

10 Top Tips for Parents and Educators

CONNECTING CHILDREN WITH NATURE

Spending time outdoors plays a vital role in children's health, happiness, and development. This guide explores why nature matters, the barriers families may face, and practical ways to help children reconnect with wildlife and the outdoors. Here we highlight simple activities, creative ideas, and safe approaches to encourage exploration, confidence, and a lasting love of nature in everyday life.

1 TIME OUTSIDE MATTERS

Evidence shows that time in nature can benefit children's mental and physical health, learning, social development, and overall wellbeing. Nature does not need to be rare, grand, or far away to matter. Common, small, and local spaces can offer valuable opportunities too. Despite competing demands on children's time, many say being in nature makes them happy.

2 UNDERSTAND THE BARRIERS

Children's outdoor play has reduced significantly in recent generations, with independent play and roaming also becoming less common. Reasons can include alternative play options, worries about safety and risk, fewer suitable play spaces, busier roads, and increasingly structured routines. Understanding these barriers helps adults respond with practical, realistic ways to make outdoor time easier and more appealing.

3 TAKE ACTIVITIES OUTSIDE

Children can benefit from being in natural spaces even when engaging with nature is not the main activity. Think about everyday pursuits that could be moved outdoors, such as reading, playing cards and board games, arts and crafts, hide and seek, exercising, eating, or chatting. Involve children and young people in creating their outdoor space – for example, an upturned box can become a table, while cushions wrapped in strong bags can make temporary outdoor seating.

4 USE TECHNOLOGY POSITIVELY

Too much screen time can be unhelpful, but technology can also support nature connection, particular for older children and young people. They can use a camera to document the wildlife they find, create art projects, or record natural sounds. Apps can help identify birdsong, plants, insects, or stars. Older children and young people may also enjoy citizen science projects, where their observations contribute to real environmental research.

5 CREATE MINI ADVENTURES

Green spaces are brilliant for exploration, adventure, creativity, and problem-solving. Adventures can be small and local, such as hunting for insects, looking for natural colours, or spotting patterns. They can also be bigger, including hill walks, den building, rock pooling, or watching the sunset. These experiences can create moments of awe and leave lasting memories.

6 BUILD NATURE AT HOME

Even small spaces can help children connect with nature through play and creativity. Seeds can be grown in windowsill boxes or hanging baskets, while herbs, strawberries, flowers, and cherry tomatoes often thrive in containers. Bird feeders, nest boxes, and insect hotels can support local wildlife. Indoors, garden magazines, leaves, and natural textures can inspire imaginative art, storytelling, and play.

7 EXPLORE FURTHER AFIELD

Holidays and weekends can offer children and young people the opportunity to visit country parks, nature reserves, waterways, woods, and the coast. These places may create memorable "Wow!" moments, such as rock pooling, exploring forests, pond dipping, or simply visiting somewhere new. Local activity centres may also offer taster sessions in canoeing, climbing, or archery, helping children and young people try outdoor activities safely.

8 ENGAGE OLDER CHILDREN

Teenagers may be less interested in adult-led activities designed for younger children. They often respond better to challenges, independence, skill building, and meaningful responsibility. Wildlife surveys, photography, outdoor cooking, whittling with safe tools, den building, or conservation tasks can feel more purposeful. Allowing controlled risks can support confidence, judgement, and a stronger connection with nature.

9 NOTICE LOCAL NATURE

Natural spaces enable unstructured play and exploration. Adults don't need specialist knowledge to help children enjoy nature and wildlife. Start by noticing what can be heard, smelled, and seen in a garden, school grounds, local park, or on the way to the shops. Encourage walking at a slower pace, looking for birds, leaves, insects, clouds, colours, and patterns, so that nature becomes part of daily living.

10 MANAGE SENSIBLE RISKS

Taking certain small risks in nature can in fact be valuable for children. Getting wet, muddy, or even stung by a nettle can help them understand the consequences of nature, cope with discomfort, build confidence outdoors, and assess situations more safely in future. Adults can support them in these moments by setting clear boundaries, supervising appropriately, teaching safety, and preparing children for all sorts of weather and natural spaces, while still allowing their curiosity, independence, and resilience to grow.

Meet Our Expert

Kate Whitehead leads on Connecting Children with Nature for Natural England, the government's adviser for the natural environment. With a background in ecology and sustainable development, and a passion for education, Kate works to facilitate between the environmental, education, and health sectors, collating research and best practice to support schools to unlock the multitude of benefits nature can offer.



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