

Nature Play Prompt Cards



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Nature Play *Prompt Cards*

There are so many ways to play in nature. Use these prompt cards to inspire you and your children to go outside and play in the rain, snow and sunshine.

What you'll need

- A4 paper thick paper or card
- Nature Play Prompt Cards
- Scissors
- Glue stick

Instructions

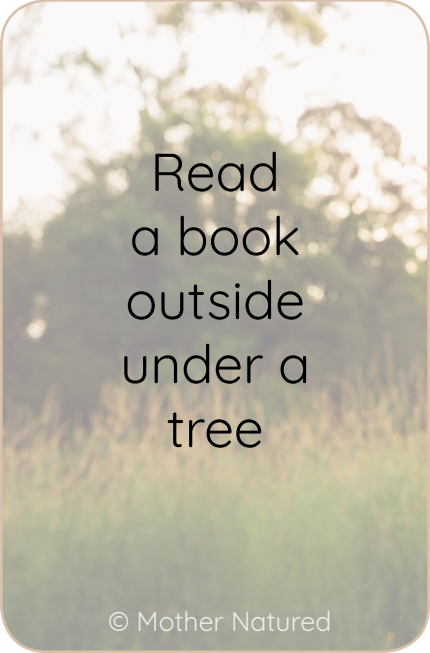
1. Print your nature cards on recycled or sustainably sourced A4 paper or card. If using paper, glue them onto some recycled cardboard using a glue stick.
2. To encourage nature play, ask your child to pick a card each day and do the activity (depending on the weather).
3. Enjoy the activity with your child.
4. Use all the cards and then make your own.
5. Be sure to put your prompt cards in a little box to protect them.

Eco tips

- Print your prompt cards on sustainably sourced or 100% recycled paper.
- Please do not laminate your prompt cards.
- If you no longer need your prompt cards, give them away or put them in your compost bin.



Everyday Nature Play Prompt Cards



Read
a book
outside
under a
tree

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Use a
magnifying
glass to
look at
nature

