

nature play ideas for **COLD WEATHER DAYS**



- 1 Try running on the spot to keep warm. Can you run very fast? And very slowly? Can you make up a running game to play?
- 2 Find a nice tree to climb and have a go climbing it.
- 3 Try building an outdoor shelter or windbreak with branches and leaves.
- 4 Create a stick home for tiny creatures.
- 5 Dig a big hole in the sand. Maybe you will find hidden treasure!
- 6 Try making magic puffs of foggy breath in the cold air. These visible breaths are caused by condensation when warm, moist breath meets cold, outside air.
- 7 Write or draw with a stick in a patch of damp sand or soil.
- 8 Race a friend to find five natural loose parts. Take turns to choose what to find. You might like to search for items of a specific colour, texture, size or type.
- 9 Make a trail of stones that leads to something interesting.
- 10 Count how many hops you can do on one leg. See how far you can travel or measure your biggest hop!
- 11 Create beautiful patterns out of leaves and sticks you find on the ground.
- 12 Create a jumping challenge with fallen sticks, arranging them on the ground with the gap between each stick increasing for each jump. Then rearrange the sticks to create your own obstacle course.
- 13 Find the perfect stick and decorate it as a nature wand.
- 14 Look for birds and listen for bird calls. Can you make the same sounds?
- 15 Mix swampy soup in a tub of warm water with natural items like flowers, grass and leaves.
- 16 Make up a story inspired by a shape you can see in the clouds.
- 17 Help in the garden by pulling up weeds or raking up leaves.
- 18 Make up a dance and perform it outdoors.
- 19 Make a target on the ground with sticks. Invite a friend to play, each collecting five pebbles or gum nuts and taking it in turns to throw them at the target.
- 20 Make your own insect using found items like sticks, leaves, flowers and seed pods.
- 21 Visit somewhere new for a nature walk. Use our interactive Play in WA Map to find a place to explore: <https://www.natureplaywa.org.au/play-in-wa/>

