

## Engaging with nature

**Connecting children with nature is especially important in the digital age. What does your setting do to look after our wonderful environment and encourage children to engage in nature?**

Connecting children with nature is especially important in an age when technology plays a big part in homes and daily lives and access to playing outdoors is limited over fears to children's safety. Benefits of play in a natural environment include increased confidence, improved focus and self-discipline, developing problem-solving skills, creativity, cooperation and teamwork, health benefits and more physical activity.

- To involve children in nature projects, visit sites such as the RSPB. It has a range of projects and resources that children can get involved with and give badges for each project completed, including helping hand, grubs up and garden homes.
- Spring watch is a great TV programme with a wealth of information and clips about what is happening in nature – you can watch live streaming of birds hatching and other exciting spring nature events!
- This BBC's 'Do Something Great' campaign encourages people to go out there and help nature and our wonderful wildlife! From litter picking and beach cleans to planting trees and restoring reed beds, there's something for everyone, there may be some events local to you that you can join (remember to Risk Assess) or you could organise something for your own setting, maybe at the weekend to allow parents to get involved.
- The Wildlife Trust has some free downloadable resources for its 30 Days Wild campaign.

