



Sophie Hallett

Using nature to nurture children's confidence and autonomy

Impact ...

- Children gain confidence by directing their own learning
- They explore cause and effect through hands-on experiments
- Their play develops from simple exploration to purposeful activities
- They strengthen their problem-solving and critical thinking skills
- They focus for longer and stay more engaged in their learning

“ Changing the way in which I work has not only been of benefit to the children but also myself and my own family. The calm and neutral environment which is our family home is conducive to a happy nurturing place where children can learn through play ”

Background

Sophie Hallett is a childminder in Ceredigion. She has advanced qualifications in child development, which she uses to create a well-rounded and supportive learning environment. For the past three years, she has focused on her own professional growth and combines different approaches to build a calm, child-centred setting where children thrive.

What are they doing differently?

Sophie uses creative ideas that encourage natural learning and independence. She designs meaningful experiences through thoughtful environments and resources, such as:

- placing knitted birds in a basket, which inspired children to name, care for, weigh, and measure them, as well as read stories and play bird-themed games
- arranging visits to a honey farm based on the children's curiosity and interests
- encouraging hands-on, sensory learning through sustainable activities
- creating a calm space where wellbeing and emotional growth are valued alongside learning

These approaches give children choice in how they learn while keeping them engaged and supporting their ongoing development.