© Mother Natured



Scrunch
some leaves
in your hand
and smell
them

© Mother Natured



Get
creative
and paint
rocks

© Mother Natured



Make a
mandala
with
nature

© Mother Natured



Build a bird
nest with
natural
materials


© Mother Natured

Everyday Nature Play Prompt Cards



Make a
nature
crown
using
leaves

© Mother Natured




Climb
a tree

© Mother Natured



Roll
down a
grassy
hill

© Mother Natured



Build a
maze using
sticks

© Mother Natured



Make
mud pies,
icecream
sundaes and
cupcakes

© Mother Natured



Create
a picture
with petals,
leaves and
sticks

© Mother Natured

Everyday Nature Play Prompt Cards

Create
your
name using
sticks

© Mother Natured

Build
something
using
nature

© Mother Natured

Go outside
and close
your eyes
for one
minute

© Mother Natured

Make
something
using a
pinecone

© Mother Natured

Lay on
your back
and watch
the clouds

© Mother Natured

Build an
outdoor
hut using
sticks

© Mother Natured

Everyday Nature Play Prompt Cards



Go for
night time
spotlight
walk

© Mother Natured



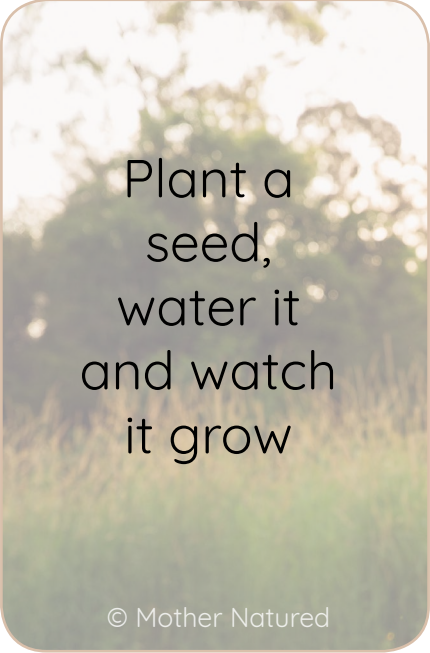
Start a
nature
journal

© Mother Natured



Smell
some
flowers

© Mother Natured



Plant a
seed,
water it
and watch
it grow

© Mother Natured



Make a fire
with your
parents

© Mother Natured



Hug
a tree

© Mother Natured

Rainy Nature Play Prompt Cards



Make a
whirlpool
in a rain
puddle

© Mother Natured



Dance
in the
rain

© Mother Natured



Stand under
a tree
and pull a
branch

© Mother Natured



Sing
in the
rain

© Mother Natured



Catch
raindrops
on your
tounge

© Mother Natured



Make a
mud stew

© Mother Natured

Rainy Nature Play Prompt Cards




Look
for a
rainbow

© Mother Natured



Place
containers in
the rain.
Which fills
first?

© Mother Natured



Get the soap
and have
a shower
in the rain

© Mother Natured




Jump in
muddy
puddles

© Mother Natured



Take your
bath toys
outside

© Mother Natured



Make
nature boats
and float
them down
the creek or
gutter


© Mother Natured

Rainy Nature Play Prompt Cards




Paint with
mud

© Mother Natured



Jump over
muddy
puddles

© Mother Natured



Squish your
feet in the
mud or wet
grass

© Mother Natured



Twirl in
the rain
with an
umbrella

© Mother Natured



Roll down
a wet
grassy
hill

© Mother Natured



Plant
seeds
in the
garden

© Mother Natured

Winter Nature Play Prompt Cards



Make
snow
angels

© Mother Natured




Enjoy a
snowball
fight

© Mother Natured




Build a
snow man

© Mother Natured



Dig a hole
in the snow

© Mother Natured



Play with
cookie cutters
in the snow

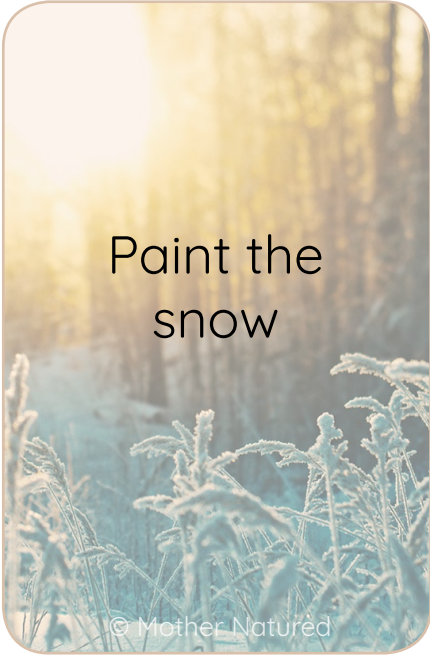
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Build a
snow
igloo

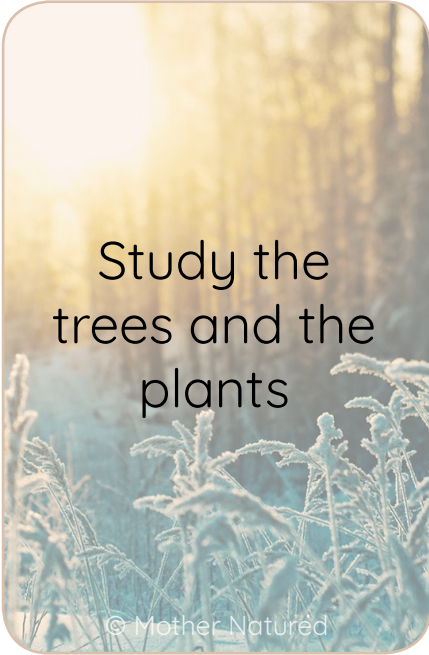
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Winter Nature Play Prompt Cards



