



Cyfoeth Naturiol Cymru  
Natural Resources Wales

# Nature Fun and Play

Exploring nature is a great way for children to exercise their bodies and minds!

These simple activities can be enjoyed by families and learning groups, in the garden, local park, beach or woods or in school grounds.

Playing these games will help children begin to learn about nature, develop their creative, language and maths skills while being physically active outside.

[naturalresources.wales/learning](https://naturalresources.wales/learning)



**Looking for more learning resources, information and data?**

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**0300 065 3000**

Get talking!

## Scavenger Hunt

Look carefully to find some natural treasure.

Can you find the following items?



A smooth stone

Something soft

Three different sticks

Something spiky

Four different shaped leaves

Something round

Two different types of smell

Something shiny

Did you find any other interesting things?

Get talking!

## Memory Game

Play a nature memory game with a partner.

Look for a special spot to lead your friends to.

Find a number of different natural objects.

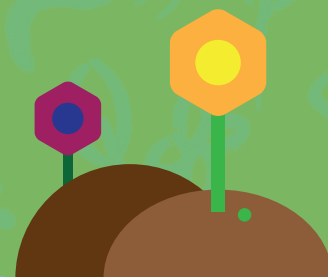
Lay them out on the ground for your partner to look at and memorise.

Now hide your items, while your partner tries to collect the same things.

Compare the collections - are they the same?

Take it in turns to look away while your partner takes one item away.

Can you guess what is missing?



## Mini beast hunt

## Go on a hunt to find mini beasts that live in nature.

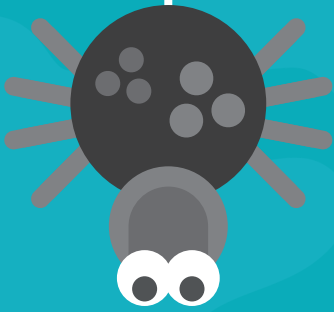
Look in the places where they like to hide:

- Amongst leaves and mud.
- On trees and grass.
- On a bush.
- In old stumps and rotting wood.
- In a rockpool.
- Under stones and logs.

But remember to put them back carefully without crushing any minibeasts!

What are the creatures you find called? Can you identify any of their body parts, e.g. wings, antenna, legs?

Remember you're a giant compared to these little creatures so be gentle and put them back where you found them.



Millipede



Slug



Snail



Beetle



Ladybird



Woodlouse



Spider



## Twig Trail

## Explore trails using a secret code.

Look for a special spot to lead your friends to.

Collect some twigs and sticks.

Mark out a trail to your special place. You could draw marks in the mud or sand, or use twigs to create arrows, crosses and messages.

If you are in a group, you could split into two teams and set a trail for each other to follow.

Maybe other visitors will find and follow your trail too!

## Noughts and Crosses

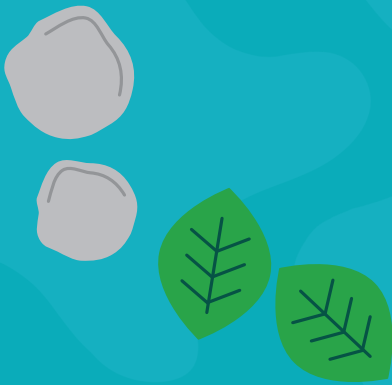
Play noughts and crosses with a partner, just like the traditional game.

Use four sticks to make a grid and two types of natural objects to use as noughts and crosses.

For example, one player could use stones, the other could use leaves.

Take it in turns to put one of your objects at a time onto the grid.

The winner is the player who is first to get three of their objects in a row.



## Twig Towers

Have a go at making a twig or stone tower sculpture.

**Gather some straight twigs of different lengths.**

Then sort them according to length, from the longest to the shortest.

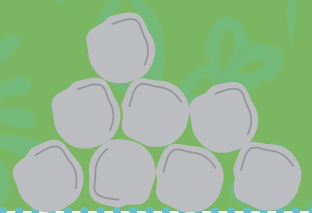
Start building your tower with the longest twigs.

First place two twigs on the ground and then another two on top in the opposite direction.

Keep laying two twigs on top at a time, moving them in a little bit closer to the centre each time.

Keep going until you have used all of your twigs to create a tower.

You could also try making a different tower, for example a triangular or star shaped one or one made from pebbles.



## Pooch Sticks

### Can you win a race while experimenting with floating and sinking?

**Choose a natural object that you think will float in water. Maybe a small stick, a conker, a leaf or a shell.**

Decide on a start and finish point alongside a small stream or drop from a bridge.

1, 2, 3 - drop your object into running water at the start point, at the same time as your friend.

Does your object float?

Whose object gets to the finish point first.

Have a go at making a boat from leaves, bark and twigs. Can you find a puddle, stream or pond to sail it in?



## Leaf Matching

### Can you find a matching shape, size and coloured leaf?

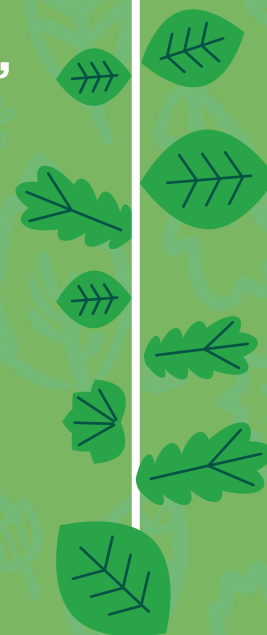
**First collect a variety of leaves. Don't forget to look low and high.**

Select one leaf and ask your friend to find another leaf that looks just like it.

