

Children & Family

# NATURE INSPIRATION GUIDE



## Free Resources

for families with children 2-12 to support the benefits of time outside and off screens

These resources are from Nature Play QLD.



## Creative Play in Nature

These downloadable/printable lists suggest things you can do with sticks, dirt, leaves, pebbles, flowers, and seed pods. Ideas for environments from backyards to balconies to forests.

Examples include:

"Learning and Playing with Pebbles"

"49 Things to Do Before You're 5"

[bit.ly/nature-guide-1-1](https://bit.ly/nature-guide-1-1)

## Nature Projects

Provides nature activities and game ideas.

Examples include:

"Making a bird bath"

"Animal Sounds Guessing Game"

"Nature's Mystery Bag"

[bit.ly/nature-guide-1-2](https://bit.ly/nature-guide-1-2)

Live Links to Resources:



A Project of the Nature & Play Work Group  
Designed by Cheryl Mahoney

**FREE TO SHARE!**





These resources are from 1000 Hours Outside and Green Hearts Institute.



## Nature Time Trackers

These sheets make it easy to track your family's hours outside all year. The "Maze" and "Sunburst" charts are simple to use. Or try the "Mandala" chart for artistic flair.

[bit.ly/nature-guide-2-1](https://bit.ly/nature-guide-2-1)

## 101 Things a Child Can Do in Nature

2-page list with simple ideas for outdoor play. Perfect reference when you just need some quick ideas to get your kids outside.

[bit.ly/nature-guide-2-2](https://bit.ly/nature-guide-2-2)





These resources are from Children and Nature Network.



## Family Starter Guide

This online booklet explains how nature brings families closer and how to get started - including free and accessible activity ideas, FAQs to help solve common challenges, and more.

[bit.ly/nature-guide-3-1](https://bit.ly/nature-guide-3-1)

## Physical and Mental Health

This 1-page infographic lists physical and mental health benefits children get from spending time in nature plus supporting research.

[bit.ly/nature-guide-3-2](https://bit.ly/nature-guide-3-2)

## Academic Success

Another 1-page infographic shows many ways time in nature supports children's academic success with links to supporting research.

[bit.ly/nature-guide-3-3](https://bit.ly/nature-guide-3-3)





## More Resources

### **Fact+Action Sheet from Fairplay's Screen Time Action Network**

Lists the benefits of time in nature, with activity ideas and book recommendations.

[bit.ly/nature-guide-4-1](http://bit.ly/nature-guide-4-1)

### **Backwoods Mama: What to Say Instead of "Be Careful!"**

Phrases to guide children's awareness without instilling fear. Fosters safety, confidence, and problem-solving.

[bit.ly/nature-guide-4-2](http://bit.ly/nature-guide-4-2)

### **Backwoods Mama: What to Say Instead of "Don't Touch!"**

Helpful tips to guide children about what and how to touch when out in nature.

[bit.ly/nature-guide-4-3](http://bit.ly/nature-guide-4-3)

### **Let Grow Project**

Fosters independence. Unsupervised outside play is important for children's development.

[bit.ly/nature-guide-4-4](http://bit.ly/nature-guide-4-4)

### **A Parent's Guide to Nature Play**

Why nature play benefits children so much, the best environments for it, family activity ideas, and safety considerations. 17 pages.

[bit.ly/nature-guide-4-5](http://bit.ly/nature-guide-4-5)

### **Outdoor Play & Learning Guide**

In-depth guide of the why and how of all manner of outdoor play and much more.

[bit.ly/nature-guide-4-6](http://bit.ly/nature-guide-4-6)

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