

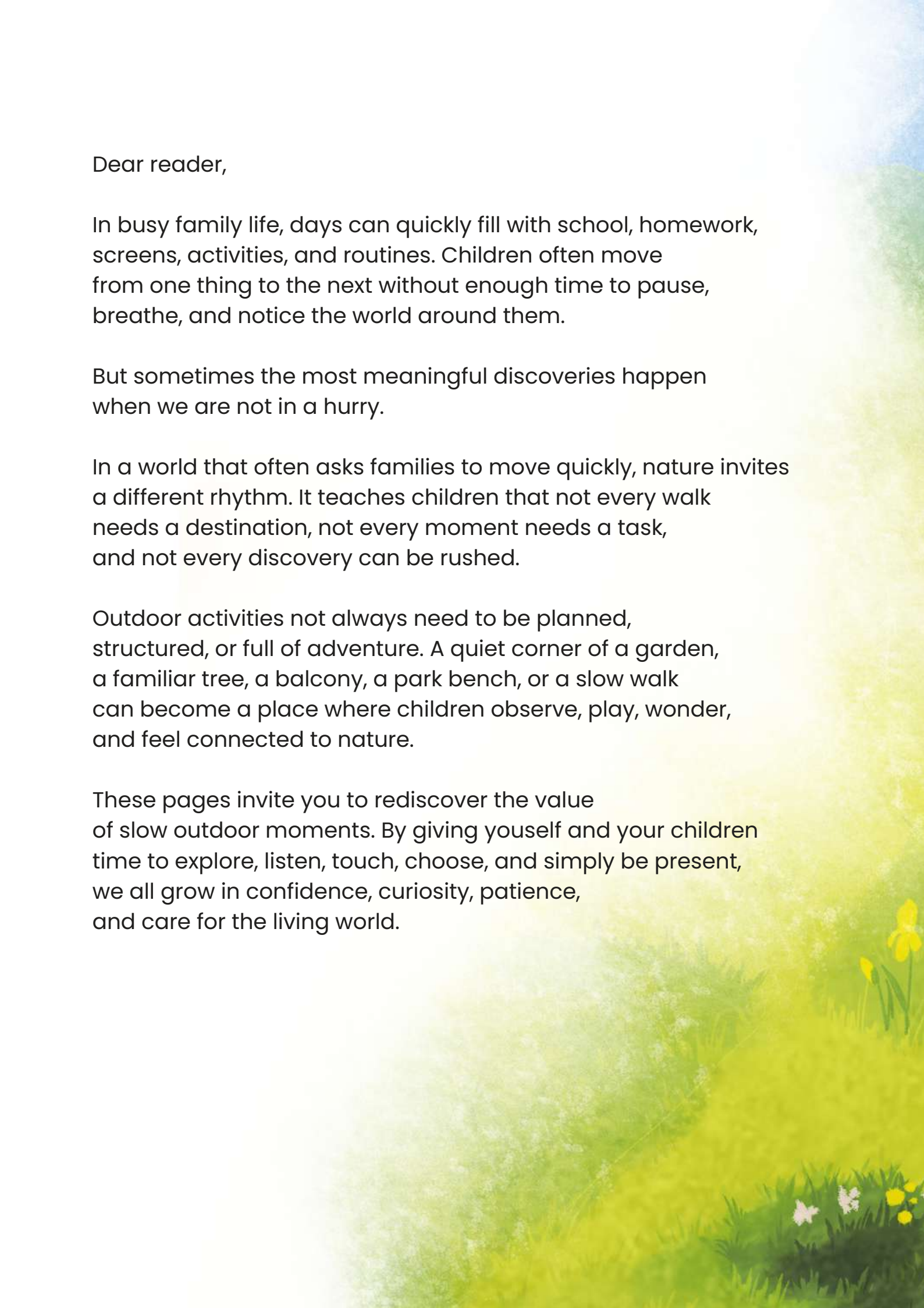
THE NATURE SISTERS

Slow outdoor time

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Dear reader,

In busy family life, days can quickly fill with school, homework, screens, activities, and routines. Children often move from one thing to the next without enough time to pause, breathe, and notice the world around them.

But sometimes the most meaningful discoveries happen when we are not in a hurry.

In a world that often asks families to move quickly, nature invites a different rhythm. It teaches children that not every walk needs a destination, not every moment needs a task, and not every discovery can be rushed.

Outdoor activities not always need to be planned, structured, or full of adventure. A quiet corner of a garden, a familiar tree, a balcony, a park bench, or a slow walk can become a place where children observe, play, wonder, and feel connected to nature.

These pages invite you to rediscover the value of slow outdoor moments. By giving yourself and your children time to explore, listen, touch, choose, and simply be present, we all grow in confidence, curiosity, patience, and care for the living world.

Slow outdoor time

Gaia, Gea, Mum, Dad, and Arturo walk slowly along a narrow path near the edge of the forest. Sunlight filters softly through the trees, painting dancing shadows on the ground.

Gea skips ahead for a moment, then suddenly stops.
“Wait!” she whispers excitedly. “Look at this tiny mushroom!”

Everyone gathers around while Arturo sniffs the leaves nearby.
“That is the wonderful thing about walking slowly,” Dad says.
“You begin noticing things you would normally miss.
When we slow down, nature has time to show itself to us.”

The sisters continue along the path while birds sing high in the trees.
“Look,” Gaia says softly, noticing a feather resting beside a stone.
“I wonder which bird lost this.”

“And over there! Ants!” Gea points excitedly beside the path, watching the tiny insects carry pieces of leaves much larger than themselves.

Mum and Dad smile warmly.

“Outdoor time is a wonderful kind of learning,” Mum says.
“When we spend time outdoors slowly, we begin to observe more carefully, noticing movement, colours, smells, sounds, and small changes in nature.”

“Exactly,” Dad replies. “When we explore nature, we learn to ask questions, solve problems, pay attention, and understand how living things are connected.”

Gea carefully balances across a fallen tree trunk while Arturo follows closely beside her.

"And children can learn to do things by themselves," Mum continues. "Nature helps them become more confident. Sometimes adults try to hurry children too much, but we humans often learn best when we have enough time to explore, make choices, and discover things at our own pace."

"Nature follows its own rhythm too," Gaia says thoughtfully, walking behind them. "A flower blooms slowly, trees grow slowly, and even seasons change slowly."

The family reaches a quiet clearing filled with wildflowers. Instead of continuing to walk, Dad sits down in the grass.

"Let's stay here for a few minutes," he says.

Gaia and Gea lie on their backs immediately, staring at the clouds.

"I can hear bees," Gea whispers.

"And water," Gaia adds quietly.

For a while, nobody speaks. The wind moves gently through the trees while sunlight warms the earth beneath them.

Finally, Mom smiles softly. "Sometimes," she says, "the most important part of nature is simply learning how to be present inside it. I believe nature feels happier when people slow down."

Dad gently places a hand on her shoulder.

"And maybe, people feel happier too."

Spring

Book 1 – The synergistic garden

Book 2 – Honey and officinal herbs

Book 3 – The fruits of our work

Book 4 – The colours of the farm

Book 5 – An idea is born

