

LET'S GET OUTSIDE AND PLAY!

Working and learning from home? Let's use this time to connect with our childhood passions to better understand ourselves and our children.

Childhood passions are simple: how do children naturally engage in play without adult direction? Building fairy houses, making mud pies, rolling down hills; these are all childhood passions. Use these ideas to draw inspiration and then reflect on your favorite childhood activities and dive into new play!



Muddy Monday!

Playing in the mud is a fantastic childhood passion to explore! Bake some mud pies, investigate the critters living around the mud, give some trees a mud and natural materials face, squish your toes in mud, and just have fun!

Tuesday in the Trees!

Climb a tree. Take to the woods and build a fort or a fairy house! Design your own log cabin using branches, or lay out an entire stick house village! Don't have any woods nearby? Simply find some sticks or branches and create in whatever space you have!

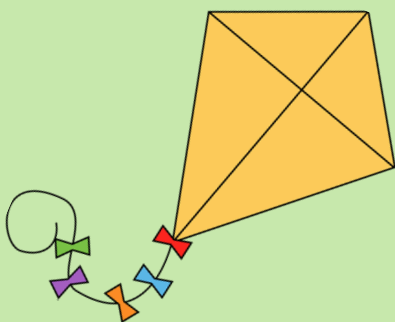


Wild Wednesday!

Connect with your wild side by turning into wild animals - practice calling, moving, and behaving like your animal. Or, take a container outside and build a mini-environment for critters. Be sure to release any caught critters after investigating.

Not a Stick Thursday!

A stick is not just a stick. A stick is a wand, a paintbrush, a Medieval Knight's sword, a tool, it is anything a child imagines it to be. Stick play make you nervous? Try talking with your child about rules and expectations that feel comfortable to you and still allow for some risk taking.



Fridays in the Field

Find a nearby field or use your backyard to roll down hills, lay on your back and watch the clouds, or fly a kite! There is endless fun to be had in a wide open field!

Explore these childhood passions and others, there's no wrong way to play!