

Outdoor play resources

We've put together a list of websites, blogs, and resources connected with outdoor play. There are lots more out there, but why not have a look at these to get started?

Websites

The National Trust

The National Trust has really got behind the idea of outdoor play and making the most of the great outdoors. Take a look at their '50 things to do before you're 11 ¾' for some inspiration for things to do, or find out more about their Outdoor Nation campaign.

50 Things to do before you're 11 ¾

<https://www.50things.org.uk/>

Outdoor Nation

<http://outdoornation.org.uk/>

Play England

Play England's Love Outdoor Play campaign is currently sweeping the country. They aim to raise awareness of the importance of outdoor play and make sure more children can play out more often. Take a look at their interactive nature play map to find a place to play near where you live – or add your own favourite spots.

<http://www.playengland.org.uk/>

Interactive nature play map

<http://www.playengland.org.uk/map>

A world without play: Literature review

<http://www.playengland.org.uk/resources/a-world-without-play-literature-review.aspx>

Nature Detectives

Run by the Woodland Trust, Nature Detectives offers lots of free, downloadable resources for nature based activities. There's also a Nature Detectives Club you can join.

<http://www.naturedetectives.org.uk>

<http://www.woodlandtrust.org>

Forestry Commission

Go to the Forestry Commission's website to find a woodland near you and pick up some nature play ideas.

Nature play ideas: <http://www.forestry.gov.uk/forestry/INFD-7LSEHW> - nature play ideas

Find a local forest: <http://www.forestry.gov.uk/website/fchomepages.nsf/hp/eeee>

Richard Louv & the Children and Nature Network

Author of *Last Child in the Woods* and *The Nature Principle*, and co-founder of the Children & Nature Network, Richard Louv is one of the world's leading authorities on the importance of nature our lives. He coined the term 'nature deficit disorder' and regularly speaks on the subject.

<http://richardlouv.com/>

<http://www.childrenandnature.org/>

Sustrans

Sustrans aims to get more people cycling and walking more often. There's a range of great resources on their websites, including downloadable pdfs on a range of topics from how to start cycling, planning a walk, traditional children's games and seasonal activities.

http://www.sustrans.org.uk/freerangekids/families/resources-for-families?dm_i=6EB,VJ6A,5MZ4KR,2LOTO,1

Project Wild Thing

Project Wild Thing's mission is to reconnect kids with nature. There are loads of useful resources on their website, and you can sign up to pledge your support and spread the word about the importance of spending time outdoors and encouraging others to do the same.

<http://www.projectwildthing.com>



Books

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

The Nature Principle – Richard Louv, Algonquin 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)

Blogs

These are some of our favourite blogs which focus on getting outdoors and/or nature play and activities.

Go Explore Nature www.goexplore nature.com

Nature Rocks <http://www.naturerocks.org>

Love Outdoor Play <http://loveoutdoorplay.net/>

The Grass Stain Guru <http://grassstainguru.com/>

A Childhood List <http://childhoodlist.blogspot.com.au/2012/08/60-gutter-and-water-play.html>

Caro & Co <http://www.caroandco.com.au/>

Slow Family <http://slowfamilyonline.com>

