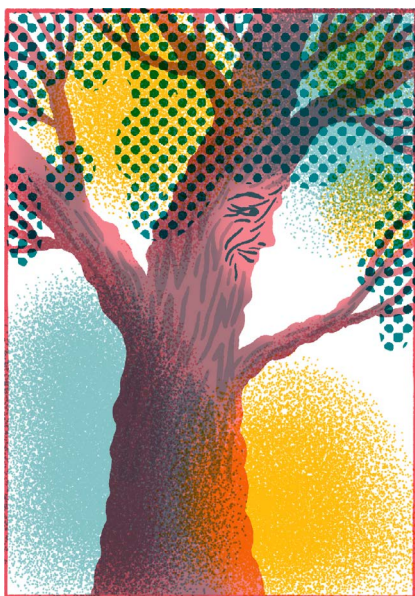


LITTLE TRICKS TO ENGAGE KIDS (KNOWLEDGE)

These tips are essential because they help create a safe, welcoming, and engaging experience for children aged 6–12 during forest walks. By combining clear boundaries with playful imagination, children feel both secure and free to explore. With preparation, flexibility, and a focus on fun, these approaches help children form lasting, meaningful connections with nature.

A DOZEN PRACTICAL TIPS FOR FOREST WALKS WITH CHILDREN (6–12 YEARS)



1. Prioritise safety.

Know the area, set clear rules, and always keep an eye on the children. Stay attentive rather than fully immersing yourself.

2. Create a “contract.”

Set simple, clear rules together so children feel safe and included. Keep it short, and explain the purpose behind each rule.

3. Use simple, clear language.

Speak in short sentences, use plain words, gestures, and an inviting tone so everyone understands.

4. Embrace imagination.

Invite children into a playful, story-like world: pretend to be forest animals, create fairy-tale missions, or build “creature shelters.”

5. Prepare extra activities.

Have a list of backup games and challenges to adapt to their mood and energy.

6. Avoid labels and judgement.

There are no “wrong” ways to be in nature. Listen openly, encourage exploration, and praise participation rather than performance.

7. Be a role model.

Show curiosity and playfulness. Use positive words (e.g., explore, discover) and demonstrate activities yourself. Leave your phone in your pocket to inspire offline fun.

8. Involve parents.

Inform parents clearly so they send children properly dressed and ready to get muddy. Encourage them to support and join future nature time.

9. Be understanding about screens.

Don’t judge device use—help children enjoy being offline and reflect on how it felt.

10. Encourage future forest time.

Motivate them to return to nature with family or friends and continue exploring.

11. Use creative reflection.

Ask simple, open questions. Let them express feelings through movement, art, or forest materials.

12. Enjoy every season.

Children adapt well to weather. Prepare clothing and gear (e.g., raincoats, water, sun protection), and celebrate nature in every condition.

Keep it fun, safe and full of wonder!

CLOSING REFLECTION QUESTIONS ON THE METHODOLOGY:

- How do these tips support you in preparing for forest walks with children?
- What additional tips would you suggest based on your own experience?

EXPERIENCE:

“If you work with this age group, we recommend reading these tips. Of course, they are meant for you as an Accessible Forest Practitioner. Feel free to revisit them from time to time and share them with others who take children into the forest for any occasion, along with your own supporting tips.”