

20 THINGS TO DO

Early Learning Nature Play Experiences

for infants and toddlers

- 1 Bake mud pies in your own mud bakery
- 2 Lie under a tree and look up at the sky through the leaves
- 3 Lie on your tummy and look and play with the grass and mud
- 4 Create a nature treasure basket to explore with a stick, pine cone, a rock and a feather
- 5 Have an outdoor picnic with your friends
- 6 Plant a seed or bulb together and watch it grow
- 7 Collect natural treasures to create a collage
- 8 Make music with a seed pod shaker
- 9 Throw a ball outside with your friends
- 10 Have outdoor nap time under a shady tree
- 11 Wash your toys such as trucks and dolls outside with water
- 12 Watch and experiment with different objects in water as they float or sink
- 13 Discuss with an adult about what you can see, hear and feel outside
- 14 Mud paint with your hands and feet
- 15 Follow a bug on its journey
- 16 Hunt for 'dinosaur' bones and dig in the sand or dirt
- 17 Try 'baby yoga' at your favourite tree or spot on the grass
- 18 Water paint anything!
- 19 Stack large flat pebbles
- 20 Dig to unearth worms and minibeasts