



香港學童自然連結感研究
及戶外環境教育推廣計劃

Hong Kong Nature Connectedness
and Outdoor Environmental Education



15 NATURE-BASED FAMILY ACTIVITIES

LOCATIONS

RECOMMENDED ACTIVITIES

1	WOODLAND/PARK /SEASHORE	Close your eyes with your child and take 1 minute to listen to the sounds nearby. Share one sound you like (for example, bird songs, insect sounds, wind, water, rustling leaves, etc.).
2	WOODLAND/PARK	Nature's air carries a faint smell of earth, breeze and grass. Spend 5 minutes inhaling the air and pondering what thoughts or memories it evokes for you and your child.
3	WOODLAND/PARK	Collect fallen branches, flower petals and berries with your child and let them create their own face.
4	WOODLAND/PARK	Gently touch the leaves around you, and find 5 leaves with different textures (furry, rough, soft, slippery, etc.) with your child.
5	WOODLAND/PARK	There are a variety of wonderful scents in nature. Collect natural objects such as pine cones, twigs, rocks, flowers, etc., and share your favourite scents.
6	WOODLAND/PARK /SEASHORE	Observe the moving natural objects along your path (such as fallen leaves, insects, flowing water, etc.) for 5 minutes. Observe carefully and let your child share what it is.

Funding Organization



Main Organizer



Main Collaborator



Strategic Education Partner



Co-Organizers



香港青年協會
the hongkong federation of youth groups
可持續發展部
Sustainability Unit





LOCATIONS

RECOMMENDED ACTIVITIES

7	WOODLAND/PARK	Find a place with many large trees. Place your hands and forehead on the tree and hug it tightly, closing your eyes with your child and finding the thickest tree.
8	WOODLAND/PARK	Little animals often search for food and shelter on railings and handrails. Try to find their traces on the railings and handrails with your child.
9	WOODLAND/PARK	Listen carefully to the bird's chirping, and try to distinguish how many different species of birds there are while listening with your child.
10	WOODLAND/PARK /SEASHORE	Hide a small object somewhere in nature, then search for it with your child.
11	WOODLAND/PARK /SEASHORE	In nature, find your child's favourite colour together and share with each other!
12	SEASHORE/ BEACH	Let your child create a painting on the sand using objects such as branches, expressing their feelings of the day.
13	WOODLAND/PARK /SEASHORE	Find a sunny spot and let your child follow the movement of the shadows.
14	WOODLAND/PARK /SEASHORE	Find a place where you can breathe fresh air and do 5 minutes of stretching exercises with your child.
15	WOODLAND/PARK	Find a tree and sit quietly next to it. You can tell stories, have snacks, or play games with your child, enjoying the companionship.