Things to do together

- Pull out some clothes from another season. If it is winter, pull out some summer clothing. Dress in those clothes and run outside just for a moment. When you come back in, talk about how you felt and use that experience as an opportunity to talk about how the seasons are alike and different.
- Make a list of attributes of each season—colors, temperatures, weather, plants etc. If your child is interested, encourage them to make a drawing of the four seasons. Talk about what they have drawn and why.
- Look out a window together and talk about how it would look different outside during a different season. Prompt your child with some simple observations if they are stumped.

Other Resources

Last Child in the Woods: Saving Our Children From Nature Deficit Disorder by Richard Louv