

nature play ideas for SUNNY DAYS

- 1 Look to see what's hiding under a rock.
- 2 Stand with the sun behind you and look to see if your body makes a shadow. Can you make the shadow move?
- 3 Go barefoot. Get those tootsies out and feel the ground beneath your feet.
- 4 Build a fort or a cubby.
- 5 Make a petal perfume with water and flower petals.
- 6 Visit a local lake or pond. Can you see or hear fish, birds, bugs or frogs?
- 7 Find a nice tree to climb and have a go climbing it.
- 8 Build a bug hotel by filling a cardboard box with sticks, leaves, bark and grass. Place it somewhere safe outdoors and check regularly to see if which insects move in!
- 9 Take your food outside to eat for an instant picnic.
- 10 Look for shadows on the ground. Can you spot which made each shadow?
- 11 Find a nice spot to relax and read a book.
- 12 Create a teensy tiny playground for insects to play in.
- 13 Use old kitchen utensils such as spoons, cups and muffin tins for making "cakes" and "biscuits" from damp sand.
- 14 Play a game of Shadow Tag by trying to step on a friend's shadow.
- 15 Create a winding path with pebbles, sticks and leaves that leads somewhere interesting.
- 16 Dip leaves or flowers in water and press them onto the pavement to create temporary prints. Watch them disappear.
- 17 Go for a nature walk. Try to find five different colours in nature.
- 18 Create a simple shadow clock by marking the position of a stick's shadow throughout the day, watching how it changes as the sun moves across the sky.
- 19 While playing outside, keep an eye out for a patch of clover or oxalis. If you find some, try searching for a four leaf clover.
- 20 Make roads, bridges and landscapes for toy cars with sticks, leaves and rocks.
- 21 Create a leaf creature. Collect interesting leaves and turn them into people, animals or magical beings.

