

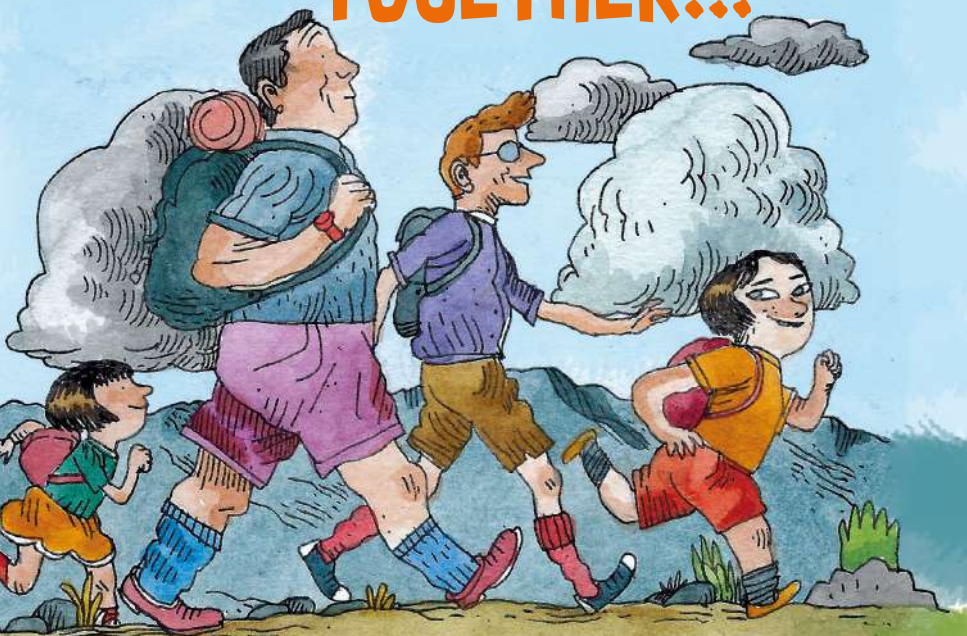


Co-funded by
the European Union

A SUPERPOWER
TO DEFEND
NATURE



IN NATURE, TOGETHER...



BEYOND COGNITIVE BOUNDARIES

GAMES, ACTIVITIES AND WORKSHOPS FOR ALL FAMILIES



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IN NATURE, TOGETHER... BEYOND COGNITIVE BOUNDARIES

**GAMES, ACTIVITIES AND WORKSHOPS
FOR ALL FAMILIES**



A SUPERPOWER TO DEFEND NATURE



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INTRODUCTION

This guide is part of the "A Superpower to Defend Nature" project, funded by the European Union through Erasmus+. It has been developed by several environmental associations, organisations, and public bodies that work with children with intellectual disabilities in Italy, Spain, Malta, and Greece.

The project's goal is to involve children with different intellectual disabilities in environmental activism and outdoor activities by providing proper training and tools to teachers, environmental educators, and families.

Adults working with children with these disabilities often fear that outdoor activities may be too dangerous or that environmental topics may be too complex for the children to engage with. However, with some precautions and flexibility, outdoor activities can benefit everyone.

This guide aims to give families tips and ideas for spending more time in nature, enjoying it safely and comfortably. You can customise the activities to suit your family's needs, making them simpler or more complex, to create new and fun adventures. Nature makes no distinctions; diversity is a treasure in itself. Everyone can benefit emotionally from connecting with it.

If we want to preserve this wonderful planet, we all need to join the effort to protect nature, starting by loving it and spending time outdoors. With this guide, we hope you create the best memories together in nature.

Have fun!

WHY IS IT **IMPORTANT** **TO SPEND TIME IN NATURE** **AS A FAMILY?**

With work, homework, sports, and other activities, spending time together as a family has become very rare. It can be hard to find time even to dine or play together. Suggesting that families spend time outdoors might seem like adding another chore to our already busy lives.

However, we should think of spending time in woods, parks, or gardens not as a chore but as a gift we give ourselves as a family. It is a chance for each of us to reconnect with nature and with each other, strengthening bonds and discovering new things together.

There are countless scientific studies that demonstrate the benefits of being in nature. These benefits include improved physical health and healthy growth in children, as well as mental health improvements, such as reduced stress and better focus. Some studies also show that family bonds grow stronger when spending time in nature, and increased parental affection creates a sense of being closer to each other.

With this guide, we want to suggest a way to relax and escape from our busy routines, making outdoor outings opportunities to have fun, learn new things, and create wonderful memories.

In the following pages, you will find several suggestions for outdoor games and activities. These activities are suitable for all families and designed to strengthen family bonds by sharing feelings. They are just starting points; each family will discover and create their own favourite activities in nature.



HOW TO BEGIN?

NATURE IS EVERYWHERE!

You don't need to drive for hours to escape the city; a nearby garden or park is enough. Even just half an hour of relaxation and fun outside can be beneficial.

DON'T WAIT FOR PERFECT WEATHER.

Being in nature is enjoyable whether it's cold, hot, or rainy. The key is to dress appropriately and wear the right shoes.

