

# Noticing nature on a walk

## Rationale:

Walking in a park or nature reserve and deliberately noticing things encourages your child to observe with all her senses. It can be a peaceful, reflective experience for you both. Your child will learn to focus her attention and absorb details of the things around her. It is a calming balance and contrast to city streets.

## Age range information

3-6 years

## What you need

All you need is somewhere to walk. The beauty of a nature walk is its simplicity. Pick a park or public gardens you like to walk in, just walk around your local area, or plan a longer excursion to a nature reserve or beach.

Head over to the National Parks website (<https://www.nparks.gov.sg/gardens-parks-and-nature/walks-and-tours>) to find out about some of the places you can take your child to for a nature walk.

## How to do it

Walk with your child, at your child's pace. Encourage her to look at what is around her. Show her how to pay attention with all her senses. Ask questions – for example:

- **Looking.** What can you see? Look all around you, up at the sky and down at the ground.
- **Smelling.** What can you smell? Can you describe the smell? Leafy? Like mud?
- **Listening.** What can you hear? Birds? The wind? Other people?
- **Touching.** What can you feel? Is the sun warm? Is the ground rough or smooth?

You can collect small items, if you are allowed to, such as leaves, pebbles and feathers. Talk about them – for example, 'What kind of bird do you think this came from?' and 'What a pretty pattern on that leaf'.

Take as long as your child wants to. You do not have to finish the walk if something catches her interest along the way. Let the walk be about connecting with the environment and enjoying time together, rather than getting to the end.

When you get home, make some time for your child to reflect on the walk. She could draw pictures of it, write a story or perhaps make a collage with her leaves and feathers.

## Adapting for children of different ages

You can adapt this activity to your child's age in the way you talk to her, the questions you ask, how far you walk and how fast or slow you go.



Recommended Reads by the National Library Board

## Recommended Reads

- [Elmo's walk in the woods](#)
- [A nature walk in the city](#)
- [Dusk](#)

Engage your child with simple activities at home! Check out some of these things you can do together:

- [Shark In The Park?](#)