



Peep  
tips

Health and Physical  
Development

## Exploring Nature - Spring

### Exploring nature doesn't have to be a big outdoor expedition!

- Stop and listen to the sounds of nature when you are out walking – “Can you hear the birds? Can you spot them building their nests?”
- Turn over a log or stone to discover who is hiding underneath.
- Point out a spider's web on railings or a hedge.
- Feel the breeze, sun or rain on your face and hands.



Children often find these everyday things fascinating. They will enjoy exploring and chatting with you about their discoveries - and maybe have a go making their own!



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