

Outdoor Walking & Exploring

NATURE EXPLORATION | Ages 12-24 months | 25 minutes

About This Activity

Take walks outdoors to explore nature, develop gross motor skills, and build curiosity.

Materials Needed

- stroller
- bucket
- outdoor clothes

Step-by-Step Instructions

Go for slow, child-paced walks. Let child stop to look at leaves, flowers, bugs, rocks. Point things out: 'Look at the bird!' 'Feel the grass!' Bring a bucket to collect treasures (rocks, leaves, sticks). This builds observation skills, vocabulary, and love of nature. 20-30 minutes.

Developmental Benefits

GROSS MOTOR, COGNITIVE, SENSORY