

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Activity: Springtime Stroll

Going outside for a walk in springtime creates an ideal opportunity for children to use all their senses, enhance their observation skills and to fall in rhythm with the trees, wind and the heartbeat of mother nature.

Learning aims

- Sensory development - enhance observation and sensory processing skills
- Promote physical development – walking and moving outside
- Vocabulary extension – names of natural items, descriptive language, seasonal elements
- Develop an understanding of changing seasons and the characteristics of spring.



Resources

- Bags/containers for collecting items.

Activity outline

1. Encourage the children to share their knowledge about spring, what it is, when it is etc. Discuss their responses (use the word 'season' and talk about which season it comes after and which comes next)
2. Discuss the changes that happen during spring, e.g. birds singing, flowers blooming, leaves growing, animals being born, weather, longer days etc.
3. If you are taking the children outside of the nursery premises, remind them about basic safety rules, the importance of listening to instructions and staying together
4. As you walk, encourage the children to observe using all their senses, e.g. what items look like, smell like, sound like, feel like. Encourage the use of descriptive language, e.g. green and minty, shiny, sounds like a whistle, feels soft and squishy. Demonstrate the language by describing what you observe, e.g. "The air feels warm on my face"
5. Encourage the children to share their own existing knowledge about the names of flowers, animals or minibeasts etc. that they see along the way. Share your own knowledge of nature such as the names of trees and birds or take a guidebook with you
6. Take photos of the things you come across to use later for discussion, to reinforce ideas, and encourage memory and new vocabulary

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7. Collect some items along the way, emphasising the importance of respecting nature and not picking living plants
8. Afterwards, discuss what you encountered, any interesting items and/or facts you have learned. Encourage children to express their thoughts and feelings about the experience
9. Create a 'Curious Explorers' collage with the items you've collected.

Extension ideas:

- Provide magnifying glasses for children to closely observe the items you've collected. Encourage them to use the magnifying glasses to observe any plants, minibeasts etc. in the nursery outdoor area.

NDNA products to support you with this activity:

- [Your Essential Guide to Outdoor Play](#) - publication
- Training: [Developing Quality Outdoor Provision](#)