

Activity: Connecting to nature even when you can't go outside



Our Natural Thinkers programme explains how you can connect to nature, even when you can't go outside.

Natural Thinkers' mission is to re connect families to nature through accessible and fun activities outdoors, as we know that nature can calm feelings of stress, anger and anxiety. During this challenging time of staying indoors, the good news is that research suggests that we can still find benefit from the calming effects of nature through pictures, sounds and plants inside the home, too.

Here are a few suggestions on how you might do this with your children while at home

Use online resources to look at images and talk about our natural world.

www.natgeokids.com/uk

www.youngoceanexplorers.com

www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/online-games-for-kids

The online world has plenty of apps that have re-created natural sounds such as waves, bird song and rain.

These calming sounds can support relaxation just before bedtime.

A list of free, popular apps can be found here:

www.androidauthority.com/best-nature-sound-sleep-sound-and-animal-sound-apps-for-android-875530/



Children may wish to draw/paint nature, or create 3d models. Lots of children are drawing rainbows now to display in their windows. You could include other things to create a natural scene, such as, trees, flowers or minibeasts.

Growing plants on windowsills

If you can get hold of some seeds and soil, planting herbs is a great way to include plants in the home and they love windowsills.

Some supermarkets sell herbs already planted in pots, which you can continue to grow at home or you could recycle an old yogurt pot to plant seeds in.

Even looking out your window at some green or the sky can help.

Whatever you do stay safe and take care of yourselves and your family.

What are my children learning from this?

Personal, social and emotional development: developing concentration skills; expressing preferences and interests

Communication and language: engaging in conversation; talking about what they are doing

Physical development: developing fine motor skills (by using pencils, crayons, scissors)

Literacy: engaging in mark making and assigning meaning to marks they make

Understanding the world: learning about nature

Expressive arts and design: using different resources to create pictures and models