



Nature play

build a bug hotel



make a bird feeder



climb a tree

cloud spotting

Water play



splash in puddles

outdoor scavenger hunt

make a rainstick



brew a magic potion

construct nature figures

leaf printing



build a den outside



make a kite to fly on a windy day



create a fairy garden



try shadow drawings

www.playboard.org/play-ideas

#MentalHealthAwarenessWeek #ConnectWithNature