Outdoor Play

Even though we are encouraged to stay at home at the moment the weather is lovely and opportunities for fresh air are important for us all.

Walking:

Try to schedule a walk into your day.

This will enable you and your child

to get fresh air, enjoy a change of

scenery and let of steam!

You could collect leaves or pine cones

along the way.

Remember socially distancing if you

are out and about.

 Treasure Hunt

Hide some brightly coloured

toys around the garden and

ask your little one to see if

they can find them. Don’t

make it too tricky or your

finder may lose interest.



Drawing with sticks

Draw shapes in the dirt with sticks.

Use sticks and twigs to draw shapes

in the dirt. Fun and a good way to

encourage early mark making.

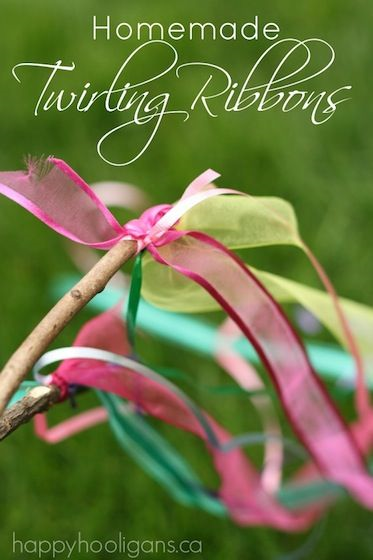


Sensory exploration

Feel the bark, the leaves, the

grass – how does it feel? Is it

rough or smooth? Soft or hard?



Twirling Ribbons

Make your own twirling ribbon sticks

by collecting sticks and tying ribbons

securely to one end. Your little one

will have a wonderful time watching

the ribbons blow around in the

breeze as they wave them in the air.