



Outdoor play gets children active and lets their imaginations run wild. It helps them develop both mentally and emotionally, stay healthy, and have fun.



Visit our website, or join us on Facebook, for free outdoor play resources, ideas and inspiration.

[www.virtualnatureschool.org](http://www.virtualnatureschool.org)  
[Facebook.com/vnatureschool](https://Facebook.com/vnatureschool)



VIRTUAL  
**NATURE**  
SCHOOL

Supporting outdoor play and learning at home in the early years.

## Outdoor Play and Learning

Young children learn best through play. The outdoors provides a rich environment, full of natural wonders, to peak their curiosity.

The outdoors can be used to explore and learn about all parts of the curriculum; you don't even need any fancy resources!

From literacy and the arts, to maths and science, the natural world might just inspire a life-long love of learning.

### Did you know...

Layering is key to staying warm outdoors? You don't need special winter clothes. Simply layer up your normal clothes and pop on a water proof jacket. The colder the weather, the more layers you'll need!

[Visit YouTube for videos on dressing for cold weather](#)



## Outdoor Learning Example Day

### Morning

Have breakfast then watch a Virtual Nature School video. Listen to Dr Claire explain what you'll be exploring that day. Think about where you are going to go, then dress for the weather and head outdoors.

### Lunchtime/ Afternoon

Have a chat about the morning's adventure whilst you eat your lunch. Then why not write down some notes, film a video or draw some pictures. You can use the nature diary to help you.

## Free resources to support home learning

### OUTDOOR PLAY IDEAS VIDEOS

We have lots of videos to start you off on your learning journey every day. Simply watch one of the short clips, listen carefully to find out about the day's adventure plans, then head outside to get started.

[Find the Virtual Nature School on YouTube](#)

### WINTERTIME NATURE PLAY DIARY

After you've been learning outside, it's great fun to spend some time thinking about what you saw or did. Use the diary to draw pictures or note down ideas. Talking, writing or drawing about your adventures will develop your child's literacy skills.

[Download the nature diary at: www.virtualnatureschool.org](http://www.virtualnatureschool.org)

### PARENT PODCASTS

If you are keen to find out more ways to enjoy outdoor play and learning with your children, tune in to our regular podcast for tips, motivation and ideas!

[Listen at: www.virtualnatureschool.org](http://www.virtualnatureschool.org)