

## RECONNECTING WITH NATURE – NATURE ACTIVITIES TO USE WITH CHILDREN

Compiled by David Curry who has spent a lifetime inspiring communities to care for our environment.

Spring is in the air. and with it comes new flowers, birdsong, butterflies, and hopefully some much-needed sunshine. It's the time to explore and enjoy the wildlife on your doorstep; take time with the children to observe it in your gardens or in your local parks, not forgetting your social distancing with other people. Awaken the senses, reconnect yourselves with nature. Become **Nature Detectives**, follow trails of mysterious smells, strange sounds and interesting textures. Collect clues as you go for walks and make that an activity. Flowers, leaves, seeds, stones, twigs, shells and display them on a nature table back home.

There are numerous organisations and web sites with booklets, downloadable activity sheets, colouring sheets etc. The list below is not exhaustive. I apologise for any omissions.

**National Trust** - <https://www.nationaltrust.org.uk/children-and-nature>

**RSPB** - <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities>

**Devon Wildlife Trust** - <https://www.devonwildlifetrust.org/discover-wildlife/kids-zone>

**Woodland Trust Nature Detectives** -

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities>

**Buglife** - <https://www.buglife.org.uk/get-involved/children-and-schools/activities-to-do-withchildren>

**Plantlife family activities** - <https://www.plantlife.org.uk/uk/discover-wild-plants-nature/wild-flower-family-activities>

**Hello Trees** - <https://hellotrees.co.uk>

**Tree activities for children OPAL**

<https://www.opalexplornature.org/tree-activities-children>

**Butterfly Conservation** - <https://butterfly-conservation.org/our-work/education>

**Other Resources** <https://www.takethemoutside.com/indoor-nature-activities>

<https://www.familyeducation.com/fun/nature-activities/10-hands-nature-activities-kids>

<https://littlebinsforlittlehands.com/outdoor-nature-science-activities-kids>

**Forest Schools** – Book: 50 Fantastic Ideas for Forest Schools.

**Wild Worship Field Guide from the Sanctuary Centre**

[http://thesanctuarycentre.org/resources/creative\\_prayer\\_idea\\_wild\\_worship\\_field\\_guide.pdf](http://thesanctuarycentre.org/resources/creative_prayer_idea_wild_worship_field_guide.pdf)

**Wildlife Explorer Equipment** - <https://shopping.rspb.org.uk/wildlife-explorers>

**National Trust mini beast explorers kit** - <https://shop.nationaltrust.org.uk/national-trust-complete-minibeast-explorer-s-kit.ht>

**Books** - I don't know where to start. There are dozens of beautifully illustrated books

**HAVE FUN!!**

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