



# NATURE PLAY

AT HOME

## THIS WEEK'S THEME: WATER

We kick off our Nature Play at home series with a week of play with **water**.

Water truly is magical. Water is life. It draws us in and inspires us to wonder and make discoveries. Water offers endless invitations to play for all ages and can be both stimulating and calming, making it an ideal material for sensory play.



# GATHER TOOLS

Gather tools that can be used again and again to enhance water play. Some ideas:

- Cups and containers of all shapes and sizes;
- Fun kitchen gear (funnels, basters, measuring scoops, etc.)
- Washcloths, sponges, or other absorbent items;
- Water pipes, bamboo poles and other recycled items to help 'transfer' water from one container to another;
- A smock (could be a raincoat or just a change of clothes) if your child prefers to stay dry during play.





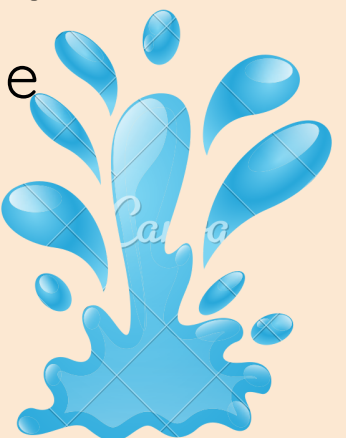
## HERE'S SOME IDEAS:

**Add cucumbers, citrus slices**, and aromatic herbs to the water. Your child can experiment with floating objects as well as enjoy a whole new experience with colors, textures, smells, and even tastes.

**Add “ice treasures”** into the water play bin, and you add both temperature and a first lesson in floating/sinking to the mix. Freeze water in a cake or pie tin or an empty yogurt container, put a few drops of food coloring in or hide small plastic figurines or nature treasures in the ice, and you’ve got irresistible ice gems to explore!

Older children can try to free their friends in a variety of ways (warm water, hammering, etc.).

**Sponges and towels** make it so satisfying to soak up and release water. Kids love to “clean,” simulating adult work and feeling like they can help around the house. Give them a bucket and a rag or sponge and welcome them to wash their toy cars (or any toy) or surface they can reach. Add some bubbles to make it extra fun!





**Paint with water.** Grab a paintbrush or a squeeze bottle and let your child "paint" the driveway or an outdoor wall. If you don't have paintbrushes handy you can make your own "nature brushes" from pine limbs or from grasses wrapped around sticks with twine.

**Make your own paint** by crushing chalk and mixing it with water. Or dip sticks of chalk into water before using for a super satisfying sensory experience.

Add some **food colour** to a few glass jars filled with water, a funnel or some scoops - children of all ages enjoy pouring and mixing colours. It won't last long, so be ready to add flowers, leaves, sticks, or dirt to turn it into a smelly potion!

Tie a bucket to a rope, throw over a tree branch or another solid fixture such as a deck railing, and create a **simple pulley system**. Kids absolutely love this and it's likely to become a fixed feature in your backyard!





# THIS WEEK'S CHALLENGE

Kids can iterate and expand on their water play in a million ways - these are just a few ideas.

After you've presented some (or all) of these invitations, why not let your child take the lead? Just offer a bucket of water, and a few of the tools listed above.. don't guide him/her towards any specific activity or goal.

Simply sit back and observe what they come up with!



**WANT MORE ACTIVITIES LIKE THIS? Head to [bigscrubnatureplay.com](https://bigscrubnatureplay.com) to join our email list and get a new set of activities sent to your inbox each week!**



# THIS WEEK'S CHALLENGE



THIS WEEK WE ARE PLAYING WITH WATER!

Dear \_\_\_\_\_,

This week you can create your very own home  
“water playground!”

Grab a bucket or any large container that can be filled  
with water and ask your parents to help you gather a few  
special tools. Here’s some ideas: scoops, funnels, old  
plastic pipes, straws, cups, an old teapot.

You could also add leaves and flowers from around your  
garden, dirt, dish soap, marbles, pebbles, toy cars,  
sponges, chalk... can you think of anything else?

We are super duper excited.. are you?? It’s time to get  
wet!

*love and mud*

FROM THE BIG SCRUB TEAM





A child's hands are shown holding a small, reddish-brown, heart-shaped object, possibly a piece of clay or a seed, over a wooden surface. The background features a wooden table with various natural elements: a green fern frond on the left, a large green leaf on the right, and a cluster of dried, light-colored flowers at the bottom. The child is wearing a grey t-shirt with a graphic design that includes the words "THE WAIT" and "HAD THE".

## SHARE YOUR EXPERIENCE

Share photos and stories of your nature play at home this week using #bigscrubathome through our Facebook group or Instagram and we may just feature your photos in next week's email!