

# The benefits of nature play

Natural play can be from bringing elements of nature to the children or having children play in nature through the play. It is important that children have exposure to natural elements as they provide lots of different learning opportunities.



## Sensory

Nature has a lot of different sensory elements to them. This includes different textures, smells, tastes, sights. Natural elements can include sandpits, herb gardens, flowers, bark, leaves, animals, bug hotels, water, sensory bins with a mixture of different elements.



## Sustainability

By providing children access to nature play you can introduce discussions around environmental responsibility such as not taking more than you need, respecting living items, caring for nature, minimising water wastage, etc.



## Open-ended

Nature is very open-ended, as it does not behave in structured and set ways. A stick can be a wand, spoon, painting implement, tool, measuring device, crutch, snake, or any number of things. Allowing children to use their imagination shows their interests and how they think.



## Science skills

Through exploring and engaging with nature children can learn about a range of different scientific concepts. This includes how plants grow, life cycles, weather patterns, and habitats. The more natural elements children have access to, the more learning opportunities.



## Calming

Nature can be very calming for children. It removes a lot of stimuli that are present inside the service that can be overwhelming such as bells, buzzer, electrical hums, lights, technology etc. This allows children to de-stress, the same way we may wish to retreat to nature for a reset.