

# Toddler Nature Activities Ideas

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## Playdough forest:

Gather sticks, rocks, pinecones outside. Use nature treasure to make a “forest” or stamp textures with playdough. Use rocks, sticks, shells, etc. as stamps and make patterns in playdough.



## Yoga:

Many yoga poses have animal themes (downward dog, cobra, butterfly, cat/cow, camel, and many more!)

Bonus if you can practice outside!



## Weed Garden:

Make a garden fence with sticks and rocks. Dig up harmless weeds (like yellow wood sorrel, purslane) and replant in your garden. Watch them grow with little maintenance!



## Rock piles:

Use river rocks as blocks to build towers, structures, or flat pictures.



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## Bittersweet crown:

Ornamental bittersweet is an invasive weed that is bendable and strong. Cut pieces of bittersweet and bend and weave into a crown. Weave in grass, pine, flowers. Use as crown or wreath.



## Rock painting:

Gather rocks and paint them with finger paint. Sticks, leaves, pinecones work too! Try using q-tips to apply paint.



## Sound Adventure:

Name all the different sounds you can hear (animals, wind, water, trees, etc). Mimic the sounds with voice and body.



## Counting and colors:

Ask child to find X number of things. Example: 1 rock, 2 leaves, 3 sticks, etc.

Ask child to find objects that are different colors.



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## Mud kitchen:

Bring outside containers, utensils, plates and make mud! It's messy but so fun!



## Trash Cleanup:

Bring a bag with you while you play and hike outside, pickup whatever trash you find and dispose of it properly.



## Leaf Confetti:

Use a hole puncher to punch holes in fallen leaves. Use them as a zero waste/non-plastic confetti.



## Leaf/flower press:

Preserve beautiful fall foliage or abundant flowers by pressing them in a book. Foliage will dry and be preserved.