PLAN AHEAD.

Involve children by discussing the options, games, and activities in advance. Showing them pictures of the place online or in guides can help prepare them for the outing.

GET READY.

Especially when with kids, it's important to bring the right equipment: water bottles, snacks, hats, a change of clothes for the little ones, and raincoats in case the weather changes. In humid areas during summer, bring mosquito repellent and sunblock for strong sunny weather.

CHOOSE WISELY.

Select activities based on the area and everyone's experience with nature. If visiting a new place, prepare by looking online for paths or areas of interest. Find information about available activities and facilities (tables, toilets, etc.), and consider joining an event organized by a local association or park rangers.

CREATE A SOCIAL STORY.

Children on the autism spectrum or with cognitive disabilities might benefit from a story about the place you'll visit. A social story shown at home beforehand can help them understand what to expect.

MAKE A TIMELINE.

Some children find it reassuring to have a timeline with the list of activities in order, so they know what's coming next.

USE SPECIAL CARDS.

Your child might find it helpful to see the steps of the planned activity in advance, especially if it's new. Prepare flash cards with images or drawings of the steps and show them before leaving home.

ASSIGN ROLES.

Involving everyone in the chosen activity makes it more enjoyable. Before starting, define each person's role. Swapping roles and cooperating can ensure active participation from everyone.

INVITE FRIENDS.

To make the experience even more enjoyable, invite other families to join.

BE FLEXIBLE.

Even if you planned to complete the whole trail or a specific activity, if the children are too tired or distracted, it's okay to change plans. The important thing is to have good memories of the time spent together.

HAVE A BACKUP PLAN.

For children not used to being in nature, these activities can be intimidating. Help them feel at ease by doing something familiar in the new environment, like reading a story under the trees, drawing, playing checkers on the grass, or involving a comfort object. Visual aids (pictures, photos) can also help them feel more comfortable by knowing what's next.

SHARE STORIES.

After the excursion or outdoor activity, take some time to share thoughts and favourite moments. It's also a good time to plan the next visit. Pictures and videos of the experience can help facilitate this conversation.

MUTE THE PHONE.

To make the family trip truly special, focus on your group and the nature around you. Use phones only for taking pictures or looking up information on animals and plants, but avoid social networks and emails.

BE PATIENT.

Nature doesn't have a schedule. Allow the children to familiarize themselves with the environment. It might take some time for them to get accustomed to it and to the animals in the area.





PLAYING WITH NATURE

**SIMPLE IDEAS FOR PLAYING IN NATURE.
A WAY TO EXPLORE AND GET TO KNOW
YOUR SURROUNDINGS SAFELY AND ENGAGINGLY**



HURRAY FOR AUTUMN LEAVES

In autumn, one of the best activities is observing the changing colours of leaves. You can collect a dead leaf, twig or pinecone from the ground and inspect it for venation patterns, tiny creatures, lichens, etc. If we are equipped with magnification loupes, it can be even more fascinating!



THE WORLD OF INSECTS

Many adults fear or dislike insects because they didn't observe or learn about them as children. Look for insects like ladybirds, beetles, or other bugs. Allow children to watch these creatures as close-up as they can. Let them focus on the details: legs, antennae, colours. Allow them to even bring their face close to a blade of grass to watch as closely as possible. Encourage them to take as many pictures as they can – perhaps macro too!



BECOMING INVISIBLE

Some wild animals live in our parks and gardens, but they can be hard to spot. Explain to children that birds and other animals get scared if we get too close or make noise. The best way to observe them is to "camouflage" by wearing nature's colours. Enhance the fun by using leaves, sticks, and feathers to craft a "cover" and become even more invisible to animals.





PLAYING WITH MUD AND JUMPING IN PUDDLES

Mud in nature is just wet soil and not dangerous. Dress children in washable clothes and rubber boots. They'll have a great time. Build a large mud cake or, if the soil is already disturbed, dig a deep hole to see if you can find any creature that lives underground. Adults can join in too with rubber boots and a scoop—you'll feel like children again.



ANTS

Put some sugar near an anthill and let children observe what happens, preferably with a magnifying glass. Notice how the ants work together as a team.



THE POOL OF WONDERS

If you visit a natural area with a small pond, bring a shallow white tray and a net. In spring, you can use the shallow tray to catch and observe creatures living in the water. Look at them with a magnifying glass and search the internet or a guide for freshwater organisms to identify them. Do not touch the creatures you capture; keep them in the tray for no longer than a minute (especially if it's sunny) and then release them back in the wild.



THE MAGICAL MAGNIFYING GLASS

Bring a shatterproof magnifying glass. Use it in a meadow or near a bush to observe insects, leaves, stones, and flowers up close.





MAGICAL NIGHTS

Observing nature at night is one of the most beautiful experiences! On a summer evening, organize a night trip with red flashlights. You can hear and maybe see many animals hidden during the day. On a clear night, lie down in a meadow and stargaze. Use a small guide or the internet to learn the constellations. There are also a free apps you can download onto your smartphone that will pinpoint all the constellations, planets and the names of the main stars you are looking at, just by pointing the phone at them.

