



52 WEEKS OF NATURE PLAY IDEAS FOR FAMILIES

WINTER



- Have a winter picnic at a local park
- Go for a full moon walk
- Play a game of flashlight tag
- Watch the stars and try to find some constellations
- Go ice skating
- Have a neighborhood snow sculpting challenge
- Celebrate the winter solstice with a lantern walk
- Paint the snow with colored water
- Make a suncatcher of ice and natural materials
- Grill bread on a stick over a fire
- Stomp on frozen puddles
- Go on a winter hike
- Build a snow lantern

SPRING



- Search for spring wildflowers
- Build a secret den out of sticks
- Plant a seed and watch it grow
- Paint with mud
- Look for frog spawn in a creek
- Visit a nature center
- Organize a trash pick-up day
- Create art with sidewalk chalk
- Go on a sunrise walk to listen to the birds
- Find a tree that you like and hug it
- Have a mud pie bakeoff with friends
- Go for a bike ride

SUMMER



- Make flower potions
- Lie on your back and watch the clouds
- Find an edible plant in nature
- Celebrate the summer solstice
- Create sun prints using natural materials
- Make a flower wreath
- Read a book outside
- Do a nature scavenger hunt
- Go on a sunrise walk to listen to the birds
- Explore a creek
- Watch a sunset
- Have a barefoot day
- Sleep outside
- Go swimming

FALL



- Find a wild mushroom and learn its name
- Have an outdoor harvest party
- Try your hand at whittling
- Go on a leaf hunt
- Play "The floor is lava" outside
- Invite another family for a day of nature play
- Create stamped art using natural materials
- Cook a meal over an open fire
- Create a fairy house in nature
- Make a simple mud kitchen
- Go geocaching
- Climb a tree
- Make transient land art

There's no such thing as bad weather, only bad clothing!