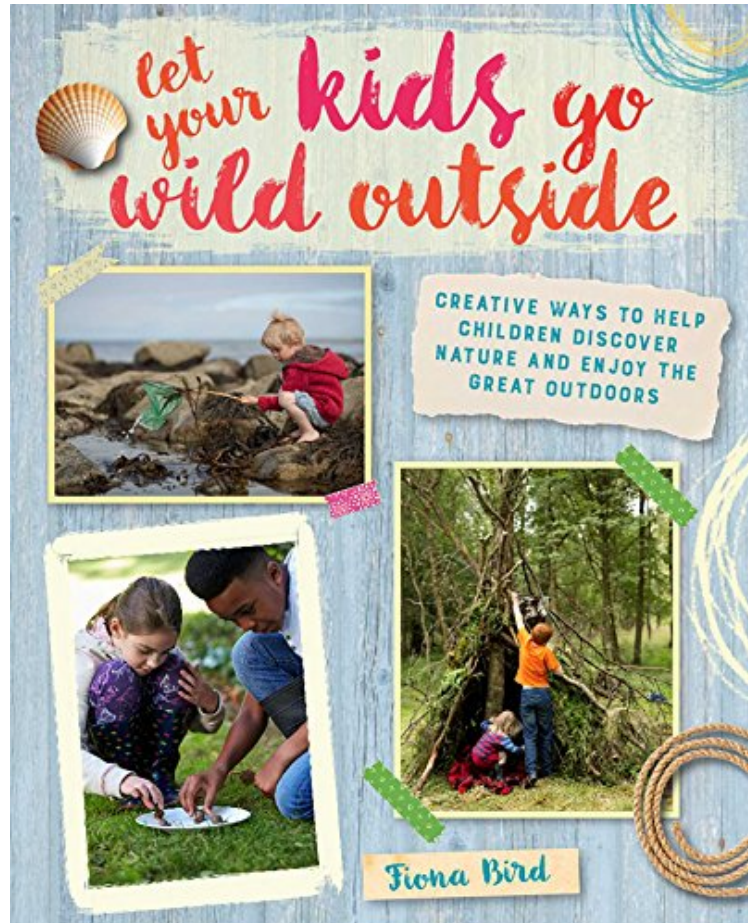


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Let Your Kids Go Wild Outside

Fiona Bird

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Fiona Bird : Let Your Kids Go Wild Outside before purchasing it in order to gage whether or not it would be worth my time, and all praised Let Your Kids Go Wild Outside:

1 of 1 people found the following review helpful. Abundant with information, great for inspiring but not managing outdoor playBy Katie R.I follow Fiona Bird on twitter where shes often posting photos of seaweed, news about foraging, and generally interesting tidbits about land and plants. Bird tweeted about reviewing her book, I contacted the publisher, received a copy in the mail, and have thoroughly enjoyed it.Let Your Kids Go Wild Outside is refreshing. The writing is bright, abundant, and inviting. It offers a lot of information and activities, but it doesnt belabor the learning outcomes and educational values of the outdoor experience. Instead the emphasis is on discovery, play, and trusting the readers curiosity to guide her. Each chapter covers a different region: woods; meadows, hedgerows and hills; seashore; water and wetlands; and my wild garden and kitchen.For each Bird gives information about the flora and fauna youll find, instructions for crafts to make with local plants and found materials, a little bit of natural history, and activities appropriate to the area. Almost all of the crafts and activities are free and made largely

with biodegradable materials that can be returned to site when finished. Although most of the activities are appropriate for younger children (some with supervision), older children and adults will find plenty to try. I'm especially excited to try making nettle cordage and artists charcoal from pussy willow branches! This book would be a helpful resource for outdoor educators or indoor educators wanting to get their students outside more. Likewise it would be a thoughtful gift for any young naturalist moving to (or vacationing in) new areas. In fact I plan to getting a second copy for some young family friends. My hat goes off to Bird for this thorough and accessible book. I look forward to returning to it as spring finally comes to my part of the country.

Creative ways for children to spend time outdoors and discover nature. In an era when the iPad is often more appealing than the park, it can be difficult to encourage kids to get off the couch and go outside. In this inspirational book, with ideas for children of all ages, foraging expert Fiona Bird shows the value of playing outside and discovering nature for children and families alike. First Fiona teaches children about their environment, including conservation guidelines and tips on how to forecast the weather. Armed with this knowledge, the outside adventure goes *Into the Woods*, in Chapter 1, with outdoor crafts including making leaf art bunting, a dream catcher, and a woodland broom. In Chapter 2, *Meadows, Hedgerows, and Hills*, ideas include wild face paints, natural dyeing, and making potpourri. Onward to Chapter 3, *Seashore*, where children learn how to go beachcombing, identify different seaweeds, play beach hopscotch, and make a mollusk wind chime. In Chapter 4, *Water and Wetlands*, children learn to make their own charcoal and go on an animal track and poop hunt! For those who don't want to move far from home, there's plenty to do in *My Wild Garden and Kitchen*, Chapter 5, such as making a snail holiday village and attracting bugs, as well as developing hunting and gathering skills, with seasonal recipes made from natural ingredients. So let your kids go wild outside, and enjoy watching them learn and blossom.

About the Author Fiona is a graduate of The University of St Andrews, mother of six, and a former BBC Masterchef finalist. She divides her time between Angus and the Outer Hebridean Isle of South Uist, where her husband is the local doctor. Fiona is often seen on her bicycle with a basket full of seaweed or wild edibles and is unusually late for church. Fiona is the author of *Kids Kitchen* (Barefoot Books, 2009), *The Foragers Kitchen* (Cico Books, 2013), and *Seaweed in the Kitchen* (Prospect Books, 2015). She is a wild food blogger for The Huffington Post UK. *Let Your Kids Go Wild Outside* (Cico Books, April 2016) is her fourth book. She is currently writing a book about Christianity and food for Wild Goose Publications.