



nature and play

the impact on child development

Henry David Thoreau

Here is the vast, savage howling mother of ours,
nature, lying all around, with such beauty, and such
affection for her children,
as the Leopard; and yet we are so early weaned
from her breast to society, to that culture which is
exclusively
an interaction of man on man



Savouring

In small groups

Think back to your childhood and a memory of being/playing outside. What do you remember about:

- What were you doing?
- What you could see
- What you could smell
- What you could hear
- What skills did you use or learn?
- What risks did you take?
- How did you feel then & how do you feel now as you think back on this time?



A moment to reflect

- **1 in 8** young people aged between 5 and 19 have a clinically diagnosed mental health problem
- **13 hours a week** was the average time young people were spending on watching television per week, with 20 hours a week spent online, predominately on social media
- **7.5 hours on screens**, it was estimated 11-15 year olds were spending this amount of time in front of screens per day
- **Less than a quarter** of young people regularly use a local natural space
- **Less than 1 in 10** young people regularly spend time in wild spaces



Child Development

- [Whole Child Development - YouTube](#)

Article 31 of the UN Convention on the Rights of the Child states that ‘parties recognise the right of the child to rest and leisure, to engage in play and recreational activities appropriate to age of the child and to participate freely in cultural life and the arts



Oftsed

Teaching and play in the early years- a balancing act? A good practice survey to explore perceptions of teaching and play in the early years

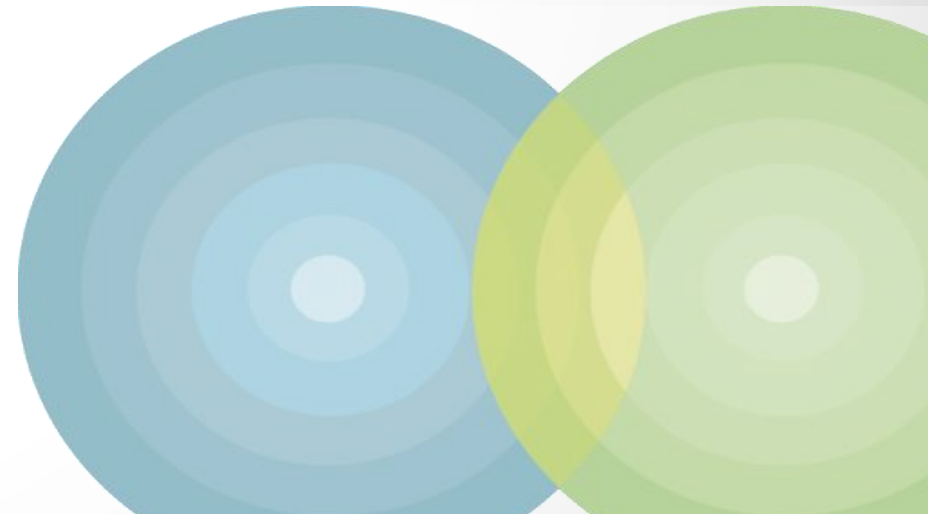
'The significance of play in allowing children to learn and develop across such a broad range of developmental areas has long been understood. Its fundamental value is recognised in the United Nations Convention on the Rights of the Child and the statutory framework for the Early Years Foundation Stage.

Play provides the natural, imaginative and motivating contexts for children to learn about themselves, one another and the world around them. A single moment of sustained play can afford children many developmental experiences at once, covering multiple areas of learning and reinforcing the characteristics of effective learning. When learning for our very youngest children looks so different to elsewhere in the education system, a fixed, traditional view of teaching will not suffice'



Video

[Lessons Learned From Playing Outdoors | Rebecca Benná | TEDxDayton – YouTube](#)



Nature, play and mental health



Nature doesn't judge you

[This nature place would] just like give me a hug basically, like 'here's a hug', this is a gift from me to you and like these are all of the resources that you'll ever need; you've got the ground to ground you, you've got the sky to inspire you, [laughs] you've got the trees and how well rooted they are and, that offer you security and like you can recognise the cycles of death and life and you can let them come and go as you please (Mina)

What impact have you witnessed

- Sharing in small groups any stories (without identifying any young people) of supporting young people in nature and/or play:
- What did you notice?
- Did the young person behave differently?
- Was there any impact on your perception of their wellbeing?
- Think of two ways you can encourage more play & nature in your home



