



Series 2. Episode 1
Turning *Little Stones* show notes.
A Year of Nature with **Becky
Goddard-Hill** and **Catherine Hughes**

Episode 1
**Out & About (4): A Year of
Nature**

As we launch Series 2, we meet two award winning authors who together have published their latest book **A Year of Nature Walks and Games**.

Catherine Hughes (Growing Family)

Catherine writes blogs on gardening and nature exploration for families, primarily for Growing Family. Developing a passion for gardening from her parents, she found that spending time outdoors with her young children was a natural thing to do. Her Growing Family blog evolved as she began to write about how her children were loving being outdoors.

Becky Goddard-Hill

Becky's background as in social work has given her a perspective on children's mental health and wellbeing. She understands how healthy it is for children to be creative *and* how healthy it is for children to be in Nature. Her work includes writing Activity Books for children and young people to promote good mental health before there is a problem.

Catherine & Becky as co-authors

Together, Catherine and Becky have been able to blend their gifts, skills, and interests in Creativity - Nature – Gardening.

Together, they have written two delightful books for the whole family to enjoy:

A Year of Nature Craft & Play &

A Year of Nature Walks and Games

Following the success of their first jointly published book, their second book *A year of Nature Walks and Games* is published this month. Their message is that they want children to enjoy being outdoors, to see going for walks as an adventure.

Both books are delightfully presented, appealing to children of different ages. Filled with ideas for every season, they include 'just enough' teaching and plenty to encourage spin-offs as children follow their own explorations and curiosity.

Both books inspire wonder... "seeing Nature in all its glory helps to reset or mood... and makes us appreciate with gratitude."



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Both books weave being outdoors in nature with gardening, games, exploration, and creativity. They offer simple, easy, fun activities that the whole family will enjoy.

Both books inspire wonder and joy.

"Kids emersed in Nature, take care of Nature... and it's fun!"

And finally...

Turning Little Stones highly recommends Becky and Catherine's new book (and their other offerings). A great buy for the families in your life!

A Year of Nature Craft & Play ISBN:978-0-00-846794-4

A Year of Nature Walks & Games ISBN: 978-0-00-859496-1

More from Becky Goddard-Hill

Emotionally Healthy Kids

Create your Own Calm ISBN: 978-0008367589

Create your Own Happy ISBN: 978-0008301217

Create Your Own Confidence ISBN: 978-0008545215

<https://emotionallyhealthykids.com>

More from Catherine Hughes

Growing Family

<https://growingfamily.co.uk>

More from Harper Collins

@collins4parents (social media)

Further information, practical guidance and advice are available by subscribing to our podcasts

Turning Little Stones &

Delving a little Deeper (Set 1)

See website for details.