



## Nature Kindy

### - What is Nature Kindy? -

Nature Kindy is dedicated time for children to explore and enjoy their natural outdoor environment, at their own leisure and in any direction they choose.

*Research across the world supports the view that unstructured outdoor play is fundamental for all children. Opportunities for outdoor exploration and immersion in nature are essential to the health and wellbeing of children, helping them to develop to their full potential.*

*(Nature Play SA).*



*With a strong sense of wellbeing, children have the confidence and energy to fully engage in their day, which maximises their learning potential.*

*(Outcome 3, EYLF)*

### - The Learning -

Being able to experience nature, allows children a better understanding of their world. At Nature Kindy, the children experience the natural environment in the local area (Second Creek). Here, children have uninterrupted play time to explore and interact with the environment. They play in the creek and explore varied surfaces and landscapes, during different seasons, come rain or shine!

Nature Kindy provides opportunities for children to develop their autonomy; build self-confidence; self-identity and resilience; extend and practice literacy and numeracy skills; become confident, creative and independent thinkers; develop risk competence; engage in social experiences; learn to safely and effectively use a range of real tools and equipment; develop an understanding of how to care for their environment and what it means to be a respectful and active member of our local community.

The wonder of discovering relationships between land, people, plants and animals is very fulfilling for young children.

*(Early Years Learning Framework- Core principles)*





### - The Benefits of Risk Taking -

Taking considered risks enables children to develop 'risk competence'. This involves the knowledge and the skills required to competently assess risks, develop responsible attitudes towards risk and differentiate between an acceptable risk and an unacceptable one. It doesn't necessarily just relate to physical challenge. Emotional challenge can be just as much of a risk as physical.

A big part of Nature Kindy is personal challenge, trying something new and developing positive dispositions for learning. Providing time and opportunities for children to engage independently with challenging tasks and play, allows them to develop risk competence.

Through this ability to independently assess risks in a safe and considered manner, children build 'learning dispositions', such as confidence, the ability to work in partnership with others, resilience, problem solving skills and persistence. These are all essential life skills.  
(EYLF- Core principles)

### - When do we go? -

Monday – Thursday: 10.15 - 11.45am approx.

Staff support children to get themselves organised and ready to leave the centre, e.g. toilet reminder, hat, boots, fruit snack. We endeavour to go during most weather conditions (within reason) so that the children can experience the environment in different conditions.



### - What the children bring -

- Appropriate and comfortable footwear. Including gumboots to be kept at kindy.
- Sun protective clothing/ rain jacket.
- Spare clothing, including socks and underpants. Children do get dirty/wet.
- A piece of fruit.

### - What we will provide -

- Drinking water
- Kindy hat
- First Aid kit & individual medications.
- Up to date medical information, action plans and contact information.
- Educational resources for exploration.