THE PINECONE RACE

Turn the classic egg-and-spoon race into a woody version: run with a pinecone on a branch instead of an egg. Each player chooses a pinecone and a forked branch, then competes. Hold the branch in your hand if it's not feasible to hold it in your mouth.



A watercolor-style illustration of a large, leafy green tree with a thick brown trunk. In the foreground, two children are sitting on the ground, reading books. The child on the left is a boy with dark hair, wearing a blue shirt and a red tie. The child on the right is a girl with dark hair, wearing an orange shirt and a pink skirt. A white speech bubble with a black outline is positioned in the middle of the tree's canopy, containing text. The background is a light yellowish-green color.

READINGS IN GREEN

Some children don't love reading but enjoy listening to stories. Choose a book together and read it aloud while lying under a tree.

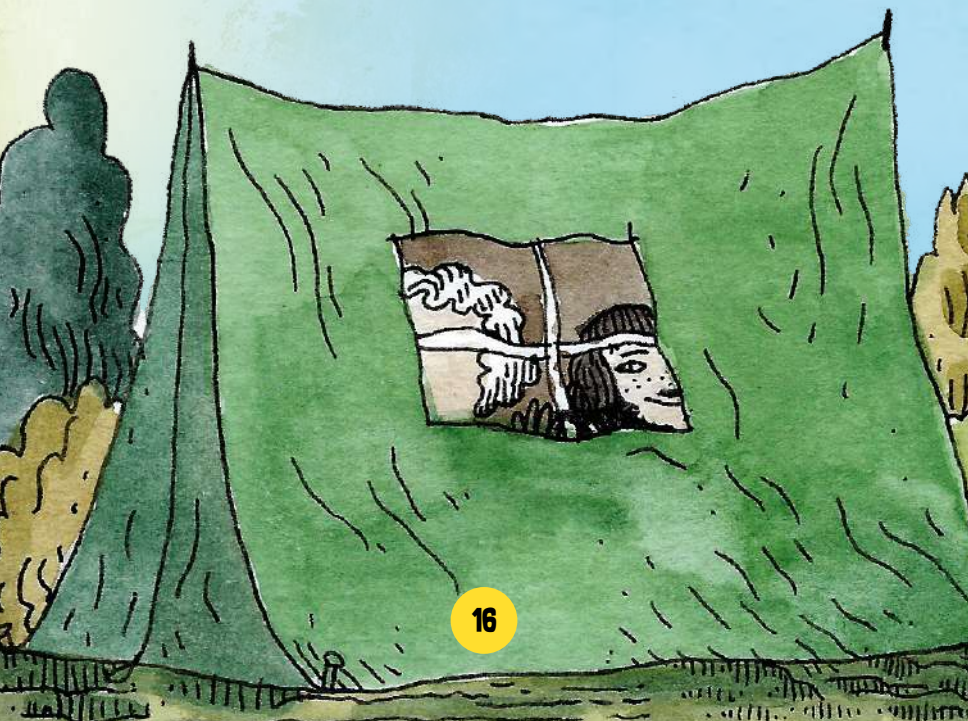
WHO IS THE INTRUDER?

Play a fun game by identifying the object that doesn't belong. Show a series of natural objects like leaves, flowers, soil, insects, and add a foreign object such as a kitchen utensil. Be ready for surprising answers as children use their logic. Make it easier by offering a choice between two objects. At the end of the game, make sure you remove the foreign object from the environment.



CAMPING

Organize a camping trip in nature, sleeping in tents (ensure it's a certified campsite). Cook in the open (safely) and maybe tell horror stories under the stars.





ROLLING DOWN (FLIP RACE)

Find a suitable slope and have a rolling race. Challenge the whole family to see who gets to the bottom first.

THROUGH THE LOOKING MIRROR

Even on a short walk in the park, bring a mirror. Have the child hold it under their nose and look into it while walking. Trees, clouds, and birds will look completely different.

COLOUR, COLOUR...

Lay out different coloured pieces of paper or cloth on the ground, from red to yellow, pink to white. The child has to find objects in nature matching those colours and place them on the corresponding paper or cloth. It's amazing to see the variety of colours in the woods, especially in autumn!

TREE PRINTS

On sunny days, take a walk in the shade of trees and gather tree prints. Bring paper and crayons. Place the paper on a tree's bark and rub the crayon over it to create a beautiful print. Collect prints from different trees and use various colours. These prints can be hung up, used as gift wrap, or to cover a holiday notebook.

MEMORIES BRACELET

Make a "bracelet" of adhesive tape (paper tape is best) around the child's wrist, but not too tight—two fingers should fit under it. Tell them to collect small objects (like a rock, leaf, or stick) during the walk and stick them on the bracelet. Remind them not to tear flowers or plants. Alternatively, create a "picture" by sticking tape on a stiff sheet of paper.





