

Enjoying Nature with **KIDS**



With the temperatures warming up, children's curiosity of nature also increases. Exploring nature can build vocabulary, learn to make observations, think critically, and ask questions about the world around them. Get out and get active! Children who experience diverse natural settings are more physically active, more aware of nutrition; more cooperative and more creative. Listed below are simple ways to get into nature:

Go for a Walk - Walk around your yard, block, or visit a local park. Search for colors, count your steps, go on a 'sound' hunt, or look for signs of the season. Collect items on your walk to add to a sensory box at home such as rocks, leaves, sticks, and flowers. Create a nature walk journal where your child can keep track of observations. Invite your child to draw a picture of what they discovered. Ask your child to describe the picture and help them label it.

Grow a Garden - Gardening is a fun and healthy activity for children. Gardens give children an opportunity to learn about growing their own food while learning about science and nature. This can also be a great opportunity to try new foods. Children can help plant, water, weed, and prepare vegetables.