Paint the
snow

© Mother Natured




Study the
trees and the
plants

© Mother Natured



Stomp in
the snow
and make
footprints

© Mother Natured



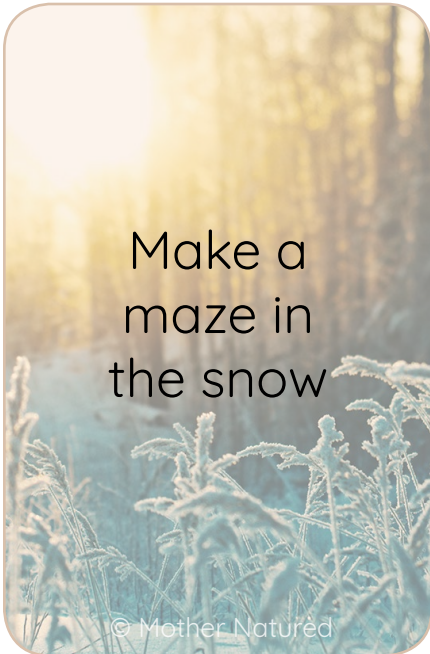
Go for a
snow walk

© Mother Natured



Make a
snow cake


© Mother Natured



Make a
maze in
the snow

© Mother Natured

Winter Nature Play Prompt Cards




Stand
under a
tree and
pull a
branch

© Mother Natured



Catch
snowflakes
on your
tongue

© Mother Natured



Study the
snowflakes

© Mother Natured




Draw a
picture or
write your
name in
the snow

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Place
warm objects
in the snow
to see what
happens

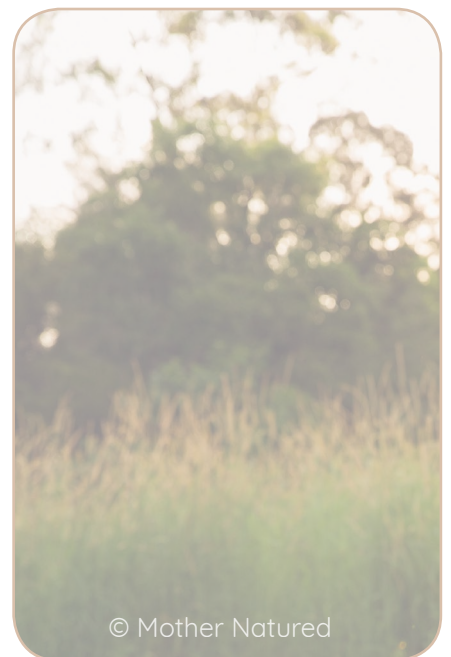
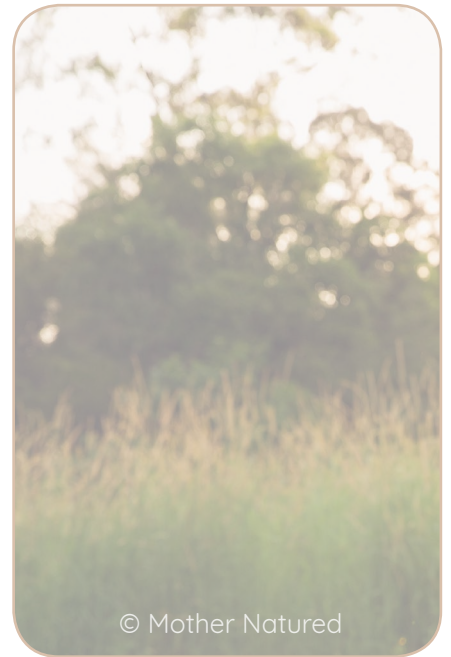
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Blow
bubbles
in the
snow

© Mother Natured

Make your own Nature Play *Prompt Cards*



Make your own Nature Play *Prompt Cards*



Make your own Nature Play
Prompt Cards