NATURE IS FUN

**FUN GAMES TO OBSERVE AND LISTEN
TO NATURE. EXPERIENCE NATURE
THROUGH ITS COLOURS, SOUNDS,
AND SHAPES TO DISCOVER ITS VARIETY.**



TREASURE HUNT

Prepare a list of natural “treasures” with pictures beside the names for children to find within a certain time. Examples include a bird feather, an oddly-shaped rock, a pointy leaf, or something yellow. Use either printed pictures or real items collected in advance.

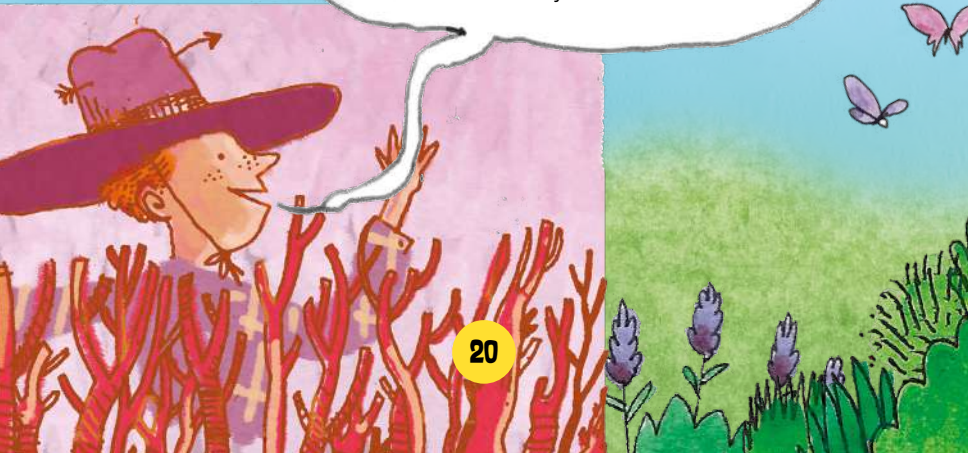


HOMEMADE BOARD GAME

Recreate popular board games in nature using found objects. Use similarly-sized rocks to play checkers, Mikado sticks for pick-up sticks, and sticks, rocks, and leaves for tic-tac-toe.

GREEN ARCHITECTS

Use branches, leaves, rocks, and creativity to build personal shelters. Before that, make sure there are no invertebrates living on, in, or underneath them. Children can create houses, forts, huts, or nests using their imagination. Ideally, you put the natural items back where you found them.



SAVE NATURE TOGETHER

Engage children in protecting the planet with practical activities in nature. Organize a family outing to collect plastic litter in a green area, plant trees, or build wildlife observation huts with a local organization.

TECHNOLOGICAL NATURE

Encourage children to shoot videos in nature and edit them, perhaps with a specific theme. They can also use apps to identify animal or plant species or participate in a photo treasure hunt, capturing the elements on a list.



COLLECT SOUNDS

Find a quiet spot in nature. Sit or lie down comfortably and close your eyes to focus on the sounds around you. Every time you hear a sound, lift a finger or hand. Do this for 2-3 minutes, then open your eyes and discuss the sounds: did you recognize them? What were they? Where did they come from? In a second round, focus on specific sounds, such as bird songs or insect noises.

WHOSE IS THIS ONE?

Autumn is perfect for this observation game. One participant secretly collects natural objects (seeds, fruits, leaves, bark) that have already fallen. Show one item at a time, and others must identify the plant it belongs to. The one who guesses the most wins. It's also a chance to observe how nature prepares for winter: shrubs turn yellow, fewer birds sing, and fewer insects fly.



GUESS WHO

Prepare cards with 6-7 features of animals living in the area. For a grey heron, you might write: 1) I have a long beak for fishing, 2) I have wings covered with grey feathers. Choose animals and clues based on the child's knowledge. Print colour pictures of animals, cut out the various body parts, and have the player guess the animal by showing one picture at a time. When all the pieces are assembled, it will be easier to recognize the animal.

I SEE, I SEE

Sit on a lawn in a line.
The person at the back starts by saying, "I see, I see..." and the one in front completes the sentence, e.g., "...a tree with yellow leaves." Then the first person says, "I hear, I hear..." and the one in front describes a sound they hear. Finally, "I feel, I feel..." for sensations like warmth, cold, light, or scents.
Repeat the game, alternating roles.



CHALLENGES IN NATURE



**CHALLENGE YOURSELF
WITH DYNAMIC ACTIVITIES
TO CONNECT WITH NATURE.
IMMERSE YOURSELF
IN THE BEAUTY
AND COMPLEXITY
OF NATURE WITH THESE
ENGAGING ACTIVITIES.**

CITIZEN SCIENCE

Contribute to scientific studies as a family by participating in Citizen Science projects. Choose projects that interest you, such as birds, insects, or trees. After making observations, enter the data on special platforms. For birds, reptiles, some mammals, and some insects, you can connect to ornitho.it. Review the website with the children beforehand so they understand what you'll be doing and how you'll contribute.



HOME COMING

Conduct this exploration activity in an area with different species of trees. Use a handkerchief or bandana to blindfold a player and guide them to a tree. Have the participant touch and memorize the bark's texture. Afterward, return to the starting point, remove the blindfold, and have them find the tree by touch. Reverse roles and repeat. An adult should accompany the child during this activity.

