

ACTIVITY TIME

Let's Count Wildflowers

Tracey Gibbs

Enjoy Nature

Your garden offers the perfect environment for babies and children to find challenge, wonder, beauty, and joy. Not only will they enjoy the stimulation provided by the outdoors, but it will be good for you too.

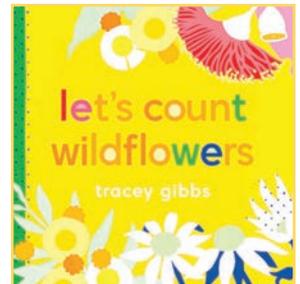
What to do:

- Dress baby appropriately for the weather, making sure you have appropriate sun protection as needed.
- Be sure you have chosen a flat, safe surface for play, and bring a clean sheet or blanket to lie baby on.
- Explain that you are going to be outside together, enjoying nature.
- Build a positive association with being outdoors by showing your interest and enjoyment.
- Observe and talk about what is in the environment around you eg plants they can:
 - taste (herbs/vegetables/fruit trees)
 - touch (textured leaves, bark, petals)
 - smell (flowers, herbs)
 - hear (rustling, crunching)
 - see (colour, height, depth, shapes, textures)
 - experience (hide in/under, crawl/walk on, climb, shade under, pick)
- Grass makes a great toy to practice those fine motor skills. You can place an age-appropriate toy in the grass and have the baby practice lifting it from the grass - a totally different experience from lifting it from a flat surface.
- Practice grasping pieces of grass or other plants, either from your hand or directly from the ground.
- If you don't have access to a garden, then visit your local park, oval or playground or put your baby in the pram and go for a walk around the local neighbourhood.

Sing:

This is my garden,
I'll plant it with care.
Here are the seeds,
I'll plant in there.

The sun will shine.
The rain will fall.
The seeds will sprout,
And grow up tall.



Adult supervision is essential. Involve and talk with your child as much as possible.

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