

## 10 Things to do in Green Spaces



Play!  
Explore!  
Build!

*"Time in nature is not leisure time; it's an essential investment in our children's health (and also, by the way, in our own)."*

Richard Louv



How can we care for  
the natural world if  
we have no  
connection to it?

*"Let nature be your teacher"*

William Wordsworth

- 1. Go out and play!:**  
Get outside and indulge in some unorganised free play in fields and forests.
- 2. Play some good old-fashioned games:**  
Hide-and-Seek, Catch, Capture the Flag, I-Spy-with-my-Little-Eye, wheelbarrow race, egg-and-spoon race, to name but a few!
- 3. Float a boat:**  
Make some paper boats then take them to a river / creek / canal nearby and float them. You could have a race or add little messages to your boats, then let them swim wherever they want to go. We also really like the idea of building a walnut shell fleet!  
<http://smallworldland.blogspot.co.uk/2012/07/walnut-shell-flotilla.html>
- 4. Kids run the show:**  
Make a plan to go to a green space with your children. This could be a big park, a forest or a big playground. Let your children be the leaders for the duration of the outing. Let them decide where to go, what to do and at what pace. You might need to ask them to take turns!
- 5. Be a blind explorer:**  
Go to a park / forest / big playground with your children. Take a bandana or a scarf with you and blindfold one of your group. Lead the blindfolded person around the area and ask them to smell / feel/ stomp around in different areas. Switch roles, then talk about your experience.
- 6. Build a den!:**  
Search for branches, leaves, moss and ferns and create magical spaces where you can hide and invent.
- 7. Be a wildflower spotter:**  
Take some crayons and paints and identify and sketch some flowers common in May: forget-me-nots, mimosas, anemones, lily of the valley, Michaelmas daisies.
- 8. Go on a bug safari:**  
Take your magnifying glasses and get out there! Who can spot a critter? Who can identify a beast? Can you draw them?
- 9. Capture it:**  
Use your cameras, phones or some disposable cameras to allow every member of your family to capture their views of the great outdoors, flora and fauna. Enjoy sharing the results with each other! We'd love to see them, too!
- 10. Be a natural artist:**  
Create a miniature world from sticks, moss, grass and any other materials you pick up in the woods or the park. Other art projects could include using sticks, other natural materials and some glue to make a picture, creating leaf rubbings, using pine cones, stones and anything else you find as stamps. Again, your own and your children's imagination is the limit. Enjoy!