



We have created a list of activities to help children engage with their natural environment. These activities are designed to be repeated throughout childhood to see how you can develop your skills and ideas.

Have fun and take pictures to document you developing your skills.

Activity	How many times can you tick it off?
1. Get hands covered in mud	
2. Roll in the grass	
3. Splash in puddles	
4. Make a weather gauge	
5. Plant a flower / plant and care for it	
6. Make a mud creation	
7. Play in leaves	
8. Play in the snow	
9. Make shadow puppets	
10. Sit in silence outside and listen to the world go by	
11. Play hide and seek	
12. Play eye spy	
13. Climb a tree	
14. Make and fly a kite	
15. Touch a worm	
16. Make a home for a wild animal / Bug Hotel	
17. Eat a meal outside / Teddy bears picnic	
18. Make a piece of natural art	
19. Wear a wild crown	
20. Make a daisy chain	
21. Pick and eat a piece of fruit or a vegetable from the wild (<i>remember to check it is safe and wash it!</i>)	
22. Walk barefoot outside	
23. Using natural resources make an instrument	
24. Lie and stare at the clouds - what do you see?	
25. Blow a dandelion	
26. Draw a map	
27. Write your name in snow / mud / sand	
28. Make and fly a paper aeroplane outside	
29. Make a snow angel	
30. Make a snow sculpture	
31. Make a bird feeder	
32. Make a miniature garden / fairy garden	
33. Make natural rubbings from leaves, bark, etc	
34. Dig for treasure	
35. Make a puppet / stick friend	
36. Commando crawl through the mud	
37. Make an assault course	
38. Go on a scavenger hunt	
39. Handle a snail	
40. Pitch a tent	