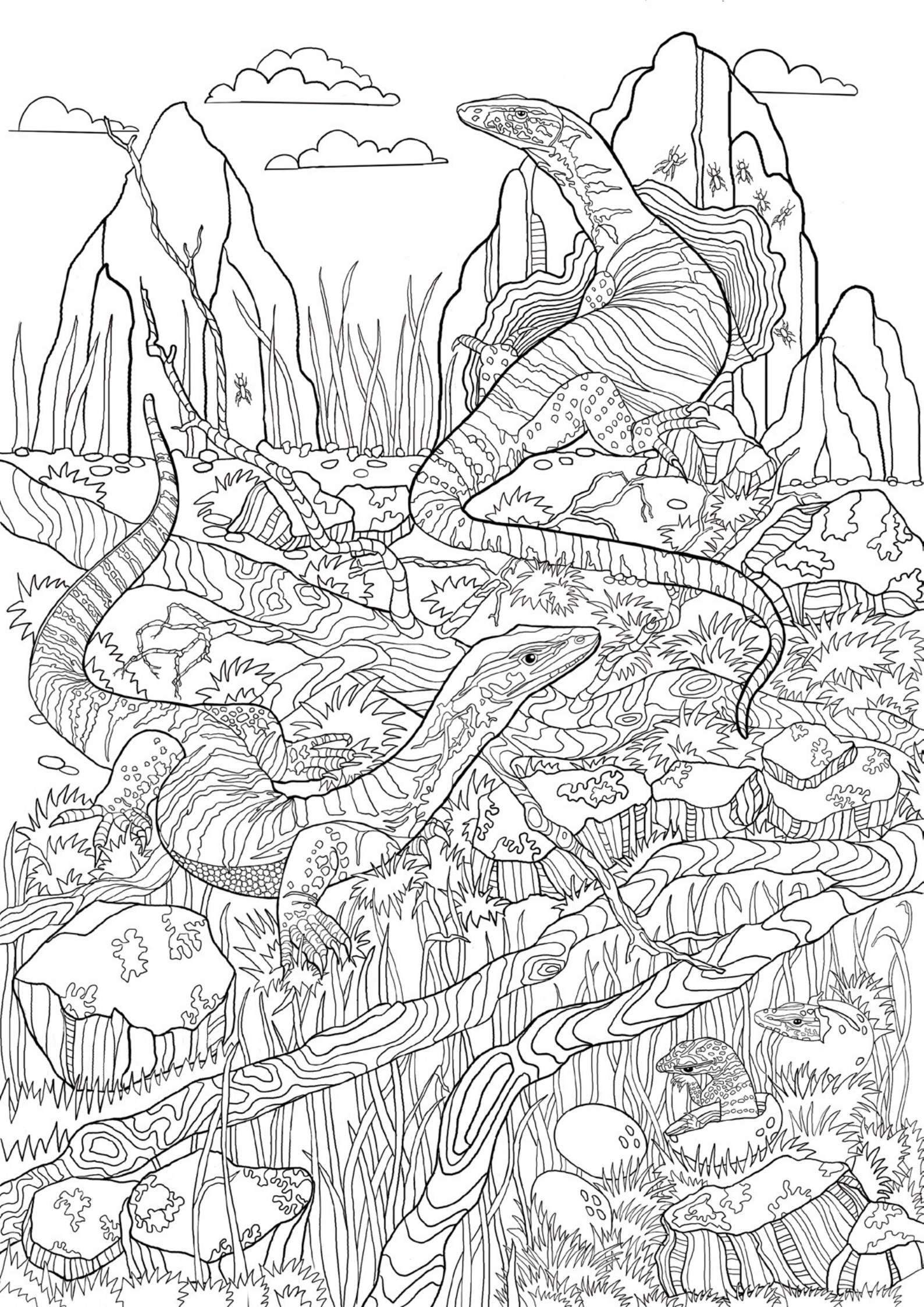


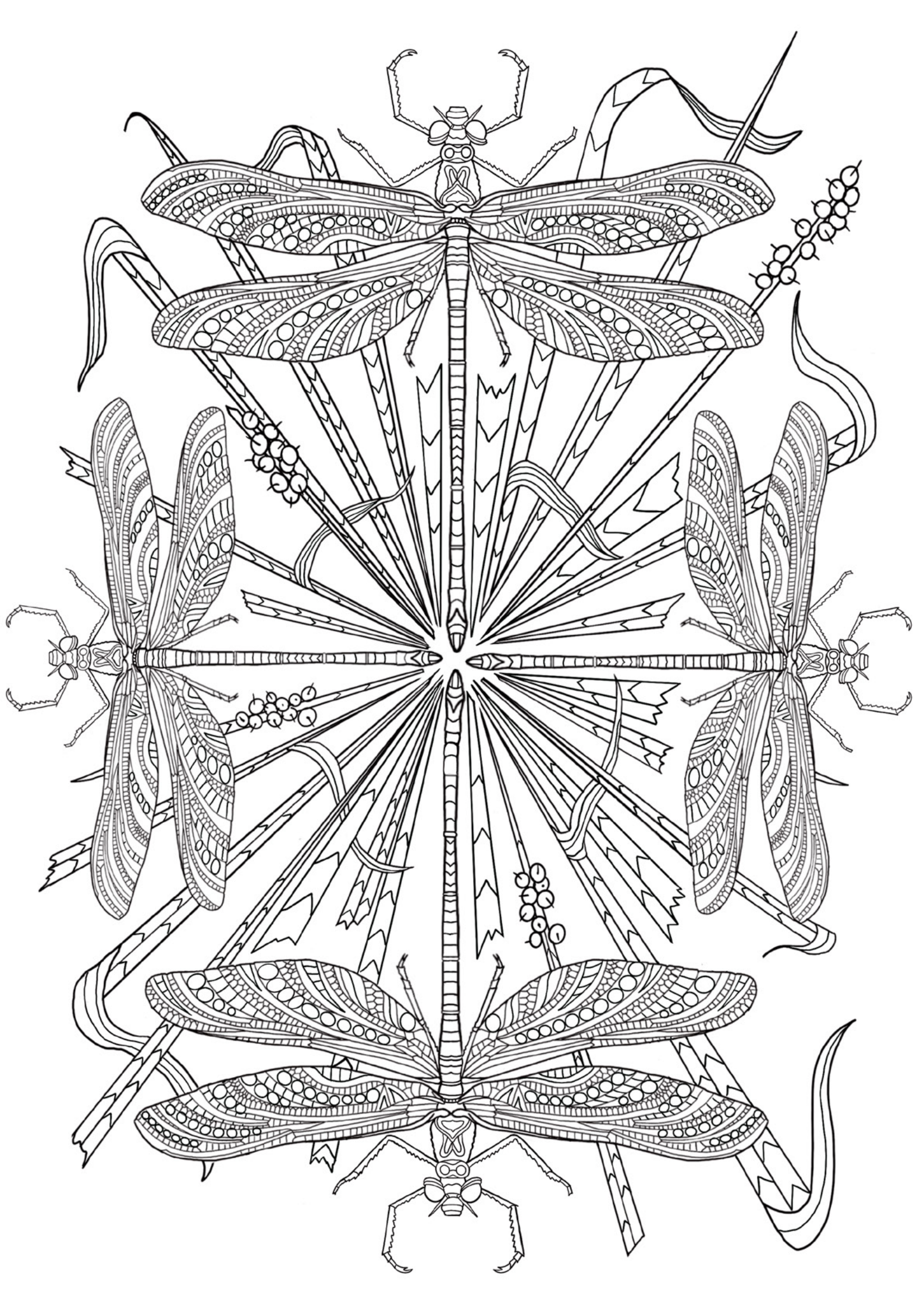


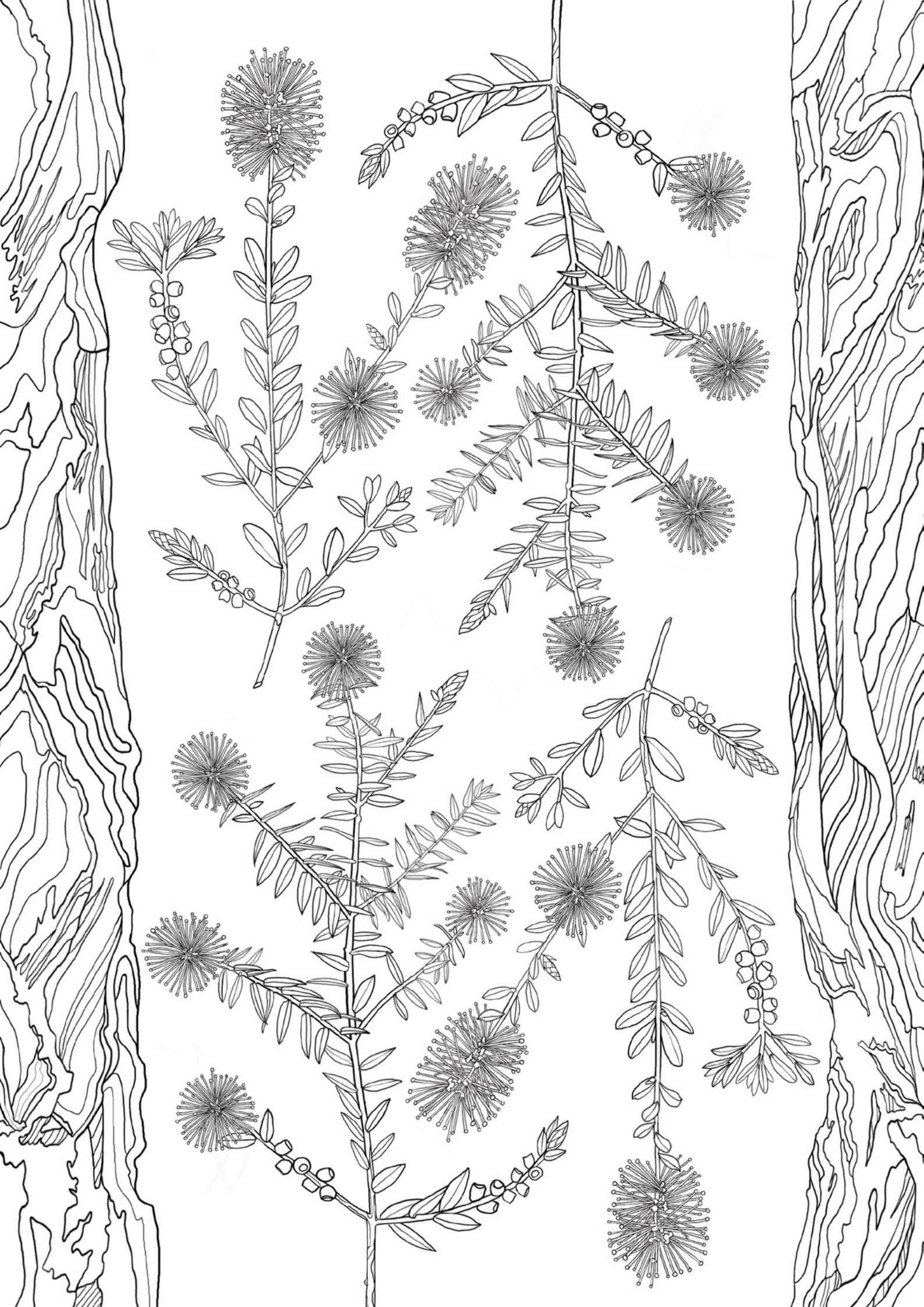


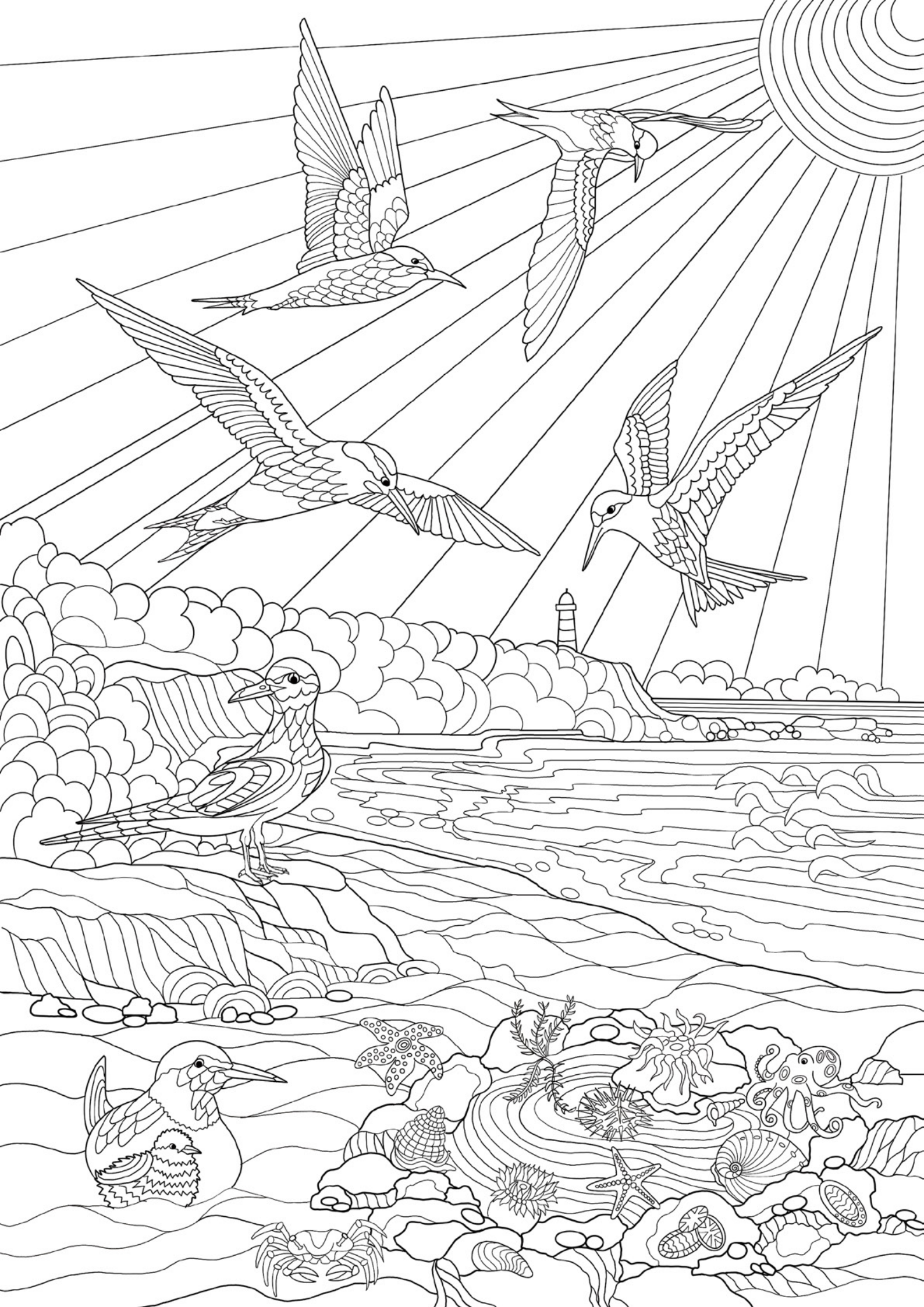








