



# Nature playground

## Author

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Spring has returned to the earth, and it is the best time to go out and play in the countryside with your children. Nature is the most colorful playground and the best classroom. In addition to activating children's seven senses, including sight, hearing, smell, taste, touch, proprioception and vestibular sense, it can also enrich children's cognition and imagination. Comprehensive abilities such as beauty, beauty and creativity allow children to understand the mutual benefit and endless state of all things on earth, and cultivate children to be grateful. Here are some tips for parent-child activities to incorporate learning into outings.

## Take a look

Squat down with your child and observe the color, depth, shape, length, thickness, texture, and size of flowers, plants or insects; count the number of flowers and birds, and look for similarities and differences in plant facilities.

## Listen

Take five deep breaths with your child, taking each breath slowly and carefully. Listen to your breathing and feel the beauty of a healthy life. You can also listen to the sounds of birds, running water, wind, and cicadas; appreciate the rhythmic changes in the sounds and imagine the emotional expression in them.

## Smell

Breathe deeply with your child and notice the smells of flowers, fruits, trees, and even soil. You can also follow the smell like a little detective, describe the smell, and explain the cause/effect of the smell.

## Touch

Teach children to "gently" make friends with the earth and all living things, and get to know each other through touch. If you are lucky enough to encounter an ugly grass, you can even play a game with it to see who has the most patience to open or close its body.

## Think

Observe or collect fallen flowers, dead leaves, stones, or fruit that have fallen to the ground with your children, and participate in various building or association activities. What's even cuter is trying to find a home for a dispersed species. No matter how great the classroom is, there is nothing better than living with your parents and knowing they are safe, comfortable and enjoy being with you. The unity of flesh and blood encourages family members to cherish their time with their children, be willing to use nature as a teacher, regain innocence and gratitude in nature, and let nature become a good friend of the family.