



# AcornDreams® Blog Tips

Building Children's Skills for Life - Pointers from our Posts

## From Blog Entry "More Vitamin N for Happier, Healthier, Kinder Children"

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### Research Summary

A growing body of research indicates that playtime in nature can strengthen children's abilities across many developmental areas. Time outdoors and playing freely cultivates children's sense of wonder and well-being, physical health and strength, reasoning and attention, and skills needed to play well with other children.

### Tips from this Post

#### **First, be safe and make sure children are supervised.**

Teach children to ask for adult guidance when exploring some place new.

#### **Nature play can happen anywhere outside, even in small spaces.**

Porches, driveways, and sidewalks offer sunlight (Vitamin D!), plants, animals, and bugs. Playing in these spaces 'counts' for nature time. See what children can observe or collect.

#### **Adapt to weather.**

Puddle-stomp wearing raincoats and boots. Manage the cold with layers, hats, and mittens. Sunscreen, water bottles, and bug spray keep children comfortable in summer heat.

#### **Bring inside things outside.**

See what happens when the sun melts crayons onto a paper plate. And then when that gets poked with a stick. Explore with a magnifying glass. Plastic animals or figures start a new adventure in an outdoor space. Bring books and a blanket and read in the sun.

To read the blog entry "More Vitamin N for Happier, Healthier, Kinder Children", visit the [AcornDreams.com](http://AcornDreams.com) blog page.

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