

**Saturday 6 November, 10.30am – 12pm**

**The Exchange, 3 Centenary Square, Birmingham, B1 2DR**

# NATURE'S NURTURE



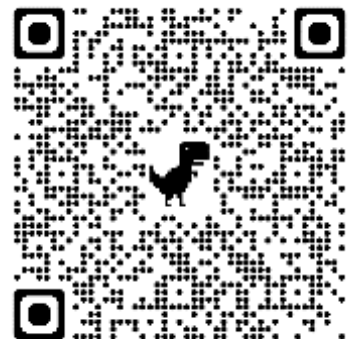
*Illustration by Alison*

## **How natural playgrounds nourish developing minds.**

We know that outdoor play improves our children's health and wellbeing. But research shows that it also sparks their curiosity, allows them to take risks and improves their focus and memory.

In this family workshop find out why nature is the best nurturer, discover some simple activities that can be done in the garden, park or local woodland and take home an outdoor craft activity.

**Tickets are free, booking required.  
Scan the QR code to book  
your tickets.**



*This workshop is presented as part of The Air We Breathe, a brand new public programme at [The Exchange](https://www.birmingham.ac.uk/the-exchange) bringing together cutting edge research from across the University of Birmingham. [www.birmingham.ac.uk/the-exchange](https://www.birmingham.ac.uk/the-exchange)*