WORDS OF NATURE

Choose a word that describes the place you are in, such as "forest" or "river." For each letter, find a word that starts with that letter and relates to something you see. For example, for "FOREST": Fungus, Oak, River, Elm, Squirrel, Tree. The possibilities are endless!

NATURAL INTERVIEW

Have the player choose an element they see and like, such as a tree, stream, stone, or flower.

Explain that they are a journalist interviewing that element, and they will answer in its place.

Ask questions like:

How old are you?

Have you always been this big?

Do you like living here? What do you like?

The player will invent answers as if they were that element.

Reverse roles and repeat the game.

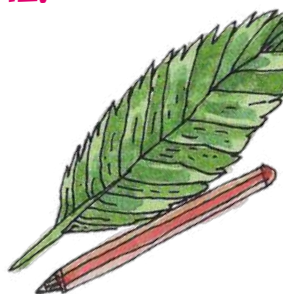


NATURE LABORATORY

SOME IDEAS TO CONTINUE ENJOYING NATURE AT HOME!

GREEN GRAFFITI

Take a walk and collect items such as leaves, small branches, pine cones, and acorns. Once home, fill spray bottles with water and food colouring. Arrange the objects on a sheet of paper and spray the colour. Remove the natural elements to reveal your masterpiece!



ART LEAVES

Gather various leaves during your nature outings. At home, place the leaves vein-side up under sheets of wax paper. Use crayons to rub over the leaves, creating an image on the paper. This can also be done with tree bark, fossils, and dried flowers.



ECOLOGICAL MEMORY

Collect pairs of small natural elements, like stones or leaves, and place them in boxes with lids or under cups. Observe them first, then cover them. Players take turns uncovering boxes to find matching pairs. Start with a few pairs and add more as the game progresses. To increase difficulty, use themed pairs, such as only leaves.

GREEN TINCTURE

Create natural colours from elements like green herbs for green, soil for brown, and blackberries for violet. Use only materials that don't harm the environment. At home, crush the materials with a mortar and water. Use the mixture to paint watercolours or create leaf prints by brushing leaves with the colour and pressing them on paper.

MY FIRST PAIR OF BINOCULARS

Help children learn to focus with homemade binoculars. Glue two cardboard toilet paper rolls together to make a pair. This helps children concentrate on a single point. Add a string to wear the binoculars around the neck and let them decorate their creation. Continue the exercise with paper towel rolls, having them close one eye to improve focus.



TREASURE BOX

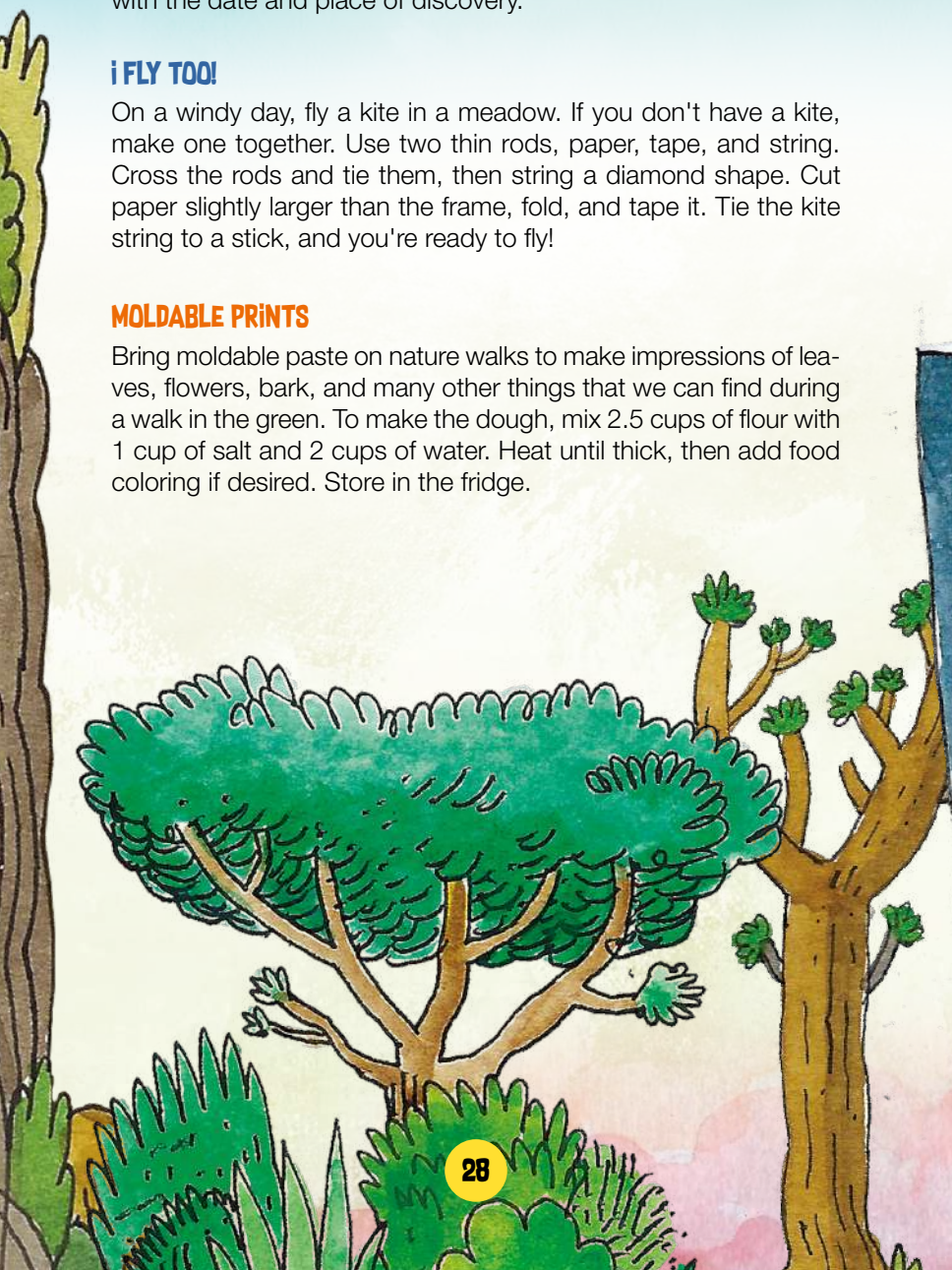
Collect interesting items during nature walks, like feathers, rocks, or bark. At home, create a treasure box from a decorated shoebox. Store your treasures inside, and if desired, label each with the date and place of discovery.

