

Simple ways to engage your baby's senses with nature

SMELL

- The rain and go for a walk on a light rainy day
- Find different fragrant leaves, herbs and edible plants to scratch and sniff together

SEE

- Get up close to plants while walking in nature.
- Point out small creatures such as bugs, birds & insects
- Encourage curiosity and interest as you catch and release creatures.
- Go to a forest space and look up! Watch the leaves dance and swirl in the tree canopy
- Watch the clouds and stars together
- Chase each other's shadow

HEAR

- Listen to the birds! Do you hear the magpies calling after the rain and the kookaburras laughing at dusk?
- Visit different waterways, like rivers, creeks and beaches. Talk about the sounds of the water running in the creek, waves crashing, rain drops falling in the forest.

TASTE

- Collect various herbs edible plants from a garden and let your baby touch, smell and taste
- Play in the shallows of the beach and taste the salty water

TOUCH

- Experience the different textures of the earth such as grass, leaves and sand
- Paint and splatter with mud
- Feel the cool sensations of fresh water in a shallow creek bank or puddle
- Find various leaves, gumnuts and sticks and let your baby touch and feel the different textures
- Feel the wind and breeze on your face

