



CONFIDENCE. INDEPENDENCE. RESILIENCE.
Through Meaningful Experiences in Nature.



OUTDOOR ACTIVITIES TO PROMOTE BRAIN DEVELOPMENT

Play Outside. Grow Inside.

Nature is the original classroom. These simple, fun outdoor activities help build strong brains, healthy bodies, and confident kids. ♥

WHY OUTDOOR PLAY MATTERS



BOOSTS BRAIN POWER

Nature experiences enhance memory, attention, creativity, and problem solving.



REGULATES EMOTIONS

Time outside reduces stress, supports mood, and helps kids manage big feelings.



BUILDS KEY SKILLS

Gross motor, coordination, balance, and planning skills all grow through movement and play.



STRENGTHENS CONNECTIONS

Outdoor time builds language, teamwork, and deeper family relationships.



SUPPORTS WHOLE-BODY HEALTH

Fresh air, sunlight, and movement support sleep, immunity, and overall well-being.

OUTDOOR ACTIVITIES & THE BRAIN CONNECTION



NATURE SCAVENGER HUNT

Search for colors, textures, and natural treasures.



Strengthens attention, memory, and observation skills.



BUG & PLANT EXPLORATION

Observe insects, leaves, and flowers up close.



Builds curiosity, sensory processing, and scientific thinking.



NATURE BUILDING

Use sticks, leaves, and stones to build a creation.



Encourages creativity, spatial awareness, and problem solving.



OBSTACLE COURSES

Create a course with jumps, balance beams, and crawls.



Improves coordination, bilateral movement, and executive function.



NATURE ART

Create with leaves, rocks, mud, flowers, and sticks.



Inspires imagination, creativity, and fine motor skills.



SLOW DOWN & SENSORY PLAY

Listen to birds, feel the breeze, sit quietly and notice.



Supports self-regulation, mindfulness, and body awareness.



OT TIP FROM NOVEL HEIGHTS

Follow your child's lead and join in the fun! Open-ended play in nature allows kids to practice planning, decision making, flexibility, and independence—key skills for life.



TRY THIS!

THE 5-4-3-2-1 NATURE RESET

A simple mindfulness activity:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you are grateful for



OUR OUTDOOR MOMENT

Draw a picture or add a photo of your adventure!



FREE RESOURCES

Scan to visit our Free Resources page for printables, activities, and more tips to support your child's growth through nature!



We'd love to see your adventures!

Tag us in your outdoor moments!



@novelheights

#novelheights



Helping kids grow through nature, connection & play.

