

dirtgirlworld

dirtgirl's top 5 tips for kids on going outside and getting grubby!

Hi Greenthumbs, dirtgirl here! There are a few things that make getting outside and grubby a whole lot easier, safer and more fun! As we step outside, let's keep these awesome tips that I always do in mind!

1. Old clothes are cool!

When we're outdoors, there's so much fun to be had, we don't want to be held back by worrying about getting some dirt on our new shirt or shorts. If we wear clothes that are ok to get dirty, we can concentrate on the most important part- having fun!

2. Slip, slop, slap.

It's easy-peasy to protect ourselves from the sun when we're outside getting grubby. Wearing a hat, long sleeves, sun cream and some super funky sun glasses are 4 easy ways to stay looking and feeling cool in the sun!

3. Don't rush...

There is so much to see in nature that there is no hurry.
In fact, the more time we take to stop and listen, the more we will notice!

4. Hang out with a big person!

Going outside and getting grubby can be filled with adventure, but part of going on adventures is making sure we have a grown-up there to make sure we are safe and to help us. When we hang out with grown-ups, they can even tell us facts about things that we spy in nature-things we might not know! Cool!

5. Turn on your 5 senses!

When we are out in nature, we don't just see things - we can hear birds calling and insects buzzing, we can smell new flowers blossoming and the scents from different trees, we can feel bark on trees -some are smooth, while some bark is rough- and we can even feel the breeze on our face! If we open up our senses to the beautiful world outdoors, we will be delighted by the amazing surprises nature has to offer!



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