



# Playing in the Woods



Walking in the woods (however small) feels like an adventure. Google 'woods near me' to find local woods and check if they're open to the public. Take a bag or container for things you collect, and a snack for a woodland picnic. Remember to take some photos on your phone/camera to chat about later.

## 6 things you and your child could try while you're in the woods:

1. Collect things you find on the ground: leaves, sticks, conkers, acorns, pine cones, things that are interesting colours or shapes, or that you could use to make a fairy/ elf house or a picture. (Best not to touch mushrooms unless you're an expert.)
2. Balance along or jump over fallen logs, climb trees or slopes.
3. Play hide and seek.
4. Play 'I spy' or 'I hear' - listen out for different sounds: trees rustling or creaking, birds calling, crunching of leaves, water in a stream or rain...
5. Take a torch or magnifying glass, to get a different perspective.
6. Make up songs or stories, or re-enact favourites such as 'The Gruffalo' or 'We're going on a Bear Hunt'.



## You'll be helping your child develop their:

- ♦ talking and listening - as you chat about what you see and hear, learn new words, make up stories,
- ♦ early maths, as they sort or count the things they collect,
- ♦ co-ordination, balance and strength as they run or climb around between and over the trees, learning to manage risks and explore nature as they go.