Compare the leaves - are they the same?

Take turns until you have matched all the leaves.

Have more fun by sorting the leaves into largest and smallest. Or thread them onto a string to make a mobile.



## Natural Art

**Try making a picture but without paper, pencils or pens!  
You can make one by using just the natural materials around you!**

**First, choose a flat, clear area on the floor to make your picture.**

Then clear it by scraping away any surface material to make a blank canvas.

Make a frame for your picture in the cleared space, using natural items like sticks, stones and shells.

Now you have a canvas you need to decide what picture you are going to make! A simple design works best.

Use a stick to 'draw' or scrape the outline of your picture inside the frame.

Then 'colour in' your picture using the natural items around you.



## Monster Fun

**Create your very own mud monster.**

**Collect some mud and if needed, add some water to make it sticky with a dough like consistency.**

Take a handful of mud and make it into a ball shape.

Push your mud ball onto the trunk of a tree, a wall or any flattish surface and mould it into a face shape.

Add more mud balls if needed to make the face bigger.

Use natural objects to create features like ears, eyes and hair.

Does your mud monster have a name and is it happy, scary, or friendly?

You can use the same method to make other characters and creatures too!



# Colour Matching

Can you find something natural in the forest to match each of these colours?



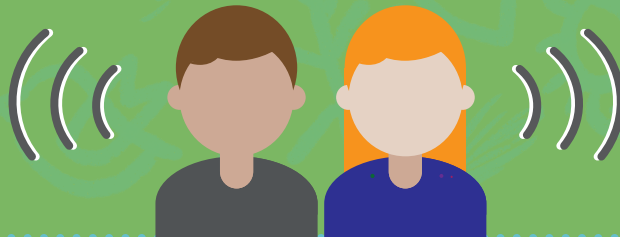
# Nature's Symphony

Can you hear the song of nature?  
Each day it is new and different.

Find a quiet place to sit and listen.  
Can you hear...



- ...chirping birds?
- ...breezes whispering through leaves?
- ...buzzing insects?
- ...trickling water or dripping rain?
- ...rustles in the bushes or grasses?



What other sounds did you hear?

Tell me a story!

## Homes and Dens

Many stories and songs have characters that live in nature.

**Make a cosy home for your favourite character, animals or your teddy!**

Find natural items that will keep them warm and dry and then build away!

Make sure that your teddy or toy fits in their comfy new den but remember to take them home with you!



Tell me a story!

## Leaf Crowns

Make a leaf crown to become a king or queen for the day!

**First collect a variety of leaves.**

Select two leaves and remove the leaf stalks.

Overlap the leaves and pin them together using one of the leaf stalks.

Take another leaf; remove the leaf stalk and pin it.

Keep going, adding one leaf at a time until there are enough joined together to go around your head.

Use the final leaf stalk to join the first and last leaves together.

You can now wear your leaf crown with pride!





## Nice Nests

### Can you make a nest for a dragon, a crocodile or a bird?

**First of all you need to collect some nest building material. You can use twigs, mosses, leaves and mud.**

Find a safe place for your nest to be built on.

Create a small nest shape, sticking your materials together with mud.

Make the nest comfy by adding soft mosses and leaves.

You could make a giant nest that everyone can sit in!



## Stick People

### Create a character and take them on an adventure.

**Gather a range of differently shaped sticks and twigs.**

Choose a stick to be the main body of your character and use pipe cleaners or string to join on arms and other body parts.

Stick on hair and other features using mud, leaves, and natural items or draw on with a felt pen.

What is your character called?  
What adventure could they go on?

You could make a family of stick people or tell a story with them.



## Sticky Nature Walks

### Take a relaxing stroll while taking note of nature.

**Cut a length of card and add double sided sticky tape to one side.**

At your favourite nature spot, remove the protective layer from the sticky tape, disposing of it responsibly.

Head off on your walk, collecting interesting natural objects such as fallen leaves and flower petals that catch your eye as you go.

Stick these on your card in order of collection.

At the end of your walk, see if you can retrace your journey, step by step by looking at your finds.



## Nature Olympics

### Create a green gym trail or call out actions from a list of physical activities.

These could include:

#### Running

between trees, bushes or similar markers.

#### 1 rotation

around a fixed point, e.g. rock or tree.

#### 1 jump

jump off a log, tree stump or rock.

#### 1 balance

walk along a fallen branch, log or rock.

#### 1 crawl

under a branch or bush.

#### 4 jumps

jumps over sticks or driftwood.

#### 5 stretch ups

from floor to above head, holding a straight stick in both hands.



## Silent Steps

### Can you walk as quietly as a deer, a tiny mouse or a creeping crab?

Pretend to be a quiet creature.

At your nature spot, try to walk, crawl or just move as quietly as you can as you explore.

Can anyone else hear you?

You can play this as a moving hide and seek game.



## Animal Balance

### How's your balance?

Lots of animals like squirrels, have to climb trees and rocks to to keep safe, find food or get to their home.

Can you walk along a fallen branch or tree trunk without falling off?

Or can you hop from stone to stone or cross a rocky area?

Put out your arms to help you balance and go slowly!



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