

*In an initiative to serve the community in trying times, we bring to you a weekly series on topics that are relevant to our current lives within our homes.*

## NATURE IN THE URBAN SETTING

We all know that children are always inquisitive about nature, moving from 'what is this' to 'why is this so' questions. At this time when we are at home with children what are some ways to help them keep this contact with nature alive? Some parents share their thoughts:

Children are never too young or never too old to participate with us in admiring the beauty of a gliding snail, hovering butterfly or the swaying trees. Find access to spend time with nature, be it in one's balcony, terrace or just looking out the window.



### CHILDREN UNDER SIX

- Explore leaves and grass lying on tummy and sitting under trees
- Offer vegetables that are being cooked to grasp, having a conversation about how it is being made
- Participate in gardening - watering plants, sowing, collecting dried leaves
- Converse giving names of local flora and fauna

### CHILDREN OVER SIX

- Discuss similarity and contrast in insects/flowers/fruits/seeds/leaves
- Observe and track flowering/fruited patterns
- Identify birds/plants/butterflies in the neighbourhood using a guide/ app
- Observe behaviour of different species with binoculars/magnifying glass
- Make your own bird feeder/bird bath
- Make your own compost
- Discuss around what part of the plant is being cooked
- Stargaze from the terrace using apps to identify constellations and planets



***We would like to thank all the parents who contributed to the newsletter!***