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Staying wild, inside and out

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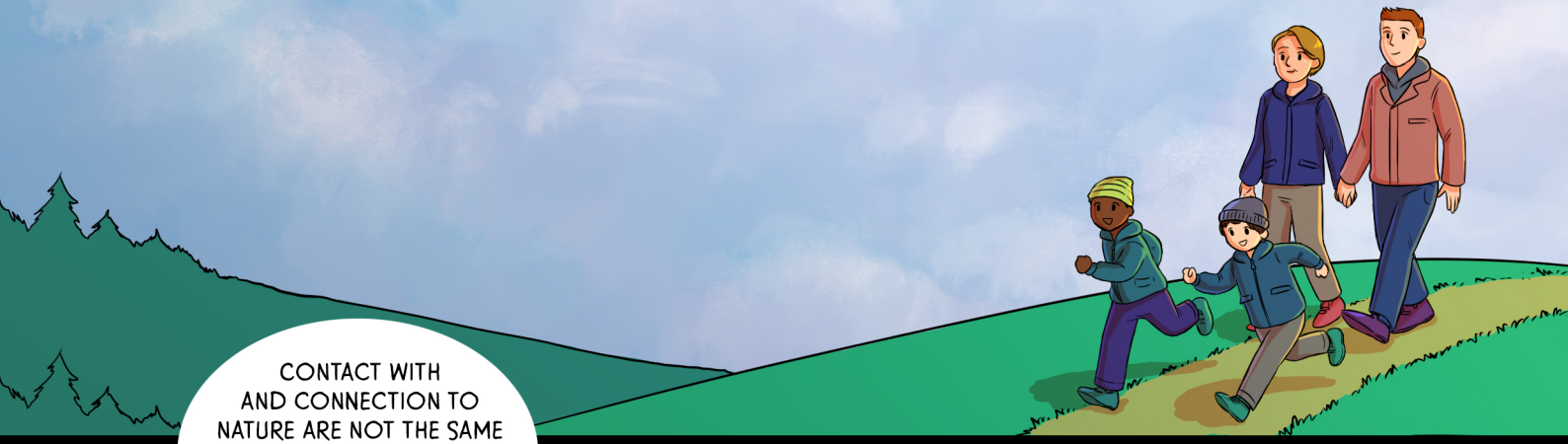
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STAYING WILD, INSIDE AND OUT

STORY BY ALEXIA, DUNCAN, JOE AND OLLIE BARRABLE
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ARTWORK BY ASHLING LARKIN



CONTACT WITH AND CONNECTION TO NATURE ARE NOT THE SAME THING. BUT THEY'RE BOTH GREAT FOR OUR PHYSICAL AND PSYCHOLOGICAL HEALTH!

SINCE LOCKDOWN, REGULAR CONTACT WITH THE NATURAL WORLD HAS BECOME HARDER FOR MOST OF US.

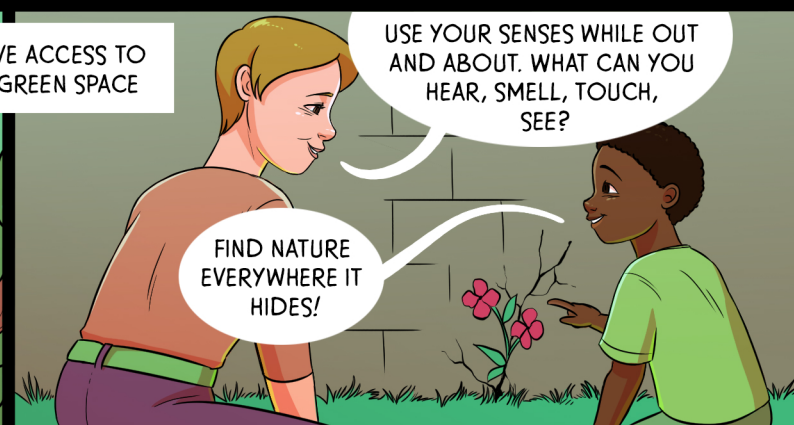
THAT DOESN'T MEAN THAT OUR CONNECTION HAS TO CHANGE. NATURE IS EVERYWHERE. AFTER ALL, WE ARE PART OF NATURE.

WHAT WE NEED TO DO IS NOTICE AND NURTURE THIS CONNECTION. PARENTS AND TEACHERS CAN HELP.



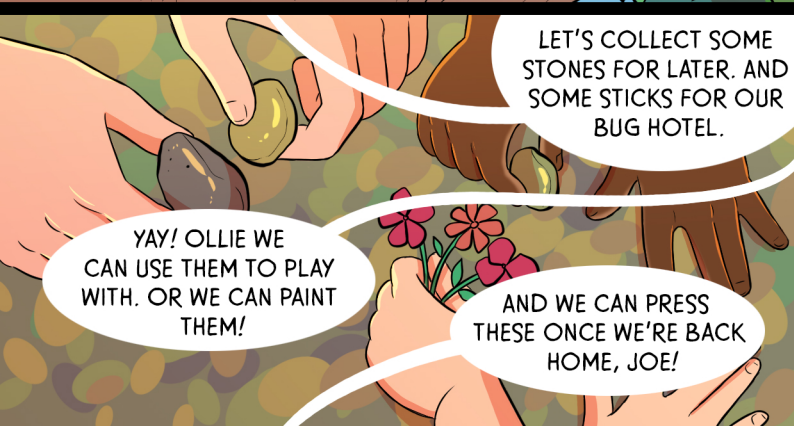
IF YOU HAVE ACCESS TO A LOCAL GREEN SPACE

MAKE YOUR DAILY EXERCISE 'GREEN'.



USE YOUR SENSES WHILE OUT AND ABOUT. WHAT CAN YOU HEAR, SMELL, TOUCH, SEE?

FIND NATURE EVERYWHERE IT HIDES!



LET'S COLLECT SOME STONES FOR LATER. AND SOME STICKS FOR OUR BUG HOTEL.

YAY! OLLIE WE CAN USE THEM TO PLAY WITH. OR WE CAN PAINT THEM!

AND WE CAN PRESS THESE ONCE WE'RE BACK HOME, JOE!



AND OF COURSE WE CAN USE TECHNOLOGY TO CAPTURE SOME OF WHAT WE SEE OR HEAR.

IF YOU HAVE ACCESS TO A GARDEN



PROVIDE OPPORTUNITIES TO REST AND HIDE OUTDOORS. AND HAVE AN ADVENTURE AT THE SAME TIME IN THE DEN!

MOST IMPORTANTLY, LET THEM ENGAGE IN FREE PLAY.



IF YOU DON'T HAVE ANY OUTDOOR SPACE

WE MADE THIS INDOOR GARDEN. I LOOK AFTER IT EVERY DAY!



PLACE A BIRD FEEDER ON YOUR WINDOW OR LEAVE SOME SEEDS ON YOUR WINDOW SILL.

MUMMY, LOOK THE BLUE BIRD IS BACK AGAIN!





BOYS, LET'S PLAY OUR FAVOURITE GAME.

SKY WATCH!



SO WHAT SHAPES CAN YOU SEE IN THE CLOUDS?

AND WHAT COLOURS CAN YOU SEE?

MUM, CAN WE LOOK FOR THE STARS AT NIGHT?



SUSTAINED CONTACT, ENGAGING WITH NATURE THROUGH ART AND PLAY, USING OUR SENSES TO OBSERVE NATURE AND LOOKING AFTER PLANTS AND ANIMALS WILL HELP US AND OUR CHILDREN STAY CONNECTED TO THE REST OF THE NATURAL WORLD!