



NATURE PLAYGROUNDS



FIVE OUTDOOR SPACES THAT ENCOURAGE CHILDREN TO EXPLORE, DISCOVER AND SPARK IMAGINATIONS.

1 ART & CRAFT IN THE PARK

Gear up for a host of free activities ranging from chalk art drawing lessons to upcycling workshops at East Coast Park under the Weekends in the Park programme. Picking up a new hobby together is a great way to build the bond between parents and children and helps foster closer family ties. Check what's on at www.nparks.gov.sg/activities/activities-and-promotions/weekends before you head down.



Tip: Get creative and provide your child with an assortment of recycled materials like bottle caps and bread tags for his craft work!



2 SHORE THING

Low tide at Sisters Islands Marine Park reveals the fascinating sea creatures living on the water's edge. The marine park covers the area around Sisters Islands and along the western reefs of St. John's and Pulau Tekukor, but only Big Sisters Island is open to the public. NParks organises free intertidal guided tours twice a month. On this two-hour field trip, you will discover marine life such as anemone shrimps, starfish and giant clams and learn about marine conservation.

Tip: Prep your child beforehand by reading a picture book about the beach, the ocean or a seaside adventure. As you explore the shoreline together, talk about what he sees, smells and feels.



3 LAKESIDE LARKS

The 53-hectare Jurong Lake Gardens is billed as the biggest nature playground in the heartlands and there is plenty to keep children and families occupied for the day. The Forest Ramble zone is designed for children aged five and above, and comprises 13 adventure stations incorporating features such as rope obstacle courses and log seesaws where children can practise their motor skills. Cool off at the Clusia Cove water play area which has a shallow tidal pool, sand play pool and eco-pond.

Tip: If your little ones are curious about the flora and fauna, explore the Grasslands where various birds seek shelter or the restored freshwater habitat along Rasau Walk.



4 WILD AT HEART

Kranji Marshes is a freshwater marshland that is a sanctuary for more than 170 bird species. Climb up the 10.65m tall Raptor Tower, a vantage point for birdwatching and panoramic views. The wetland is also home to butterflies, dragonflies, reptiles and fish. While the well-marked trail can be easily explored on your own, the free monthly NParks guided tour brings you into the core conservation area which is closed to the public.

Tip: Make a scrapbook of your marshland journey with your child.



5 PARKS AND RECREATION

The new Nature PlayGarden at HortPark is an outdoor playground with nine play zones designed for 3- to 6-year-olds. Whether it is making music by moving bamboo poles and spinning wheels filled with seeds, or constructing houses using natural and recycled materials at The Building Huts, children enjoy open-ended play that stimulates their creativity while reconnecting with nature.

Tip: Empower your child by letting him decide what he wants to play with and explore at his own pace.