

Nature Play Adventure



Whether you're a child or child at heart you can use this list to explore the benefits and fun of nature play! There's room at the end to add in your own activities and you can share your adventures with us by emailing connect@baltimorewoods.org!

☐ Build a fort in the woods

☐ Make a fairy house

☐ Walk on a log

☐ Explore a stream

☐ Dance in the rain

☐ Make a nature mandala

☐ Find a sparkly rock

☐ Catch fireflies

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