

SOCIAL MEDIA

June: Week 1

(Image: June Week 1.png)

Research tells us that playing outdoors in natural areas – those that have many elements such as grass, trees, rocks, sand, and water – provides children with SO many benefits! Pretend play in nature promotes creativity and problem-solving skills, improves mood and restores attention, and aids in the development of balance, strength and coordination.

Your entire family can benefit from spending more time outside. Learn more at <https://www.childrenandnature.org/families/>

#123connectwithme #playoutside #nature #parenting

Tag: @childrenandnature

June: Week 2

(Image: June Week 2.png)

Children of all ages can benefit from playing in nature. If you have an infant, draw their attention to the sights, sounds, smells, and touch of nature. Let them hold flowers, gently rub their hands on pinecones or rocks, and talk about the sound of birds and wind in the trees. Toddlers and preschoolers enjoy exploring small things like ants, ladybugs, and seeds, and experimenting to find out what happens when you mix different materials like sand, soil, and water. Young children can help with gardening by planting, watering, and picking fruits and vegetables.

Learn more about how to connect your family to nature at https://www.childrenandnature.org/wp-content/uploads/aza_eguide_familynatureplay_update_r1v2.pdf

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June: Week 3

(Image: June Week 3.png)

Don't worry if you lack a large backyard or natural area near your home, because even small outdoor spaces can provide wonderful learning experiences for children. Consider watching the clouds, visiting a favorite tree or starting a small collection of things you find along your walk!

Collecting Treasures: <https://mediahub.unl.edu/media/13645>

Choose a Tree: <https://mediahub.unl.edu/media/13292>

Watch Clouds: <https://mediahub.unl.edu/media/13291>

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June: Week 4

(Image: June Week 4.png)

Try to take your child outdoors at all times of the day from dawn through dusk so that they can experience the changes in sights, sounds, and smells associated with different times of day and different seasons. If you have an infant, be sure to dress your baby appropriately for the weather. Here are some tips: <https://www.babygaga.com/feel-the-fresh-air-how-much-time-your-newborn-should-spend-outside/>

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