

Wilds Kids Cornwall Club

Free range adventures

We believe outdoor play is really important. As we're lucky enough to have our own woodland right here, we set up our Wild Kids Cornwall Club to help families get the most out of it during their stay.

What's happening with children and nature?

When you think back to your own childhood, chances are some of your best memories involve climbing trees, building dens, dams or forts and creating your own adventures in the woods. Remember the excitement you felt when you caught a glimpse of a kingfisher darting along the river bank, watched tadpoles gradually growing into frogs or discovered egg shells in the wood and knew that it meant that somewhere a nest of chicks had hatched.



American author Richard Louv believes that today's kids are suffering from what he calls 'nature deficit disorder' - a lack of connection with the great outdoors. His bestselling book, *Last Child in the Forest* explores what happens to both individuals and society when children do not develop that bond with the natural world created by outdoor play.

The National Trust has found that kids today spend 60% less time outdoors than their parents did – a big difference in a generation! They want to help people reconnect with the nature, so they've recently launched a campaign called Outdoor Nation www.outdoornation.org.uk, which aims to get families out experiencing our glorious countryside as much as possible.

Children today might be able to tell you all about the Amazon, Antarctica, or the Sahara. But can they identify the trees that grow in our woodland or tell a crow from a jackdaw? Nature is something you need to experience, not just read about in a book or watch on a TV documentary.

We hope you'll enjoy our Wild Kids Cornwall Club while you're here at Bosinver. And if you're looking for some ideas for things you can do outdoors when you get back home, here are a few suggestions:

Our top 10 outdoor activities

1. Practise your den-building skills in your local wood.
2. Challenge your kids to spot as many different creepy-crawlies as they can (the classic Michelin I-Spy books are great for this!)
3. Lie down in the grass in your garden or local park/field and watch the clouds drift by and see what you can spot (an elephant, a swan, or one that looks like dad...)
4. Go pond-dipping. All you need is a net and a couple of old jam jars.
5. Play pooh sticks or make boats out of twigs, leaves and grass and see whose makes it to the finish line first!
6. Have a big family day out – play rounders, cricket or even just tag, followed by a good old-fashioned picnic (lashings of ginger beer optional).
7. Go camping. If you haven't got time to go away, children love camping out in the garden.
8. Kids love taking photos (buy them cheap disposable cameras if you're worried about yours getting lost or damaged) and get them to take pictures of whatever inspires them outdoors.
9. Plant some seeds and watch them grow. If you don't have a garden, you can do this just as easily with a window box.
10. Go on a National Trust Activity day. The National Trust run a variety of fun, family-orientated events outdoors, including bush craft, deer spotting and nest-box building. Go to www.nationaltrust.org and click on 'events' to find out what's happening in your local area.



Useful links

Richard Louv

<http://richardlouv.com/>

<http://richardlouv.com/children-nature-resources#activities>

National Trust and Outdoor Nation

www.nationaltrust.org.uk

www.outdoornation.org.uk

Children and Nature

www.childrenandnature.org

Woodland Trust

www.woodlandtrust.org

Cornwall Wildlife Trust

www.cornwallwildlifetrust.org

Love Outdoor Play

<http://loveoutdoorplay.net>

Nature Detectives

www.naturedetectives.org

Books

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder - Richard Louv, Atlantic Books

I Love Dirt! 52 Activities to Help You and Your Kids Discover the Wonders of Nature - Jennifer Ward, Shambhala Publications Inc

Go Wild! 101 Things to Do Outdoors Before You Grow Up - Fiona Danks and Jo Schofield, Frances Lincoln

Make it Wild! 101 Things to Make and Do Outdoors - Fiona Danks and Jo Schofield, Frances Lincoln

Nature's Playground: Activities, Crafts and Games to Encourage Children to Get Outdoors - Fiona Danks and Jo Schofield, Frances Lincoln

I Love My World - Chris Holland, Wholeland Press

Michelin I-Spy guides (range of titles including Creepy-Crawlies, Nature, Birds, Trees, In the Garden)