



# The Power of Nature Play: the Reggio Way



**“Nature diversifies play,  
is sensory rich,  
and plays back!”**

Nature and outdoor play support healthy physical, cognitive, and social-emotional development.  
(Merewether & Garvis, 2022)



## Reggio Inspired Play

The Reggio Emilia approach focuses on the environment as the “third teacher”, views teachers as facilitators and co-learners, documents progress through photos, videos and projects, and values relationships between teachers, students, and families alike.  
(Kölz, 2022)

## Merging Reggio with Nature Play

The beauty in merging Reggio and Nature play comes in the holistic developmental support it offers. Utilizing these two pedagogies in unison creates a learning environment rich with child-led exploration, communication and collaboration, mutual respect and reciprocity, and an abundance of joy.





# References

Kölz, K. (2022). Garden-based learning in a Reggio Emilia inspired Swedish preschool with a permaculture garden: A case study.

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Merewether, J., & Garvis, S. (2022). Nature play in early childhood education: A systematic review and meta ethnography of qualitative research. *Frontiers in Psychology*, 13, 995164.

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