

# The benefits of playing in nature

Natural Resource Wales places great value on children and young people's right to play in natural spaces. Nature play contributes to physical, social, emotional and cognitive development, forging a strong connection to nature and helping to lay down lifelong pro-environmental and healthy behaviours.

Nature provides children with exciting and fun play spaces that fire their imagination

Children enjoy playing in nature as it's often a space where they can feel free of adult led activities, allowing for more open-ended play

Playing in and with nature promotes positive wellbeing and inspires a sense of awe and wonder

Children can explore their sense of curiosity about the natural world, getting hands on experience through playing with soil, sand, water, shells, sticks, rocks, leaves and plants

Natural spaces come in all sorts of shapes and sizes, levels, heights and textures, providing rich landscapes that stimulate playfulness

Playing in and with nature allows children to test and improve their physical and emotional capabilities through challenging play

Children move more in outdoor spaces where they can run, climb and jump. Being physically active is good for their health and well-being

Connecting to nature through playing outdoors, supports children to care about their world and develop a sense of belonging

Playing in the natural environment allows children to develop their thinking skills; learning through experience, experimentation and doing

Nature play provides opportunities for teamwork and problem solving, making and strengthening friendships through taking part in activities like making dens, building dams and playing games

## Get in touch:

For information on this and the wider benefits of connection to nature:  
[www.naturalresourceswales.gov.uk](http://www.naturalresourceswales.gov.uk)

**Natural Resources Wales'** purpose is to pursue sustainable management of natural resources in all of its work. This means looking after air, land, water, wildlife, plants and soil to improve Wales' wellbeing, and provide a better future for everyone.

## Alternative format statement:

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