I FLY TOO!

On a windy day, fly a kite in a meadow. If you don't have a kite, make one together. Use two thin rods, paper, tape, and string. Cross the rods and tie them, then string a diamond shape. Cut paper slightly larger than the frame, fold, and tape it. Tie the kite string to a stick, and you're ready to fly!

MOLDABLE PRINTS

Bring moldable paste on nature walks to make impressions of leaves, flowers, bark, and many other things that we can find during a walk in the green. To make the dough, mix 2.5 cups of flour with 1 cup of salt and 2 cups of water. Heat until thick, then add food coloring if desired. Store in the fridge.

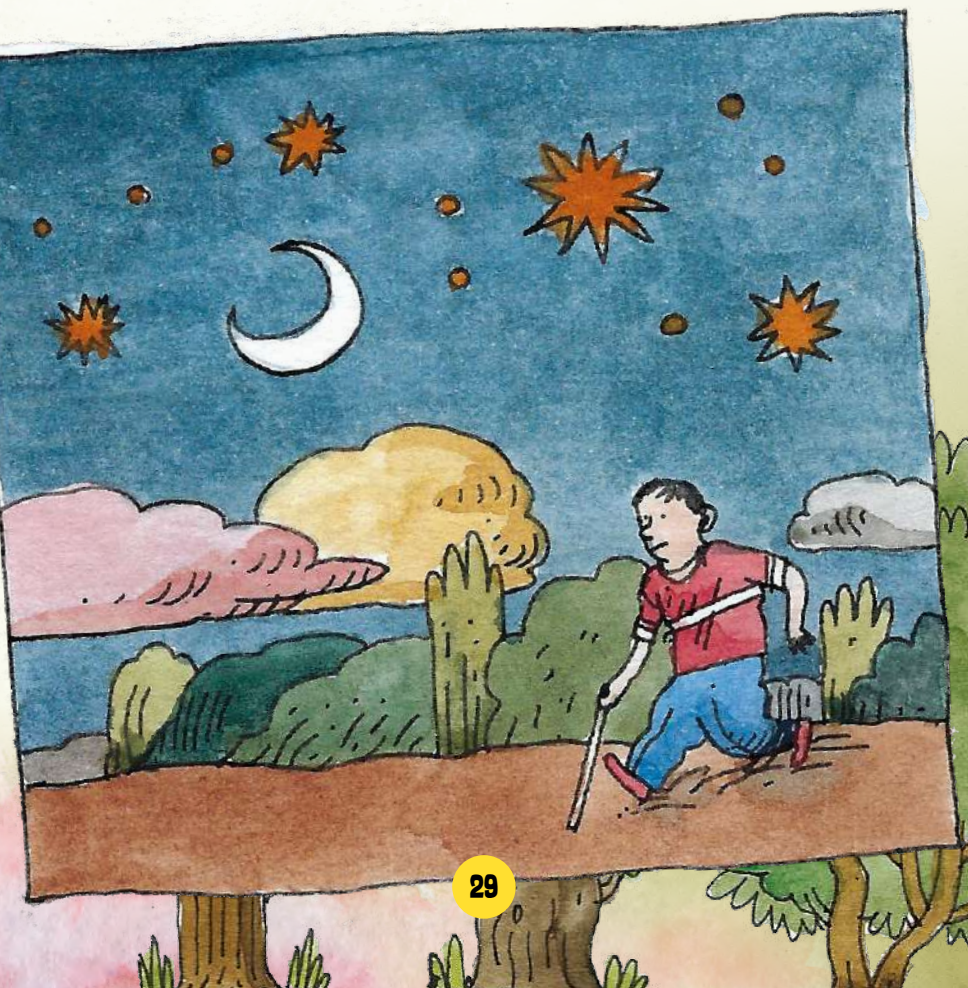


LEAF STYLISTS

In autumn, collect beautiful leaves. Use them to paint by covering one side with fabric paint and pressing it onto fabric. Use multiple colours to mimic natural leaf shades. Add lettering or drawings with fabric markers. Once dry, follow paint instructions to fix the colour, usually by ironing the fabric inside out.

