



NATURE PLAY

EMBRACING THE OUTSIDE

INTRODUCTION

Why play in nature

- Improves physical and mental health
- Children can choose what they want to do, using their imagination
- Encourages a connection with nature
- Increases creativity

WHAT WE NEED

It doesn't need to be a large woodland area, it can be as small as a patch of grass and a couple of trees across the road. You can solely use the resources you find outside, but adding things when you see what your child likes to play with can add to the experience.

WHAT TO DO

- Let the children explore, see what they can find themselves
- Find some sticks and turn them into wands or lightsabers
- Draw into the mud/ground with the end of the sticks
- Look for tracks on the ground and try and work out what animals they belong to
- Collect lots of different items and making a large picture on the ground with everything you find
- Make a boat or raft out of natural items (may need string) and see if it floats in a local stream, or at home in the sink
- Or just lie back and relax, maybe see if you can make shapes out of the clouds, or just let the sounds of nature wash over you

