



**Bake Together** – Make our nursery's banana, carrot and sultana muffins. Let your child help with mixing, measuring, and pouring.

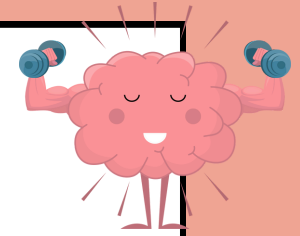
**Make Frozen Fruit Yogurt** – Blend bananas and strawberries and Greek yogurt, freeze, and enjoy together as a cool treat.



**Choose a “fruit of the week”** to taste and talk about. What does it feel/smell/look like?

**Picnic Time** – Prepare a simple picnic together and enjoy it in the park or even your own garden.





### **Go on a Listening Walk –**

Head outside and use your ears. Can you hear birds, traffic, footsteps, leaves rustling? Talk about what you can hear and how each sound makes you feel.



### **Do Yoga Together –**

Try some simple poses like tree, cat, and butterfly. You can find child-friendly yoga videos online or make up your own movements! Use our first friends yoga cards to support the activity



### **Dance Like No One's Watching –**

Put on your favourite music and have a dance party in your living room or garden.

### **Create a Feelings Jar –**

Decorate a jar and fill it with faces showing different emotions. Use it to help your child talk about how they're feeling.







**Go on a Bug Hunt** – Look under leaves, behind stones, or in the grass. How many different insects can you find? Use a magnifying glass if you have one! Use our Earth Explorer bug hunt document.



**Build a Den Outdoors** – Use blankets, sticks, boxes, or garden furniture to create a den. Once it's built, snuggle inside and share a story. Why not try one of our recommend books?



**Nature Collection Walk** – Collect natural treasures like leaves, pebbles, and twigs. Use them to make art back at home.



**Grow Something Together** – Plant cress seeds, herbs, or flowers in a pot or garden. Watch them grow!

