

# Nature Play

Play



There is little else more joyful than a childhood spent playing happily in the outside world. It is here that we learn about the subtleties of change and growth. Children gather an understanding of the world around them.

Through observation and experimentation children develop skills. At an early age, these skills lay the foundations for the years to come.

## Let's go outside!

Each time children pick up a stick or stand on a rock, they are refining their fine and gross motor skills.

As they race to show you a bug or a spider, they are adding to their understanding of the environment and its life cycles.

Alongside their parents and friends, children explore and bond. They are learning resilience as they slip over and they are learning kindness and empathy as they help their friend up when they too have fallen.

The outside world is home to the largest and most endless supply of curiosities and fun.

There is nothing better than the exhaustion one feels after playing until the sun sinks behind the horizon.

## Take time to appreciate the wonders of nature...

- Marvel together at a snail's silvery trail or raindrops on a spider's web
- Fill a wading pool with leaves
- Visit the beach in Summer
- Take a trip to a wildlife Sanctuary, the zoo, botanical gardens or a farm
- Recycle + Re-use where possible - Start a compost bin and let children help with sorting
- Plan a picnic at the local park



Keep old milk cartons, yoghurt containers, egg shells and other such items and cut their tops off to fill with soil and plants.