

A wild time for children 儿童的户外玩耍时间

Vocabulary: playing 词汇: 玩耍

What do you remember about your childhood? I have good memories of **exploring** the fields near my house and riding my bike around the park. Most of my **free time**, it seemed, was spent outdoors.

Today, we are told, children don't spend enough time in the fresh air. Many of them are **glued to** a screen either on a computer, tablet or a TV – they seem to be living in a **virtual world**. They have lost touch with nature.



Having fun in the forest: making shadows

But now 400 organisations in the UK, from playgroups to the National Health Service, are encouraging children to have some 'wild time'. They want kids to swap at least 30 minutes of watching TV or playing computer games for time **mucking about** outside.

I think it's a great idea. The simple pleasures of exploring and **discovering** nature help children to learn and keep fit too. Andy Simpson, who is part of the campaign, says: "An extra 30 minutes of wild time every day for all under 12-year-olds in the UK would be the equivalent of just three months of their childhood spent outdoors."

There is so much to do outdoors that I don't think 30 minutes a day is enough. Activities such as **building dens**, climbing trees, **rummaging** for conkers and playing hide and seek are just some of the things kids can do. Even if they live in a city, they can go on **adventures** in the garden or the park.

But I know that children often need **a helping hand** from mum and dad. They need to be shown what to do and where to go. Andy Simpson agrees: "We want parents to see what this magical wonder product does for their kids' development, independence and creativity, by giving wild time a go".

So despite the sophisticated world that young people grow up in now, it seems that going back to basics and experiencing '**nature's playground**' is what modern children need. David Bond from Project Wild Thing says "we need to make more space for wild time in children's daily routine, freeing this generation of kids to have the sort of experiences that many of us **took for granted**".

This might sound a bit old fashioned to you or maybe, like me, it's made you think about sticking on your boots, getting outdoors and **reliving** your childhood. There's no age limit on enjoying yourself!

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. According to this article, what are many children glued to?
2. True or false? *Children only need to play outside for 30 minutes a week.*
3. Who needs to help children get outside and discover nature?
4. What does the author say modern children should experience?
5. What age do you stop enjoying yourself?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I tried to talk to my girlfriend about booking a holiday but she was _____ the television and didn't hear a word I said.

glued on	glued with	glued to	gluing
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2. I found a wonderful old photograph of my grandparents when I was _____ through some junk in the garage.

exploring	rummaging	discovering	reliving
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3. John's moving house this weekend and Sarah's offered to give him _____ moving all his stuff.

a helping hand	a big hand	a back hand	a handful
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4. Simon's girlfriend always assumed he would cook dinner when she got home; he felt she _____.

called him grant	granted him	took him for granted	gave him a grant
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5. Mum's gone roller skating – she says she wants to _____ her youth!

relive	relight	rewind	rewrite
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Answers and Glossary 答案与词汇

Quiz 小测验

1. According to this article, what are many children glued to?
Answer: Computers, tablets or TVs.
2. True or false? *Children only need to play outside for 30 minutes a week.*
Answer: False. Campaigners think children need at least 30 minutes wild time every day.
3. Who needs to help children get outside and discover nature?
Answer: Mum and dad.
4. What does the author say modern children should experience?
Answer: Nature's playground.
5. What age do you stop enjoying yourself?
Answer: There is no age limit – you are never too old to enjoy yourself.

Exercise 练习

1. I tried to talk to my girlfriend about booking a holiday but she was **glued to** the television and didn't hear a word I said.
2. I found a wonderful old photograph of my grandparents when I was **rummaging** through some junk in the garage.
3. John's moving house this weekend and Sarah's offered to give him **a helping hand** moving all his stuff.
4. Simon's girlfriend always assumed he would cook dinner when she got home; he felt she **took him for granted**.
5. Mum's gone roller skating – she says she wants to **relive** her youth!

Glossary 词汇表

exploring	探索
free time	闲暇时光
glued to	不愿离开，完全专注于
virtual world	虚拟世界
mucking about	闲逛，闹着玩儿
discovering	发现，了解
building dens	搭建巢穴
rummaging	四处寻找
adventures	冒险（活动）
a helping hand	援助之手
nature's playground	大自然游乐场
took for granted	（认为）理所当然
reliving	重温，回味