



Bird Watching & Other Outdoor Activities To do with Children

Look closely at the picture above and spot the beautiful little bird hidden among the flowers. As you can see birds can be very elusive so careful observance is key to finding those feathered gems in nature.

Bird watching is one of the outdoor activities that can be enjoyed by both parents and children. It is one among numerous activities that children can engage in where they can expand their horizon educationally and improve their social skills.

Children can enjoy nature trips like hiking. Hiking is not only good for the children but it also provides the necessary exercise adults should be doing. Hiking can be done throughout the year.

Springtime is a great for looking for the first flowers of the season and observing birds which are in flight during this time.

During summer, animals are most active in this season. Children can observe and spot squirrels in the trees and other animals. Autumn would be the season for pine cones, acorns, seeds and other items for collection.

Aside from nature hiking, wildlife watching is also a hit among children. Just like bird watching, all you need is just good eyesight and a green area. Similar to bird watching there are field guides where you can identify the animals that you have seen. Just make sure that the wild things are kept in the wild.

Gardening is also a great way of involving them with science, explaining how things grow easy vegetables such as carrots, leaf lettuce, radishes and pumpkins. When involving children in gardening, make sure that they are asked what they would like to do with their harvest.

There are many outdoor activities that can be done like camping, picnics, and kite flying.

You can also pick some berries, apples, peaches and pears. The whole family can join this outdoor activity. After picking some and eating a little of the fruits that you have picked, they can make some delicious fruit cobblers. Not only do you learn about fruits and have lots of fun, you also get to have a chance of a wonderful dessert.

If the child wanted to do or is interested in a particular activity, think outside the box. Get creative! Mix ordinary finger painting with an activity outside the house like a picnic. Getting children mobile and active, creates long-lasting effects to healthy growth.

There is a study conducted by the UCLA Center for Healthier Children that children who have high classroom performance are those children who have an increased flow of blood and oxygen to the brain. By exposing children to sunlight and outdoor activity, they then get the necessary oxygen they need.

You can also do some star gazing. You can get a map and involve the children in looking and identifying planets and constellations, even talking about its history. This experience can be followed by going on trips to the library to be knowledgeable about the solar system.

Bird watching or birding has helped children in terms of increasing their knowledge in the field of animals and birds. This is an activity that children and adults like, the appeal does not wear off since there are thousands of bird species worldwide that can be viewed anytime.

Winter is not the friendly season. But even in this harsh weather, hiking can still be fun. Children can learn how to examine animal tracks and their food intake during this season.

Snowshoeing is a great recreation sport with the children during wintertime. Just be sure that they are properly covered with warm clothes before they head out the door.

Thank you for taking the time to read this month's newsletter and we wish you well.

Cheers, Tricia

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