

Free Range Play at home

Den Building

Have you ever felt like you needed to hide, cocoon yourself away from what's going on outside? A den is what you need!

Den building has been a favourite pastime of children through the generations. In the forest we build dens from branches,



leaves and tarps regularly. As a child I remember building dens in my nan's garden from chairs and blankets or making a den under the dining room table with a big sheet.



It's exciting and safe in a den and dens facilitate imaginative role play. If you are able to get outside

into a garden to build your den then you and your children will also get the benefit of fresh air, seeing spring flowers and new growth, listening to the birds sing and feeling grass, all of which have positive physical and mental health benefits.

Here are some dens to inspire you. Indoors or outdoors, natural materials or sheets, cardboard and pegs; den building is great fun and well worth trying.



You may have to help your child build a den if they are small, or they haven't built one before. In the forest the children lead the play, but sometimes even though they want to build a den, they don't actually want to build one. I find that sometimes starting them off helps, or putting up a really simple den and letting them play inside it a few times before they are ready to try building their own is a good way to introduce den building.

