



Nature Play
SA
TURN PLAY INSIDE, OUT.

25 THINGS TO DO WITH CHILDREN IN NATURE BEFORE THEY TURN 1

- 1 Sit outside with your baby in your arms and listen to the sounds around you
- 2 Find a quiet place to sit or walk along the beach and listen to the sound of the waves together
- 3 Give your little one some tummy time on a rug outside
- 4 Mimic the natural sounds you hear in the trees and watch your baby's reactions
- 5 Have a photo of your family taken outside in nature
- 6 Lie down beneath the shade of a tree and watch the movement of the leaves – nature is the original mobile!
- 7 Visit a national park and take a gentle stroll through nature
- 8 Visit a local wetland and watch the movement of waterbirds as they paddle and move about
- 9 Read a story or sing a lullaby beneath the shade of a tree
- 10 Cover your baby's feet in cool sand at your local beach
- 11 Let your baby feel a gentle ocean tide wash over their feet and toes
- 12 Enjoy a meal or picnic in the backyard as a family
- 13 Find a shady spot at your local park and allow your baby to watch older children play
- 14 Let your baby crawl and explore the blades of grass on a lawned area
- 15 Find a patch of bare earth and let your baby's feet feel the textures of the soil
- 16 Add water to a patch of dirt and let them explore the sensation of mud squelching in their toes and through their fingers
- 17 Find a smooth-barked and a rough-barked tree and let their tiny hands explore while you explain what they are experiencing
- 18 Find a low hanging branch with leaves and let them explore while you describe the colours, shapes, and textures
- 19 Collect five natural treasures (big enough not to be a choking hazard!) such as shells, seed pods, sticks/twigs, feathers, bark and leaves and allow your little one to discover these with their hands
- 20 Tickle your baby's hands, feet and face with a feather or leaf
- 21 Attend a local playgroup that spends time outside
- 22 Spend time outside with another family with young children
- 23 Find an uneven surface and help your child navigate their way across it
- 24 Splash in a puddle or tub outside
- 25 Build a sandpit in your backyard and spend time playing in it with pots, pans, spoons and buckets

