

# Go Bush

Connects kids with nature and develops ability to assess risk



Being in nature is a rich and stimulating environment for children. Plus, playing and exploring outdoors encourages the whole family to move more. When going bush with young kids, choose short walks and be prepared for lots of stops, allowing your child to explore what interests them. Natural environments offer lots of opportunities to climb, balance, run and jump - so enjoy using your whole body and supporting your child through new challenges.

## Where to start your bush adventures:

- Pick up a copy of ACT Parks and Conservation Services 'Explore' booklet for maps of Canberra's nature reserves and information about walks and facilities
- Speak with ACT Playgroups about joining a Bush Playgroup
- Try a 'bush excursion' with your playgroup families
- Join a Toddler Toddle with Canberra Bushwalking Club
- Ask your Early Childhood Centre or Preschool if they run Bush Kindy



## Develops ability to assess risk

Slippery surfaces, spiky plants and wildlife are all opportunities to teach kids about risk assessment.



## Connects kids to nature

Kids learn to enjoy and respect plants, animals and the natural environment.



## Develops problem solving skills

Kids need to work out how to climb rocks and trees - there's no colour coding.

For more tips and ideas go to [fb.me/MightyMoversCBR](https://fb.me/MightyMoversCBR) or [bluearth.org](http://bluearth.org)