

Learning together...

Curriculum Area: Sensory Development

Recommended for: From 6 months

Learning Activity: Connecting with Nature

Big Ideas:

Engaging All Senses

What to do:

Take your baby on a walk outside or spend time in the garden sitting together or experiencing tummy time. Here they can listen to different sounds, feel the breeze on their face, experience new sensations on their skin, and see the movement of birds or the trees.



Photo by Annie Spratt on Unsplash 1

Benefits:

Angela Hanscom, in her book 'Balanced and Barefoot' states, "Nature provides a 'just right' environment for babies to thrive in, providing a sense of peace while stimulating the senses to continuously adapt and evolve into more mature systems".

Links to Early Years Learning Framework:

Outcome 41: Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination, and reflexivity.

Outcome 4.4: Children resource their own learning through connecting with people, place, technologies and natural and processed materials.

Outcome 3.1: Children take increasing responsibility for their own health and physical wellbeing