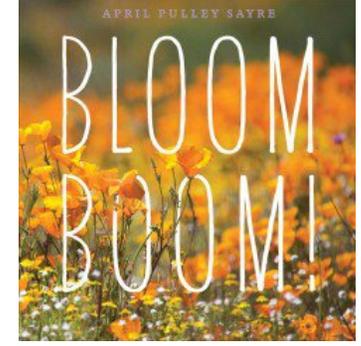
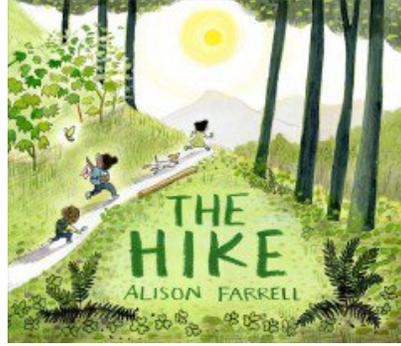
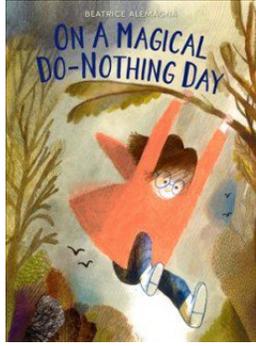
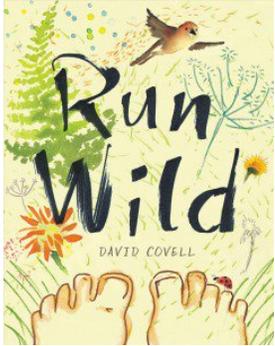




Nature Play

Read



Sing



Run, Baby, Run by Caspar Babypants – a catchy song to sing to encourage lots of movement. Think of all the actions you can do outside with this one! Spin, jump, wave, roll, flap, etc.

Play

Risky play, or the exciting play that involves some potential of injury, is important for children to build confidence, resiliency, and problem-solving, in addition to a myriad of other benefits. Instead of saying 'Be careful!', try talking through with your child what might happen if your child tries to, say, cross a creek on a wobbly branch or carry a heavy rock. Ask them why they might do something (that looks a scary to you as a parent), what might hurt them, and how can they keep themselves and others around them safe? By talking through the process, you're helping your child learn how to be careful on their own!



Risky Play: Why Children Love It and Need It from Psychology Today

Rhyme

Green Means Go
This is a great rhyme for outside play time. Use big motions!
Green means go! (run or wiggle or roll)
Go! Go! Go!
Yellow means slow...(slow down)
Slow... slow... slow...
And red means stop! (freeze)
Go! Go! Go! (fast)
slow... slow... slow... (slow)
Stop! (freeze)

Write



Start a field journal with your child to keep track of things you find and see.

Allow for some silence while in nature by encouraging your child to explore their senses. Try listening for sounds. Can you hear your feet on the ground? Wind in the grass? Are there any animal sounds? Then try searching for different smells and colors! And if you're having trouble focusing, try some movement followed by a few big deep breaths together first.

Explore

Bring a scavenger hunt on your next walk, at the park, or when your child is in the backyard.



Outdoor Scavenger Hunt and S'mores Printables from Clean & Scentsible



Fun Outdoor Sensory Scavenger Hunt For Kids from This Time of Mine