

Nature Play



School



Home



Printable

PHE Curricular Competencies: Physical Literacy, Health and Active Living, Social and Community Health, Mental Well-being

Audience(s): Grades K-6

Hyperlink: [Nature Play: Rediscovering Play in Natural Places](#)

Description

Nature Play is intrinsically motivated, freely chosen, and personally directed play in natural environments. Nature Play helps children build confidence, creativity and bolsters their imagination. It helps children think differently and fosters creative problem solving. Further, you don't need any expensive toys as it's all provided by nature at no cost.

Objective(s)

The Nature Play cards provide activities that you can do anywhere and everywhere. These activities allow children to explore at their own pace, challenge themselves and become masters of their own experience. The activities in these cards provide a chance for parents and kids to connect with each other while connecting with nature.

Curricular Connections

This resource supports the Mental Health aspect of the Physical and Health Education Curriculum by:

- Identifying and applying strategies that promote mental well being.
- Identifying personal skills, interests and preferences to describe how they influence self-identity.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to

dashbcresources@gmail.com

Resources mentioned in this document were created by Alberta Recreation and Parks Association