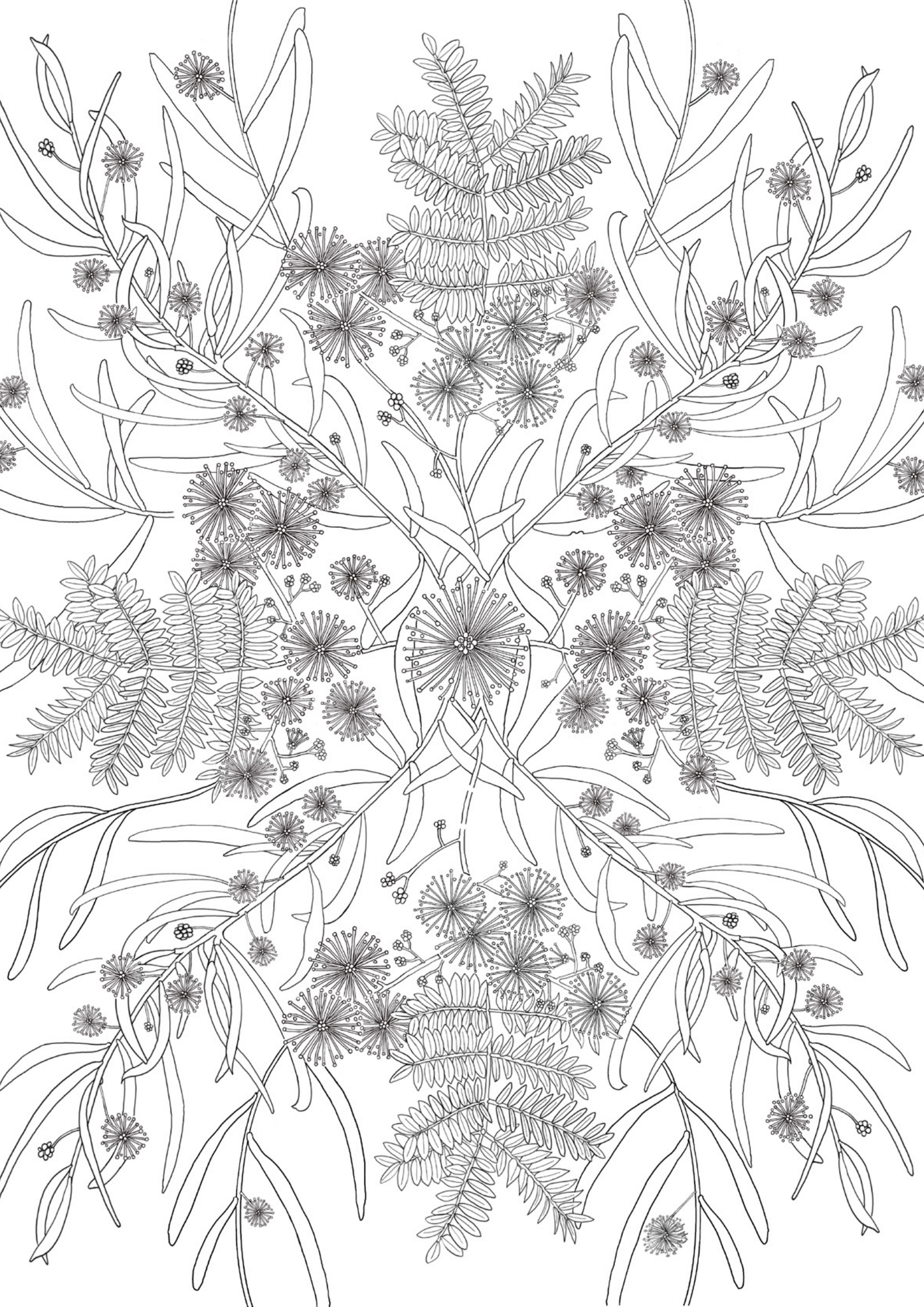


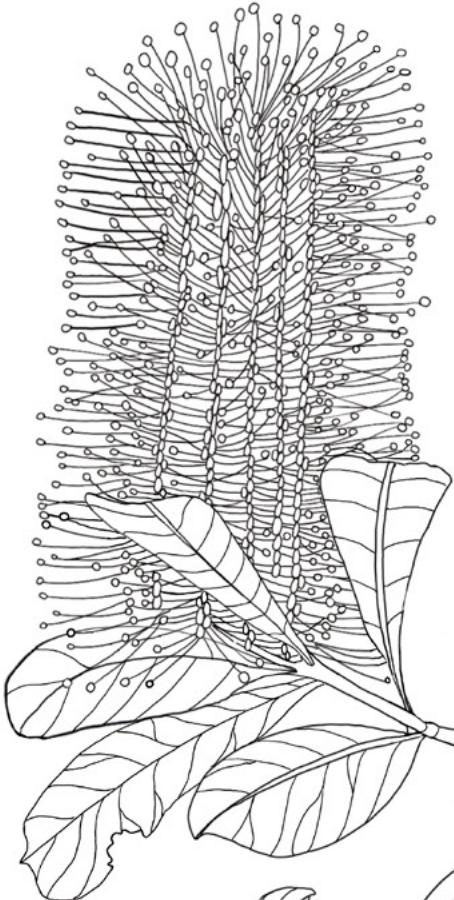


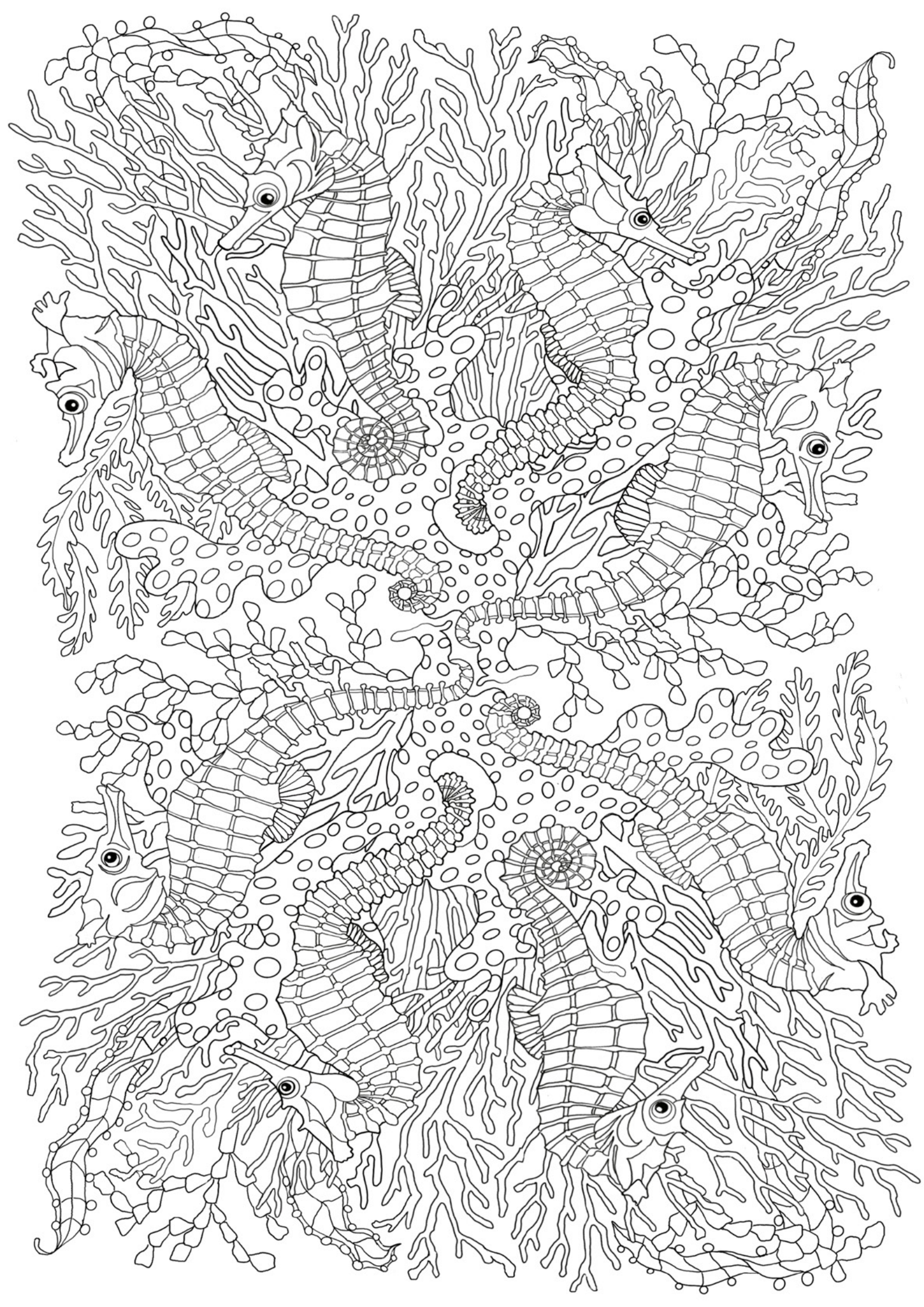














Our Biodiversity

Biodiversity refers to the variety of all life, and on the Central Coast we are lucky to share our beautiful environment with thousands of unique plants and fungi, and hundreds of different animals.

The non-marine native plants and animal species featured in this book are currently listed as threatened, under the NSW *Biodiversity Conservation Act 2016* and Commonwealth *Environmental Protection and Biodiversity Conservation Act 1999* for the Central Coast local government area [Bionet search 9/4/2019]. White's seahorse, *Hippocampus whitei*, is listed as an endangered species under the NSW *Fisheries Management Act 1994*.

