

ACTIVITY TIME

The Very Hungry Caterpillar's Easter Picnic

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Picnic Time!

What you Need

- A blanket or rug
- The perfect time to relax with baby

Ideas

1. Set up a picnic rug or blanket.
2. Let your baby know you are going to have a picnic!
3. Spend time relaxing together enjoying the surrounds.
4. Point out what you can see, hear, feel, noticing the weather, birds etc.
5. Check in with your baby, looking for communication clues, eye contact, sounds, words, and smiles. Respond to this communication with smiles and a gentle, low voice.
6. You can talk also talk about all the foods in your picnic too, talk about the textures, colours, shapes and tastes – use words like sweet, delicious, tasty, salty, soft, hard, mushy, ripe or crunchy. There is no limit! Adapt the conversation to your experience.

Sing

Caterpillar Caterpillar
Tickle, Tickle on my arm
Tickle, Tickle on my arm

https://youtu.be/_q_nHsZWOhw

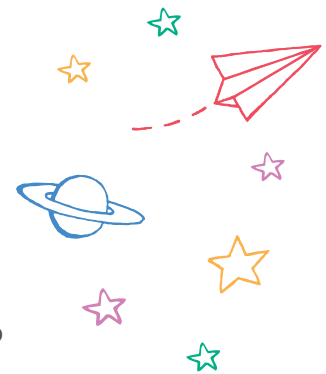
Five Little Caterpillars

One little caterpillar climbed on my shoe
Another came along and then there were two

<https://www.youtube.com/watch?v=v5ZCw9cUEq0>



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



Check out our Spotify Playlist for Featured Stories for more songs to try.

Key message: Children's Wellbeing is Critical to Brain Development and Learning.

- Early interactions between adults and babies have a long-lasting impact on brain development.
- Babies learn to talk by listening to people talk, and from people speaking with them.
- Spend quality time connecting, engaged in shared activities.

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