HIKING STICK

Choose a branch from the ground during nature excursions. Decorate it with strings, colored wool, hot glue, acrylic markers, adhesive tapes, and natural elements like leaves, feathers, and twigs. This stick can accompany you on future hikes.



A LITTLE BIRDGARDEN AT HOME



YOU CAN OBSERVE BIRDS AND OTHER ANIMALS THAT LIVE AROUND US EVEN FROM HOME. HERE ARE A FEW TIPS TO ATTRACT OUR WINGED FRIENDS TO YOUR WINDOWS OR COURTYARDS

FEEDER FOR BIRDS IN A JAR

Watching birds from your window is a great experience! You can make feeders to attract various species of small birds, but only do this in autumn and winter. In other seasons, birds find fruits and insects on their own.

Materials: • Clean yogurt jars • String • Margarine or lard
• Various seeds (different sizes)

Instructions: • Make a hole in the bottom of the yogurt jar.
• Cut a piece of string long enough to hang the jar, and put it through the hole. Tie a large knot inside the jar. • Mix margarine or lard with various seeds. • Fill the yogurt jar with the seed mixture and cool it in the fridge for a few hours. • Hang the jar outside and watch the birds come to feed.





BIRD TABLE

Make a bird table, spread seeds and cake or biscuit crumbs on the bird table, retreat to a distance and enjoy the birds.

Materials: • Plastic flowerpot saucer • Broomstick • screw
• Metal washer

Instructions: • Place a metal washer under the screw head so the screw won't go right through the plastic • Poke one or two small holes around the rim so rainwater can drain away.

PINECONE RESTAURANT

In winter, smaller birds can struggle to find food. You can help by making a feeder from a pinecone.

Materials: • Pinecone • Peanut butter • Seeds • String

Instructions: • Smear peanut butter on a pinecone using hands, a brush, or gloves. • Roll the pinecone in seeds to coat the peanut butter. • Tie a piece of string around the pinecone so it can be hung. • Hang the feeder in a tree or outside your window, ensuring it's reachable only by small birds.

BIRD DRINKER

Most birds drink water every day. However, it's not easy for them to find water sources, especially in the summer. Providing water improves habitat for birds and other animals, and increases your chances of observing them up-close.

Materials: • Plant pot saucer • Large yoghurt pot
• Scissors • Stone

Instructions: • Cut a hole in the pot about 1 cm from the rim
• Fill the pot with water. TIP: Why not use a water tub and collect rainwater to save the environment and your water bill! • Put the saucer on the top and carefully turn them upside down • Place the stone on top of the saucer to keep your brand new water tray from falling over



NATURE CHALLENGE

**SHEETS FOR NATURE SEARCHERS...
ARE YOU READY FOR THE CHALLENGE?**

Treasure hunts and nature searches are fantastic ways to engage children, whether your goal is to find as many natural items as possible or to compete with different participants (parents against children... who's going to win?!).



On the following pages, you will find various sheets with natural items to search for during a walk or activity in a green area (even in a city park!). Depending on the time of year, location, or personal preferences, you can choose the most suitable sheet—the one that will allow you to find more natural items easily. It's like a treasure hunt, and over time, you can become more and more experienced!



