



CONFIDENCE. INDEPENDENCE. RESILIENCE.

Through Meaningful Experiences in Nature.



CREATE A Color Wheel

A SIMPLE OUTDOOR ACTIVITY THAT SPARKS CREATIVITY AND LEARNING!



Get outside and discover all the beautiful colors nature has to offer.

This hands-on activity supports creativity, learning, and connection. ♥

THIS ACTIVITY SUPPORTS:



EXPLORES COLORS AND NATURE

Helps children notice details in their environment and appreciate beauty.



ENCOURAGES FINE MOTOR SKILLS

Picking up small items strengthens little hands and improves coordination.



BUILDS CREATIVITY AND PROBLEM SOLVING

Sorting, arranging, and creating encourages creative thinking.



PROMOTES FOCUS, PATIENCE, AND PRIDE

Taking the time to create something beautiful builds confidence!

How to Play:

- 1 Collect natural items in different colors.
- 2 Sort your items by color.
- 3 Arrange them in a circle to create your very own color wheel!
- 4 Take a moment to admire your beautiful creation.

OT TIP FROM NOVEL HEIGHTS ♥



Activities like this support visual perception, sorting skills, and executive functioning. Try asking, "What's your favorite color you found today?" or "Where do you think this color comes from in nature?" to build language and connection!

TALK & CONNECT

Use this time together to build language and curiosity!

- What colors did you find the most of?
- Where do you think each color comes from?
- How do these colors make you feel?
- Can you find something in nature that matches your favorite color?



OUR COLOR WHEEL CREATION

Draw a picture or add a photo of your color wheel!



FREE RESOURCES

Scan to visit our Free Resources page for printables, activities, and more ways to learn and grow together in nature!



MAKE IT PART OF YOUR DAY



READ TOGETHER

Stories build language, imagination, and connection.



EXPLORE OUTSIDE

Nature supports curiosity, problem solving, and focus.



HELP TOGETHER

Simple chores build independence and responsibility.



CREATE & PLAY

Art, building, and imaginative play build big skills.



TALK & CONNECT

Ask questions, listen, and celebrate everyday moments.



We'd love to see your adventure!
Tag us in your nature creations!



@novelheights
#novelheights



Helping kids grow through nature, connection & play.