Birds



Bush Stone-curlew, *Burhinus grallarius*

The Bush Stone-curlew is a shy, nocturnal, ground-dwelling bird found in open forests and grassy woodlands on mainland Australia. It is easily identifiable by its long legs, knobby 'knees' 'ankles in fact' and large yellow eyes. Their elaborate courtship dance involves standing with outstretched wings and stamping their feet whilst keeping their tail upright. You may hear the eerie high-pitched wailing 'weer-loo' call of the Bush Stone-curlew at night around Brisbane Water.



Little Tern, *Sternula albifrons*

The Little Tern is a small seabird that migrates to Australia from south-east Asia each spring to breed. In the lead up to breeding season, the bill and legs become bright yellow and the black eye-line extends to the bill. They are mainly white with pale grey upperparts, a black cap and black outer wing edges. Their nests are usually a scrape in the sand above the high tide mark on sandy beaches such as The Entrance North. Each mating pair produces up to three very well-camouflaged eggs.



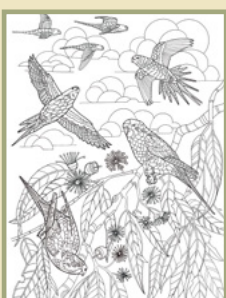
Powerful Owl, *Ninox strenua*

The Powerful Owl is Australia's largest owl, endemic to eastern Australia. They have large territories and prefer tall wet eucalypt forest to hunt and nest in the hollows of very old trees. Powerful Owls are apex predators, eating mainly tree-dwelling mammals, and can carry more than their own body weight in food. They are also the only Australian owl that makes the classic double 'whoo' sound and can be heard calling to their partners up to two kilometres away.



Regent Honeyeater, *Anthochaera phrygia*

Regent Honeyeaters are a strikingly beautiful yellow and black bird found in eucalyptus forests and woodlands of south-east Australia. They are more likely to visit the Central Coast in winter to feed in flowering Swamp Mahogany and Spotted Gum forests. Regent Honeyeaters are listed as critically endangered and are one of 20 bird species that the Australian Government has prioritised resource allocation to support the species recovery effort.



Swift Parrot, *Lathamus discolor*

Swift Parrots are a small migratory parrot endemic to south-east Australia. They are bright green with a blue-purple crown and red above and below the beak. Each autumn and winter they depart Tasmania for the warmer mainland to feed on native flowering trees. Swifties love to visit the winter-flowering Swamp Mahoganies, Spotted Gums and Grey Ironbarks on the Central Coast. They are critically endangered, with as few as 750 remaining in the wild.

Mammals



Grey-headed Flying Fox, *Pteropus poliocephalus*

The Grey-headed Flying Fox is Australia's largest bat, endemic to forested areas of eastern Australia. It has light grey fur on its head, dark grey fur on its body, and a reddish-brown collar around the neck. Flying foxes are social animals that congregate in clusters of trees called camps to roost, breed and look after their young. They feed on the nectar and pollen of native trees and are vital pollinators of some of our most valuable and favourite trees such as Eucalyptus, Angophoras and Banksias.



Little Bent-wing Bat, *Miniopterus australis*

Little Bent-wing Bats are found in forests across the east coast and ranges of Australia. They have long chocolate brown fur with a body length up to 4.5cm. During the day they prefer to roost in caves, though have been seen in tree hollows, old mines, bridges, and buildings. There can be thousands of bats roosting together in a colony and they often share their roosting site with Common bent-wing bats. The females will have a single baby per year and leave their babies in nursery caves whilst they forage for insects at night.



Long-nosed Potoroo, *Potorous tridactylus*

The Long-nosed potoroo is a small hopping marsupial native to forests and shrubland on the south-east coast of Australia. Their colour can vary from reddish brown to grey above, and lighter grey below. Long-nosed Potoroos are nocturnal, sheltering in dense vegetation during the day, and dig at night to find fungi, roots, seeds, fruits, flowers, and insects. The species can breed twice per year with the females giving birth to single young.



Spotted-tailed Quoll, *Dasyurus maculatus*

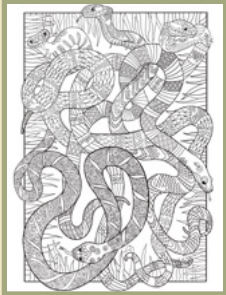
The Spotted-tailed Quolls is found on the east coast of mainland Australia and Tasmania. It is uniquely identified by the white spots on its tail and the latin name maculatus, means spotted. They have reddish-brown fur with pale spots and are about the size of a domestic cat, with shorter legs and a pointier face. Behind the Tasmanian Devil, it is the second largest carnivorous marsupial in the world. Quolls are skilled climbers and hunt much of their prey in trees at night, including a wide variety of small mammals, birds, reptiles, and insects. They are generally silent but may make huffing, coughing and hissing sounds to other quolls.



