

# MAKE TIME FOR OUTDOOR PLAY

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Developed to support C19 Outdoor Play

## Connect with Nature

The world is a quieter place now, with less traffic on the roads and fewer planes in the sky, which means you should be able to hear the birds clearly as they go about their daily business.

Find a comfy place to sit in your garden or in a local park or greenspace and listen to the different calls of the birds. Can you see the birds? Can you copy the sounds?



You can use an app such as BirdNET to record and help identify birds while outside, or listen to bird songs on the RSPB website to help learn the calls: <https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/>

Don't forget to wash your hands regularly for at least 20 seconds.

### Health Guidance Outdoor Play at Emergency Childcare Settings

Correct as at 28 May 2020