



HELLO PARENTS,

The warm weather is upon us, and there are plenty of opportunities to go outside, and enjoy nature! Spending time outside encourages children to appreciate nature's beauty, and use its abundant resources. Your child will develop their gross motor skills when they run through the grass, and further their senses by breathing fresh air, listening to birds chirping, and feeling the warmth of the sun. Surely, your child will enjoy the awe-inspiring beauty of their natural world. This newsletter provides activities that can be done in the great outdoors, and encourages your child's appreciation for nature.

ACTIVITIES INFANTS (3 – 18 MONTHS)

OUTDOOR WATER TABLE

MATERIALS:

- A large container
- Water
- Plastic cups
- Toys (dolls, balls, etc.)

DIRECTIONS:

- Fill the large container with water and place it outdoors.
- Encourage your infant to explore and play with the water.
- Promote hands-on water play by putting different sizes of cups in the water. For example: your infant may fill a cup with water and pour it into the container, pour water from one cup to another, etc.

[Click here](#) to listen to "Nature Song".

TODDLERS (19 MONTHS – 2.5 YEARS)

DIGGING IN DIRT

MATERIALS:

- Small kitchen utensils (spoons, cups, etc.)
- Toys
- Water

DIRECTIONS:

- Go outside with your child and encourage them to play with mud and dirt.
- Motivate your child to think of creative ways to play with mud. For example: making mud pies, muddy car wash using toy cars, etc.
- As an extension to their play, give your child a bowl filled with water to add to the mud, or mix with sand, grass, etc.

[Click here](#) to read "Nature's Colours" by Phoebe McGuffee.

PRESCHOOLERS (2.5 – 5 YEARS)

HUNTING FOR NATURAL TREASURES

DIRECTIONS:

- Go on a walk with your child around a local neighborhood.
- As you are walking, encourage your child to look closely at familiar, objects. For example: rocks, trees, leaves, flowers, etc.
- Sit down with your child to look at these natural objects. You may discuss:
 - The different textures, colours, etc.

[Click here](#) to learn how to play "Bug Hunt".

JK/SK (4 – 6 YEARS)

EXPLORING YOUR LOCAL PARK

DIRECTIONS:

- Go to a local park with your child.
- Have your child use the park amenities, such as climbing on the jungle gym, running through the field, etc.
- Play games with your child. For example: Tag or hide-and-seek.

[Click here](#) to learn how to play "Sensory Scavenger Hunt".

SCHOOL-AGERS (6 – 12 YEARS)

A HIKING WE WILL GO!

MATERIALS:

- Backpack
- Notebook
- Pencil
- Hiking gear: proper shoes, hat, sunscreen, water bottle, snacks, etc.

DIRECTIONS:

- Prepare for your hike by filling your backpack with all items needed for your adventure.
- Go on a hike at a local trail. [Click here](#) for reference.
- As you are walking, explore the nature around you. For example: observe the different types of trees and flowers, watch for different types of birds, etc.
- Take your notebook and pencil out of your backpack. Sketch or draw the scenery or parts of nature which inspire you. Reflect upon why the scenery is "beautiful" to you.
- After your hike, share your sketches with friends and family.

[Click here](#) to learn how to play "Frisbee Tic-Tac-Toe".



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Immigration, Réfugiés
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A TIP FOR TODAY

- Model appreciating nature for your child. For example: you may say, "Look at this colourful flower!"
- Involve your child in basic gardening, such as: planting and watering seeds/plants, digging in dirt, harvesting fruits and vegetables, etc.
- Go on a family nature trip to local conservation areas and parks located in Windsor-Essex County. [Click here](#) for reference.