**ENJOY
YOUR NATURE
CHALLENGE!**

AUTUMN

WINTER



A BROWN
LEAF



AN ACORN



AN ANIMAL TRACK



A SNAIL



A BIRD

SPRING SUMMER



A FLOWER



A LADYBIRD



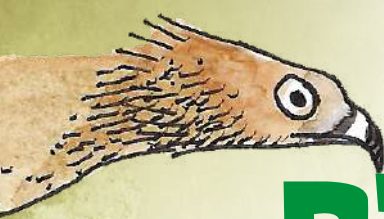
A GREEN
LEAF



A BUTTERFLY



A BIRD



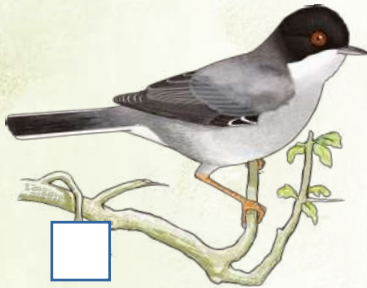
BIRDS



SPARROW



ROBIN



**SARDINIAN
WARBLER**



COMMON SWIFT

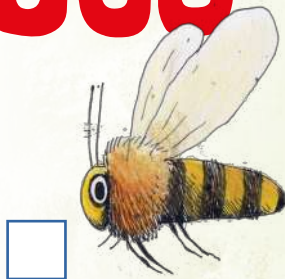


WHITE WAGTAIL

WORLD OF BUGS



A LADYBIRD



A BEE



A BUTTERFLY



AN ANT



A CATERPILLAR

WOODLAND



A PINE CONE



A DRAGONFLY



A SPIDER



A BEETLE



A PINK FLOWER



A BIRD FEATHER



A TADPOLE



A BIRD



A BUTTERFLY



AN ANIMAL TRACK

COUNTRYSIDE



A LADYBIRD



A SNAIL



A SPIDER



A CHAMELEON



A PINK FLOWER



AN ANIMAL TRACK



A POPPY



AN ANT



TWO LEAVES OF
DIFFERENT SHAPE



A BEE

SEASIDE



A CRAB



A SHELL



A STARFISH



A FISH



**A BIRD
FEATHER**



**A FLOWER GROWING
ON THE SAND**



A HERMIT CRAB



A MUSSEL



A BIRD



A ROUND STONE

WETLAND



A YELLOW FLOWER



A DRAGONFLY



A DUCK



AN INSECT
LARVAE



COMMON
REED



KINGFISHER



A TADPOLE



A FISH



A BIRD
FEATHER



A FROG

ANIMALS SPRING



A SPARROW



A COMMON REDSTART



"A FROG



COLLARED DOVE



AN ANT



A LIZARD



A CATERPILLAR



A BEE



A SWALLOW



SARDINIAN
WARBLER

ANIMALS AUTUMN



A SNAIL



A LADYBIRD



A SPARROW



A ROBIN



A SPIDER



A LIZARD



A BUTTERFLY



WHITE WAGTAIL



A COMMON REDSTART



COMMON CHAFFINCH



RESPECTING NATURE TOGETHER

When doing activities in nature, it is essential to respect our surroundings. Always explain to children not to tear plants and flowers, avoid leaving any kind of garbage around, and not disturb the animals. They can observe and touch some invertebrates like beetles, earthworms and grasshoppers, but it is better not to touch other animals to avoid hurting them unintentionally (e.g., butterflies). Instead, they can photograph or draw these animals to take home memories or identify them later. Always release any animals back where they were found.

COMMONLY ASKED QUESTIONS



I WANT TO TAKE MY FAMILY ON NATURE ACTIVITIES OUTSIDE OF PARKS OR CITY GARDENS, BUT I'M AFRAID OF GETTING LOST OR ENCOUNTERING UNFAMILIAR SITUATIONS.

For those new to trekking in nature, woods, mountains, or other large natural spaces, start by gathering information about the duration and difficulty of trails from park and reserve information points. Most parks and reserves have short, easy trails designed for beginners to get acquainted with the area. Start with these paths to build confidence and familiarity with the natural environment.

AS A GRANDPARENT, CAN THESE ACTIVITIES HELP ME BOND WITH MY GRANDCHILDREN?

Absolutely! Grandparents play a fundamental role in their grandchildren's lives, and spending time together outdoors will strengthen your bond and create wonderful memories. Planning the outing together with family members and involving the child in the process will make the experience more enjoyable for everyone.



MY CHILD HUFFS WHENEVER I PROPOSE GOING INTO THE WILD. SHOULD I FORCE THEM?

It's a common situation! Sometimes children feel lazy or uninterested. Try to present it as a fun activity with enthusiasm rather than as something that's just "good for you." Involve them in choosing and organizing the activities by providing options that you have vetted. Making them active participants rather than spectators can make the experience more exciting. Create a travel journal (digital or physical) in advance to guide them during the outing and boost their confidence. Use photos, drawings, words, and stickers to personalize it. After the outing, ask what they liked and why, and discuss what they would like to do or where to go next, supporting the conversation with photos and videos. This can spark new ideas for future outings, and don't forget to share your thoughts as well.

WE'VE VISITED ALL THE GREEN AREAS IN OUR VICINITY. WHAT NOW?

Return to those areas and explore them in new ways or in different seasons or weather conditions! Notice the details of a bush with a magnifying glass, use a mirror to look into hidden corners, find your favorite tree, or take a census of the animals or trees you see. You can also observe how the area changes with the seasons or at different times of the day. Returning to familiar environments can make children feel safe and secure, allowing them to discover new aspects of these places.





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WANT TO KNOW MORE?

For more information or to try various outdoor activities and visit beautiful green areas, contact BirdLife Malta at education@birdlifemalta.org or visit BirdLife Malta's website.

To learn about the activities of the Italian Association Down People Pisa or to support their projects, contact aipdpisa@aipd.it or visit AIPD Pisa's website.

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Nature does not discriminate; indeed, diversity is a richness in itself. Everyone can emotionally benefit from living in connection with it. This guide was created thanks to the project "A Superpower to Defend Nature," a programme funded by the European Union through Erasmus+, and developed by various environmental associations and organisations that work with children and young people with intellectual disabilities in Malta, Italy, Greece, and Spain. As you browse through the pages, you will find games and activities to be enjoyed in nature, suitable for all families and designed to strengthen family bonds through the experience of new sensations and adventures.

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