

Play is an integral part of healthy human development.

As a community we are dedicated to prioritizing play for all children & youth.



LETHBRIDGE PLAYS

For more information visit:
www.lethbridgeplays.ca



This project is supported by the Government of Canada's Emergency Community Support Fund and Community Foundation of Lethbridge and Southwestern Alberta.

Nature Play

MORE Ideas for the Outdoors

Coin Toss Walk

1 Find a coin in your house and put it in your pocket.

2 Head outside with your family, to a place you like to walk.

3 Every time you get to an intersection toss your coin and catch it. If you get heads you go left, if you get tails you go right.

4 See if you discover somewhere new!

Nature Color Palettes

1 Find a small bag and a piece of white paper.

2 Go outside and collect small pieces of plants to put in your bag.

3 Take each item you collected & squish it on the white paper. What colors are left on the page?

4 Can you find something in your house or outside that matches each color?

*** Please do not collect plants from the Nature Reserve. Thank you!***



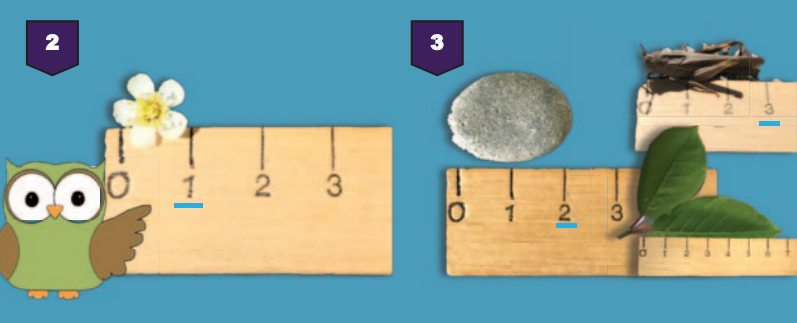
The Fun Stuff Happens Outside!

Nature's Ruler



1

Find a ruler, a piece of paper and a pencil.



2

Go outside and find something that is exactly 1 cm.

3

Then find something that is 2 cm long and so on.



4

Draw a ruler on your piece of paper. At each mark write or draw what you found in nature!

Build a Tiny Fort



1

Decide what tiny animal to build a fort for. Choose something about the size of an ant.



2

Collect building materials that you can find outside.

3

Choose a spot outside for your tiny fort.



4

Use the materials you collected to build a tiny fort for your animal!

Deer Ears



1

Go outside and find a spot to sit.

2

Cup your hands behind your ears.



3

What can you hear in front of you?



4

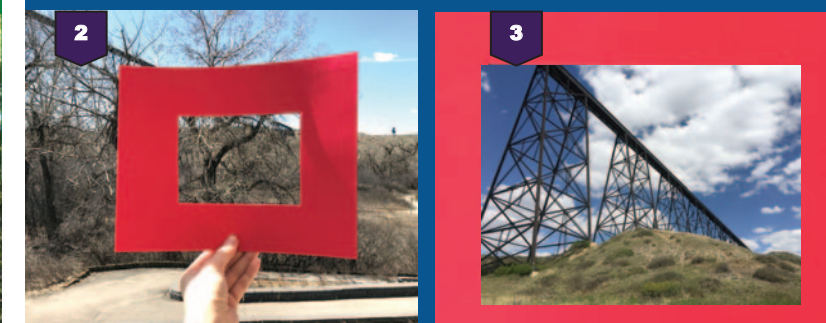
Cup your ears backwards, so your palms face behind you. What can you hear behind you?

Picture Postcards



1

Cut a rectangle, about the size of a postcard, out of a piece of paper.

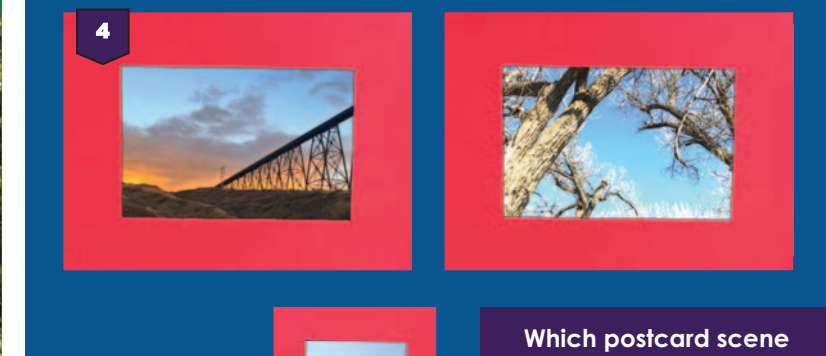


2

Take your paper rectangle outside and hold it up like a picture frame.

3

Look through the rectangle and see what kind of scenes you can frame in it.



4

Which postcard scene is your favorite?

