

A photograph of a woman and a young girl walking together in a park. The woman, on the right, is smiling and looking down at the girl. She has her hair in a ponytail and is wearing a brown and grey hoodie. The girl, on the left, is also smiling and looking up at the woman. She is wearing a grey hoodie with a sequined heart on the chest. They are holding hands. The background is a blurred park with trees and flowers.

8 Tips
to get kids into Nature
and off their screens

Wellbeing support for Mums & their Wild One's





Welcome!

It's no secret that kids need less screen time and more green time which presents a challenge for busy parents raising kids in a society where technology is everywhere and the pressures of family life can feel overwhelming

Hi, I'm Dani

A Kids Yoga Teacher, Nature Lover, Mum & woman on a mission to support families and kids to live a happier, healthier and more connected life with themselves, each other and the world around them

Over the past 10 years as a kids yoga teacher and 17 years as a mum, I have seen and experienced the challenges you face as parents, and can see how important it is for our kids to reconnect with nature, slow down and be supported with opportunities to experience mindfulness, gentle movement and being immersed in the calming and grounding energy of nature.

Not only is it good for our mental and physical wellbeing, it's also an important part of growing up. Nature provides us with a space to explore and be curious and understand our place in the world and how our actions have effects on the world around us. There is loads of evidence too on the benefits of seeing green spaces and the harmonious connection we feel when we are connected to the ebbs and flow of nature's seasons and cycles.

In this EBook I have given you 8 Tips to support your family, with more to come in each edition of my ENeswletter. I look forward to hearing from you, which Tip you found most useful and the changes and benefits they bring to you and your family

Dani xo





*Less Screen Time
More Green Time*





8 Tips to get kids into Nature and off their screens

1. Make it EASY

It's easy to just stay indoors and play sometimes but it can be a simple swap to move things outdoors and a great way to shift the energy and focus away from their screens. Pretty soon they will be distracted by the magic and beauty of nature and enjoying their snacks and play outdoors

2. Have FUN

Kids love seeing adults having fun, being silly and letting their inner child out to play, If they see you enjoying the playground and nature, they will too



3. Get ACTIVE

We spend a lot of time sitting down and inside, so getting active with our kids is a great way to help them spend more time in nature. Go for a bike ride, plan a family hike or kayak adventure or find a family yoga class you can do together

4. Be a ROLE MODEL

Kids learn, create habits and understand values by watching what we do, so its important that they see us taking time off screens getting outdoors and sharing those values with them





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5. Invite FRIENDS

Activities and outings are always more fun with friends. Invite other family members or friends to join you on your adventures and let others know you are planning a trip so they can come along.



6. Make it a HABIT

Incorporate nature into your family's routine and set the expectation that being outdoors is an important part of your family's lifestyle. Consider a family walk, picnic or bbq dinners, nature based holidays and trips to the park throughout the week are great ways to create healthy habits.

7. Get CREATIVE

Kids love to create and get crafty, so why not get them into nature collecting and creating in a more relaxed and calming environment. Seeing what they come up with when given the opportunity to slow down and express themselves creatively is a lot of fun for the kids and us as parents.

8. Help them CONNECT

Kids love to learn and create a deeper connection through understanding themselves and the world around them. Next time you are outside, find some things to look at and ask them questions to engage their curious minds.



Wellbeing Benefits of Nature

- Nature teaches us about change, the seasons and that nothing lasts forever
- Spending time in nature helps us to slow down, be curious and creative
- Nature provides a calming and comforting space to play, sit and just be
- We learn through observing nature that we are all unique and have different needs
- Nature is a great healer, it can help us to feel grounded and supported
- We can use nature to focus our attention and become more present in our lives
- Nature craft is a fun way to connect with the natural world and use our imaginations and problem solving skills
- We can understand diversity just by looking at nature and seeing its vibrant range of colours, shapes and textures. Its a great tool for mindfulness and presence
- Nature encourages us to be active, adventurous and open to new possibilities
- Happy hormones serotonin and dopamine are released when in nature

“Nature is a tool to get children to experience not just the wider world, but themselves”

Stephen Moss

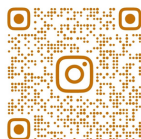
Danielle Simpson

Qualified Kids & Adults Yoga Teacher
Mindfulness | Nature | Laughter Yoga | Human Design

 0422 041 001

 www.wildflowwellbeing.com.au

 wildflowwellbeing@gmail.com



Supporting kids and adults to feel more calm, confident
and connected to themselves and the world around
them with mindfulness, movement & nature craft

