

自然與戶外遊樂

NATURE AND OUTDOOR PLAY

小朋友是天生的科學家，而大自然就是他們的實驗室，隨着四季的變化，給予小朋友許多探索機會。鼓勵小朋友「等一等，感官先發現」，享受身處戶外的時光吧！大自然沒有遊戲規則，小朋友可以自由發揮。當他們與大自然緊密連繫起來，體會到當中的奧秘，就會成為自然守護隊！

Children are natural-born scientists and nature provides a rich laboratory of open-ended opportunities that change with the seasons. Encourage children to “stop and discover” and enjoy their time outdoor! With no clearly defined rules and instructions in nature, children can have more freedom in playing. By fully immersing in the wonders of nature, they would establish strong bonding with it and become Nature Guardians!

自然與戶外遊樂能促進小朋友多利用感官探索，亦有助他們的成長。

Nature and outdoor play stimulates all the senses while supporting children’s development.

認知發展

COGNITIVE DEVELOPMENT

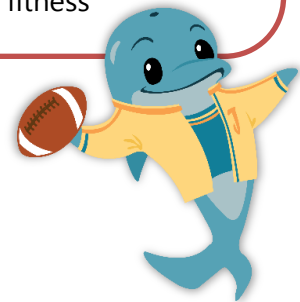
培養好奇心、解難能力及創意
Developing inquisitive minds,
engaging in problem solving and
creative thinking



體能發展

PHYSICAL DEVELOPMENT

舒展筋骨，鍛鍊體能，促進健康
Opportunities for physical activity,
thus improving overall health
and fitness



社交發展

SOCIAL-EMOTIONAL DEVELOPMENT

學會分享和合作，建立良好的人際關係
Forming connections and
working towards collaborations



自然遊樂小貼士

TIPS FOR CONNECTING WITH NATURE

大自然就是啟蒙老師

NATURE IS A GREAT TEACHER

小朋友天生好奇，只要有合適的環境，他們就能找出不同方法來試驗和發掘事物。不妨到山野遠足，到沙灘遊玩，或到岩岸邊探索由潮汐漲退形成的潮池，一起親親大自然，探索無限的可能。

Children are naturally curious and will find their own ways to experiment and experience things when provided with the right environment. In deciding on outings, consider a hike in the wilderness, visit a beach or explore the tidepools at a rocky shore.



晴天陰天雨天，都可以是戶外遊樂天

ALLOW FOR OUTDOOR PLAY IN ALL WEATHER

不同的天氣可帶來不同的體驗，即使下雨亦可出外探索。青蛙、蝸牛和蚯蚓等動物都比較喜歡在雨後出沒，試試尋找牠們的蹤影吧！你只需帶備雨衣或雨傘，玩樂後洗洗澡，洗洗衣服，便回復乾乾淨淨。讓小朋友在雨中跳舞，甚至踏進泥濘中的水坑，這些都會成為他們的珍貴回憶！

Different weather conditions offer different experiences. How about spending a rainy day with outdoor play? Some animals, such as frogs, earthworms and snails, like to come out after the rain. Try to find them! You only need to bring along raincoats or umbrellas, and afterwards, take a shower and do laundry. Let children dance in the rain and splash in muddy puddles, for these will become memories that they treasure!



讓孩子自由玩

LET CHILDREN PLAY FREELY

小朋友適宜從遊戲中學習。想營造最佳的遊樂體驗？嘗試多給予玩樂時間，並容許他們在過程中自行做決定，測試自己的想法，邊學邊玩便是最理想的學習方法！

Children learn through play. To provide them with the best quality of play, adults need to give children the time to play. In allowing children the freedom to make decisions and test out their own theories, we are providing them with the best way to learn.

