

THE BENEFITS OF NATURE PLAY



Reflect on a specific interaction you had with nature as a child. Did this experience bring you joy, or affect you in a positive way? Research has shown that nature can support multiple development domains in children - intellectual, emotional, social and physical (Kellert, 2005). Encouraging children to connect with nature can also help them develop a deeper appreciation for the environment and natural world.

WHAT IS NATURE PLAY?

When we use the term Nature Play, we are referring to outdoor free play in natural areas that are imaginative, constructive, sensory-rich, and cooperative (Children and Nature Network, 2019). It can encourage unstructured and nature-based learning for children of all ages!

