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Staying wild, inside and out

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STAYING WILD, INSIDE AND OUT

STORY BY ALEXIA, DUNCAN, JOE AND OLLIE BARRABLE
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ARTWORK BY ASHLING LARKIN

CONTACT WITH
AND CONNECTION TO
NATURE ARE NOT THE SAME
THING. BUT THEY'RE BOTH
GREAT FOR OUR PHYSICAL
AND PSYCHOLOGICAL
HEALTH!

SINCE LOCKDOWN,
REGULAR CONTACT WITH THE NATURAL
WORLD HAS BECOME HARDER FOR
MOST OF US.

THAT DOESN'T MEAN THAT
OUR CONNECTION HAS TO CHANGE.
NATURE IS EVERYWHERE. AFTER ALL,
WE ARE PART OF NATURE.

WHAT WE NEED
TO DO IS NOTICE AND NURTURE
THIS CONNECTION. PARENTS AND
TEACHERS CAN HELP.

IF YOU HAVE ACCESS TO
A LOCAL GREEN SPACE

MAKE YOUR
DAILY EXERCISE
'GREEN'.

USE YOUR SENSES WHILE OUT
AND ABOUT. WHAT CAN YOU
HEAR, SMELL, TOUCH,
SEE?

FIND NATURE
EVERYWHERE IT
HIDES!

LET'S COLLECT SOME
STONES FOR LATER. AND
SOME STICKS FOR OUR
BUG HOTEL.

YAY! OLLIE WE
CAN USE THEM TO PLAY
WITH. OR WE CAN PAINT
THEM!

AND WE CAN PRESS
THESE ONCE WE'RE BACK
HOME, JOE!

AND OF COURSE WE CAN
USE TECHNOLOGY TO CAPTURE
SOME OF WHAT WE SEE
OR HEAR.

IF YOU HAVE ACCESS
TO A GARDEN

PROVIDE
OPPORTUNITIES TO REST AND
HIDE OUTDOORS. AND HAVE
AN ADVENTURE AT THE SAME
TIME IN THE DEN!

MOST
IMPORTANTLY, LET
THEM ENGAGE IN
FREE PLAY.

IF YOU DON'T HAVE
ANY OUTDOOR SPACE

WE MADE THIS
INDOOR GARDEN.
I LOOK AFTER IT
EVERY DAY!

PLACE A
BIRD FEEDER ON YOUR
WINDOW OR LEAVE SOME
SEEDS ON YOUR
WINDOW SILL.

MUMMY, LOOK
THE BLUE BIRD IS
BACK AGAIN!

SUSTAINED CONTACT, ENGAGING WITH NATURE THROUGH ART AND PLAY, USING OUR SENSES TO OBSERVE NATURE AND LOOKING AFTER PLANTS AND ANIMALS WILL HELP US AND OUR CHILDREN STAY CONNECTED TO THE REST OF THE NATURAL WORLD!