

A photograph of a dense forest with a dirt path leading through it. The trees are tall and thin, and the ground is covered in green foliage and rocks. The text "Let's Nature" is overlaid in the center in a white, bold, sans-serif font. The entire image is framed by a solid green border.

Let's Nature

FACT: Children spend
half the time playing
outside in comparison
to their parents?

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls.

— Mother Teresa

My Why

**Calmer kids
Peace and connection
Childhood memories
Sense of Awe**



Let's Nature

- | **Physical**
- | **Cognitive and social/emotional**
- | **Sensory skills**
- | **Attention spans**
- | **Happiness and immunity**

| Greater physical health and strength

Coordination

Lower risk of obesity

Vitamin D

| Cognitive & social/emotional development

More inventive and likely to explore

Decreased stress levels

Playing games contribute to collaboration and communication

| Improved sensory skills

Better vision

Use and develop more senses than when plugged into tech

Critical to develop proprioception and vestibular senses by age 6

| Increased attention spans

More curious

More self-directed

More likely to stay on-task

| Increased happiness and immunity

Kids grow up to enjoy and protect nature

Stimulation of pineal gland

IMPROVED SLEEP

The Ridge Environment...

An untapped resource!



Dream with us...



BALANCING



MUD KITCHENS!

GROSS MOTOR SKILLS TUNNELS, CLIMBING AND MORE





WATERWAYS



TEXTURED HOP SCOTCH PLANTERS





GROSS MOTOR SKILLS





Dealing with "Bad" Weather



A person wearing a bright yellow raincoat stands on a rocky mountain peak, looking out over a vast, misty landscape. The scene is dominated by dark, jagged mountains and a calm body of water in the distance. The sky is overcast, creating a moody and atmospheric setting. The person's back is to the camera, emphasizing their role as an observer of the natural world.

**There is no bad weather,
only inappropriate clothing.
— Ranulph Fiennes**

Tips:

Make it a habit and a priority

Create rituals

Be prepared

Be Prepared

Water and snacks

Sunscreen

Bug spray

Change of clothes

Towels

Bags for wet/messy gear

First aid kit

Meat tenderizer (Fire-ant)

Rain gear



Toilet tube binoculars for a hike
Stone soup and potion making
Painting with nature elements
Mud play (with a cleaning station?)
Bubbles
Outside “play-dough”
Egg carton scavenger hunt
Pulleys
Nature bracelet
Kite flying

#Freebies



Explore a new park/trail
Throw rocks in a creek
Picnic
Build a fort
Make nature faces
Build a mud kitchen
Make a stick maze
Use Pinterest!!

#Freebies

LOCAL AREAS and ORGANISATIONS

TINY TREKKERS: free, organised nature walks and experiences

<https://public.ntmn.org/tiny-trekkers>

TINKERGARTEN: parent and child classes to enjoy nature

Arbor Hills

Rockledge Park at Grapevine Lake

Carrollton Greenbelt

Coyote Creek Park, Timberglen Park, Stewarts Peninsular

A photograph of a forest path with the word "Thanks!" overlaid in white text. The path is made of dirt and rocks, winding through a dense forest of tall trees and lush green undergrowth. Sunlight filters through the canopy, creating a dappled light effect on the ground. The overall scene is peaceful and natural.

Thanks!