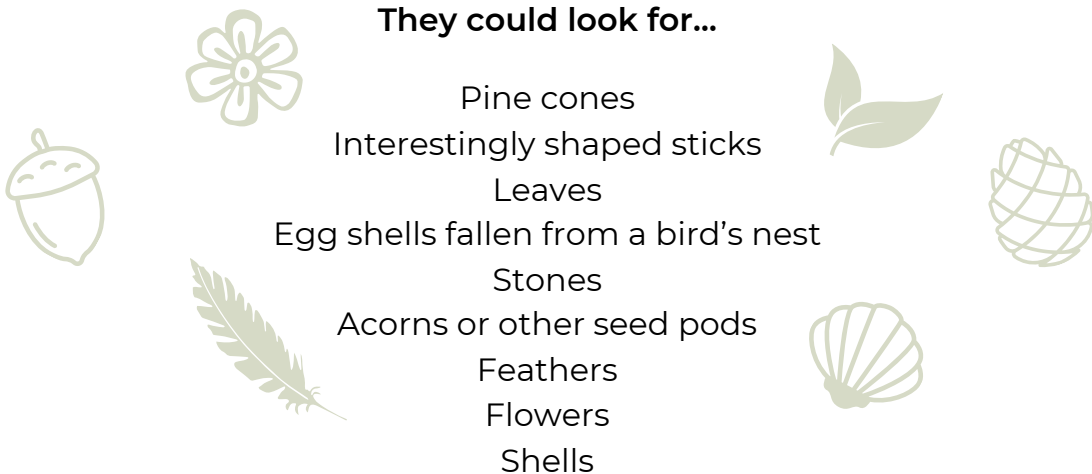


NATURE TABLE

Being outside in nature is really good for making kids and adults alike feel calm and happy. Fresh air, the sights, smells and sounds of trees, plants and animals can lift your spirits and makes you feel free and connected to the Earth!

Next time you take your children for a walk in nature or in the park (depending on your countries current restrictions, the backyard works perfectly fine for this exercise too), ask them to find 5 things to take home.

They could look for...



Or any other curious natural objects they spot!

Encourage them to check with you first if they want to pick any flowers or leaves, so you can make sure they're allowed to take them and ensure the plants are not poisonous.

Find a small table for your child's nature treasures at home. You could even use a cardboard box covered in a cloth as a very simple nature table.

Ask your children to arrange their objects on the table like a collage. They can keep adding to it with new things whenever they want to.

Encourage them to spend 1 -2 minutes a day sitting by the nature table studying their finds. Invite them to notice the shapes and colours of their objects, ask them to feel the different textures and to smell the different scents of the outside world.

This is a wonderful way to bring some natural calm into your home.