Walking and Talking

Overview

Nature provides a rich environment to explore speech and language. Learning new vocabulary in context can help children make sense of their world.



Activities

Take small groups of children for a short walk in a natural space nearby. Walking stimulates the synapses in the brain and a multi-sensory, natural environment provides new things to explore and discuss. Tuning in to nature can help build attention spans and listening skills. Walking and talking supports healthy brain development and can help regulate behaviour. ID guides can support you to help children identify the things they discover.

Equipment

- Off-site change bag
- First Aid kit
- Charged mobile & contacts
- Risk assessment & permissions
- Any medication for the group
- Nature ID Guides.

Key Questions

What is the weather today?
What can you see, hear, smell?
How do you feel today?

Side by side walking can feel less confrontational for children who struggle with eye contact.

The Benefits

- Health & Wellbeing – Fresh air, exercise and opportunities to regulate.
- Play – Exploring, noticing, following personal interests and ideas.
- Literacy – Talking, listening, back and forth conversation.

Progression in Learning

- Regular visits build familiarity and repetition allows opportunities to practice new words. Try building regular walks in nature into your routine.
- Offer a small snack – chewing helps build the muscles for speech and often children will eat outdoors when they don't choose to do so indoors.