



# NATURE PLAY

## Embracing the Outdoors

### INTRODUCTION

Playing in nature improves physical and mental health; children can choose what they want to do, using their imaginations; it encourages a connection with nature and increases creativity

### WHAT WE NEED

Your outdoor play space can be anything from a small patch of grass and a couple of trees across the road, to a large woodland area.

You can solely use the resources you find outside, or add things that your child likes to play with to enhance the experience.

### WHAT TO DO

- Let the children explore, see what they can find for themselves
- Find some sticks and turn them into wands or lightsabers
- Draw in the mud with the end of the sticks
- Look for tracks on the ground and try to work out what animal they belong to
- Collect lots of different items to make a nature artwork collage
- Make a boat or raft (you may need string to tie twigs together) and see if it floats or sinks
- Lie back and relax, see if you can spot shapes in the clouds