Squirrel Glider, *Petaurus norfolcensis*

Squirrel Gliders are found across eastern Australia and as the name suggests, these arboreal marsupials can glide from tree to tree. Their fur is a blue-grey or brown-grey colour with a distinct dark stripe from the forehead down to the back and a bushy tail. They are often confused with the much smaller Sugar Glider. Squirrel Gliders live in family groups of a single adult male, one or more adult females, and their young. Their diet consists of insects, gum, sap, pollen and nectar.

Reptiles



Broad-headed Snake, *Hoplocephalus bungaroides*

The Broad-headed Snake is a species of venomous snake that occupies sandstone habitats throughout the coast and ranges within 250 km from Sydney. It is black with yellow markings forming narrow, irregular crossbands, and can grow to an average length of 60 cm. It is nocturnal and feeds mostly on lizards, frogs and sometimes small mammals. Females may give birth to 4-20 live young at one time.



Rosenberg's Goanna, *Varanus rosenbergi*

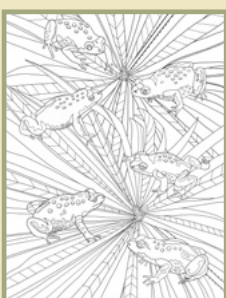
Rosenberg's Goanna is a species of monitor lizard growing up to 1.5 metres and found in open forests, heath, and woodland areas. It is dark grey above with fine yellow or white spots and can be distinguished from other monitors by the pairs of narrow bands extending the length of their tails. Termite mounds are a critical habitat source. Up to 14 goanna eggs are laid within a mound and the hatchlings will then dig themselves out. Their diet consists of a variety of birds, small mammals, eggs, and other reptiles.

Amphibians



Green and Golden Bell Frog, *Litoria aurea*

The Green and Golden Bell Frog is a large frog usually found in swamps, dams and ponds. Their smooth green skin is patterned with gold or metallic brown blotches and the thighs are electric blue. They have a creamy-white stripe that runs behind their eye, over their ear and towards their hind legs. It now exists in small, isolated populations mostly along the coast as a result of disease, habitat loss and invasive predators. One of these locations is at Avoca Lagoon, right here on the Central Coast!



Red-crowned Toadlet, *Pseudophryne australis*

The Red-crowned Toadlet is a small species of frog restricted to sandstone habitats surrounding the Sydney Basin; from Ourimbah on the Central Coast, Nowra to the south, and the Blue Mountains to the west. It grows up to 3 cm in length and is dark grey to brown-black with distinctive orange or red markings on the head and lower back. They shelter under rocks and thick piles of leaf litter. The eggs are laid in the moist leaf litter guarded by the male. Following heavy rain, the eggs hatch and the tadpoles can continue their development in water bodies.

Insect



Giant Dragonfly, *Petalura gigantea*

The Giant Dragonfly occurs along on the east coast of NSW, inhabiting swamps, bogs, and areas of standing water. It is the third largest dragonfly in Australia and one of the largest dragonflies in the world. The length of the male abdomen ranges between 6-7.5 cm with a wingspan up to 11 cm, and the females have an abdomen length of 8-9.5 cm with a wingspan up to 12.5 cm. Adults will hunt flying insects and the slow-growing larvae will eat insects in the water as well as small fish and tadpoles.

Fish

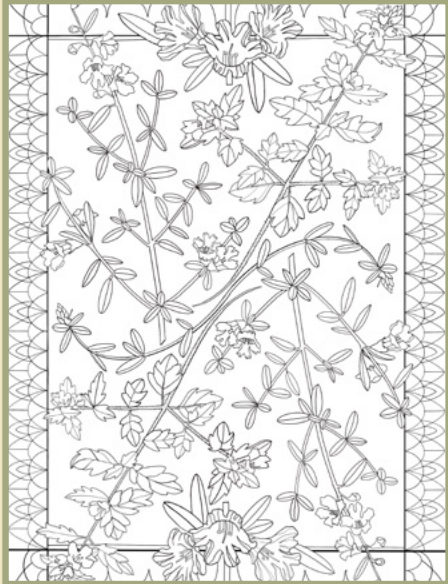


White's Seahorse, *Hippocampus whitei*

White's Seahorse is endemic to the east coast of Australia and was named after John White, Surgeon General to the First Fleet. Found from depths of 1 m up to 20 m their habitat ranges from soft corals and sponges to artificial habitats such as swimming nets. They can grow up to 16 cm in length and are well camouflaged with colours ranging from grey, brown and black. Their bodies are protected by strong external plates which are arranged into sections of rings. They are monogamous, mate for life and the male can 'give birth' to up to 250 babies.



Flora



Tranquility Mintbush, *Prostanthera askania*

Tranquility Mintbush is a shrub occurring within a restricted distribution near creeks that flow into Brisbane Water and Tuggerah Lakes. It can grow 1-3 metres high and contains strongly scented branches, leaves and pale purple flowers.

Somersby Mintbush, *Prostanthera junonis*

Somersby Mintbush is a low spreading shrub species restricted to open forest and woodland areas of the Somersby Plateau. It has long wiry branches covered in small hairs, and pale purple to white flowers with brown spots near the throat.



