

PLAY IN NATURE

Get Outside!

HOW HUMANS CONNECT WITH NATURE
LEAH PAYNE



13 Activities to help you Get Outside!



There are countless ways to “play” in nature. And don’t be fooled—playing in nature isn’t just for little kids. Tweens, teens and, yes, grown-ups too can all benefit from unstructured play in the great outdoors. Here are a few ideas of activities to help inspire you:

- ✦ Gather wildflowers and press them to use for decorations or crafts later.

- ✦ Build a toy boat out of sticks and float it down a creek.



- ✦ Lie down and gaze at the clouds. Or stay up late and gaze at the stars!

- ✦ Choose a plant that inspires you. Draw or sketch it.

- ✦ Design a “fairy house” near a tree or tree stump, using materials like stones and flowers.



- ✦ Build a fort out of fallen branches.

- ✦ Create a **nature mandala**, a series of circles surrounding a central point, made with found materials such as seashells, stones, leaves or flowers. (The concept of the mandala comes mainly from Hinduism and Buddhism.)

- ✦ Pretend you’re a little kid again and splash in puddles.

- ✦ Skip stones at a local beach or creek.



- ✦ Play in the winter—build a snowman, make snow angels, have a snowball fight or build a snow fort.

- ✦ Have a scavenger hunt with your friends. See who can find all the plants, animals or items on your list.

- ✦ Make nature-based crafts, like hanging flower garlands or leaf prints.

- ✦ Do nothing at all! Sit down, feel the soft moss under your fingers, take a deep breath and simply enjoy the moment. This is sometimes called **grounding**.



ORCA BOOK PUBLISHERS
orcabook.com • 1-800-210-5277

