



Nature and Loose Parts Play

Educators and children recently took part in a professional development event with Glenn from Mobile Junk and Nature Playground, where attendees are encouraged to engage with and learn from hands-on nature play. Important lessons on sustainability and problem solving, as well as love and respect for nature are all front of mind throughout the experience.

Risky play, loose parts play, and outdoor learning have gained recognition and support for their numerous benefits in child development and education. These approaches encourage children to explore, experiment, and take calculated risks in a natural and unstructured environment. The freedom to engage in these activities fosters a range of physical, cognitive, and socio-emotional skills that are essential for a child's overall growth.

One of the primary advantages of risky play is that it helps children develop resilience and self-confidence. When children are allowed to engage in activities that involve manageable risks, like climbing trees or building makeshift forts, they learn to assess their abilities and make decisions about what they can and cannot do safely. This builds their self-esteem and a sense of accomplishment as they overcome challenges.

Loose parts play, which involves open-ended materials like sticks, rocks, and other found objects, encourages creativity, problem-solving, and resourcefulness. Children have the freedom to manipulate these materials in

countless ways, which stimulates their imaginations and helps them develop critical thinking skills. It also promotes social interaction and cooperation as children collaborate on projects and share ideas.

Learning outdoors, in a natural and dynamic environment,



in brief

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Thank you to Ali Fleming from Nature Play DECD Family Day Care for this inclusion.

offers a holistic and sensory-rich experience. It allows children to connect with the natural world, fostering a love of nature and environmental stewardship. Outdoor learning also supports physical development as children engage in physical activities like running, climbing, and jumping. Exposure to the outdoors has been linked to improved mental

health and reduced stress, benefiting the overall well-being of children.

A big thank you to Glenn from Mobile Junk and Nature Playground for sharing his expertise with us in our 3-day professional development event. Children and educators alike enjoyed testing their

boundaries and developing new skills. Congratulations to Educators who stepped outside their comfort zone. Learning something new can be confronting. Modelling this to our students, supporting their ability to successfully navigate change and to leaning into trying something new.