Charmhaven Orchid, *Genoplesium branwhiteorum*

The Charmhaven Orchid is a terrestrial orchid, only known to occur in a few woodland and heath locations around the Charmhaven area of Central Coast, NSW. It has 6-9 flowers that are green and cream with purple markings.

Wyong Sun orchid, *Thelymitra adorata*

The Wyong Sun Orchid is a ground orchid known to occur in grassy woodland in the north of the Central Coast and southern Lake Macquarie area. It can grow up to 60cm tall and has a single leaf. The flowering stem contains between 2-13 flowers that are pale to dark blue.



Flora

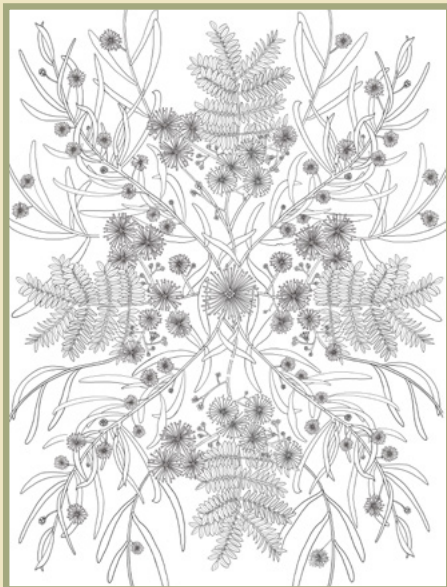


Biconvex Paperbark, *Melaleuca biconvexa*

Biconvex Paperbark is a shrub or small tree species found scattered across the coastal areas of Jervis Bay and Central Coast. It grows between 10-20 metres high and has very distinctive wing-like leaves. White flowers occur in September and November and is followed by the urn-shaped woody fruit.

Deane's Paperbark, *Melaleuca deanei*

Deane's Paperbark is a shrub species typically found in ridgetop woodland and only exists in a few isolated populations across NSW. It grows up to 3 metres high and has flaky bark and smooth narrow leaves. The spikes of white flowers appear in summer, followed by small barrel-shaped woody fruit.




Bynoe's Wattle, *Acacia bynoeana*

Bynoe's Wattle is a small shrub native to central eastern NSW, occurring in heath and dry sclerophyll forest. It has hairy branchlets and shiny and narrow phyllodes ('leaves') between 1.5 - 5 cm long. In summer it will produce a single flower head complete with a cluster of bright golden flowers. Papery and brittle seed pods will form after flowering.

Sunshine Wattle, *Acacia terminalis* subsp. *Terminalis*

Sunshine Wattle is a spreading shrub, growing 1 – 5 metres tall. It occurs in limited areas across east coast NSW, inhabiting coastal scrub and dry woodland. In autumn the shrub produces pale yellow flowers, followed by seed pods that range from 3 –11 cm long.





Native wildlife faces many threats including, habitat loss and fragmentation, pest plants degrading habitats, and pest and domestic animals displacing or predated on native animals.

Pets and protecting wildlife

Owning a pet is highly rewarding, but as a responsible pet owner you have an obligation to ensure your pet does not affect the natural environment and its inhabitants.


The impact of pets on native wildlife

- > The sight, smell and sound of a dog or cat can cause birds and animal's distress.
- > Dogs and cats can kill or harm wildlife.
- > Breeding of native animals can be disrupted, affecting the already reducing populations.
- > Dogs and cats can disturb bush regeneration projects and areas of ecological significance.
- > Dog and cat poo that washes into waterways can harm fish, frogs and other aquatic animals.

How you can help protect your local environment

- > Be a responsible pet owner. Keep your cat indoors, especially overnight, and walk your dog in non-restricted areas eg: dogs are prohibited in the Coastal Open Space System 'COSS' and other natural reserves.
- > Plant native trees and shrubs to help improve biodiversity in your backyard.
- > Take your rubbish with you and pick up your dog's poo.
- > Be a citizen scientist and take part in local surveys eg: Swift Parrot surveys.
- > If you find a sick or injured native animal, contact your local wildlife rescue service.
- > Join Council's Environmental Volunteer Program.





The Central Coast has a vast extent of beautiful natural areas including National Parks, State Forests, and over 6000 ha of unique bushland and wetland reserves managed by Council.

Bushland and wetland reserves are important for the conservation of local and regional wildlife, protecting our catchments and preserving cultural heritage. They are places where you can enjoy and connect with nature, which can significantly help improve physical and mental health, and well-being.

If you or someone you know is experiencing distress, immediate advice and support is available through:

- ✈✈ Lifeline **13 11 14**
- ✈✈ Kids Helpline **1800 55 1800**
- ✈✈ NSW Mental Health Line **1800 011 511**
- ✈✈ In case of an emergency please call **000**





Central Coast Calm is a calming colouring book inspired by the importance of our natural environment and well-being.



Please scan here for more information on our Natural Areas and Biodiversity, including the Central Coast Council, Biodiversity Strategy.



Love Our
Natural Areas

