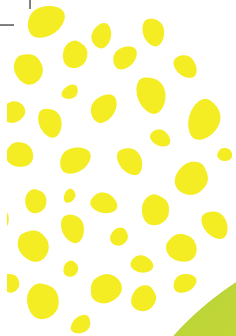




**Spring
Activities
for under 4's**



**I feel excited and
happy when I am
outside**

**Khatija Najeeb
age 3**

**I like trees
so big and green**

**Ahmed
age 2**



Outdoor Activity Card

SUNFLOWER PLANTING Spring #1



YOU WILL NEED:
seeds, pot, soil,
water



Activities To Do At Home SPRING #1



Sprout Beans - keep bean seeds damp in kitchen paper and wait for them to sprout (about 10 days)



Blossom - find a tree with flowers on it - what can you smell?

Outdoor Activity Card

PEBBLE PALS Spring #2



YOU WILL NEED:
pebble, paint, and brushes

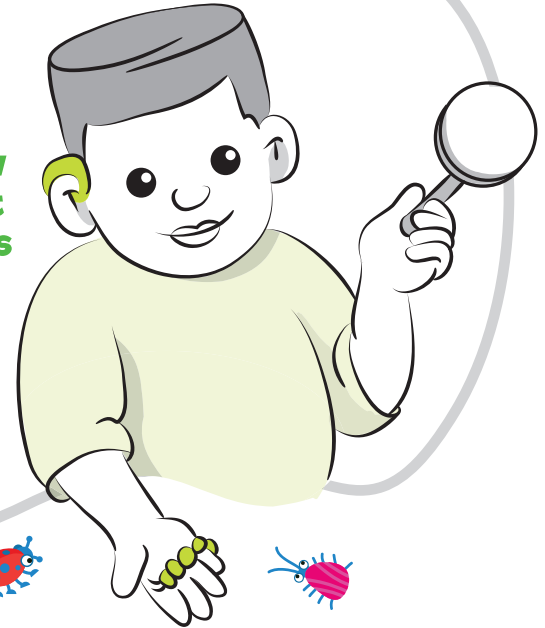


Activities To Do At Home SPRING #2



Bug Hunt - how many different kinds of insects can you find in the park?

Listen to the Birds - can you sing along with them?



Outdoor Activity Card

GARDEN MOBILES Spring #3

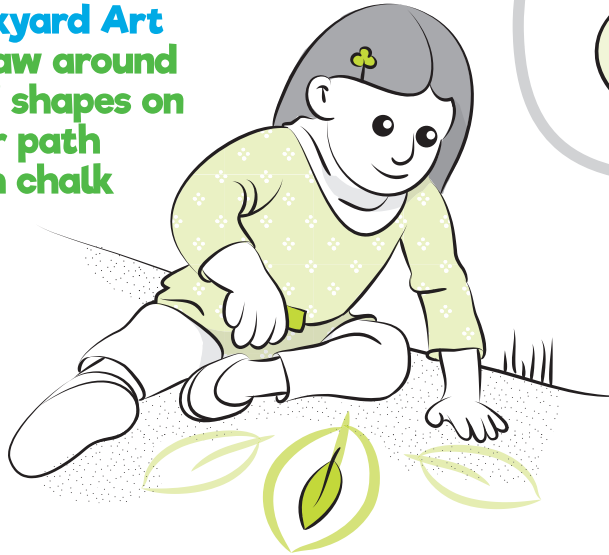


WHAT TO DO:
Paint old CDs and glue
on gems, leaves
and twigs



Activities To Do At Home SPRING #3

Backyard Art
- draw around
leaf shapes on
your path
with chalk



Spot the Animals
- take a walk in your
local park and find:
• a squirrel
• a pigeon
• a duck

Outdoor Activity Card

OBSTACLE COURSE Spring #4



WHAT TO DO:
run around rocks, jump over
sticks, crawl on the grass, use
your imagination!

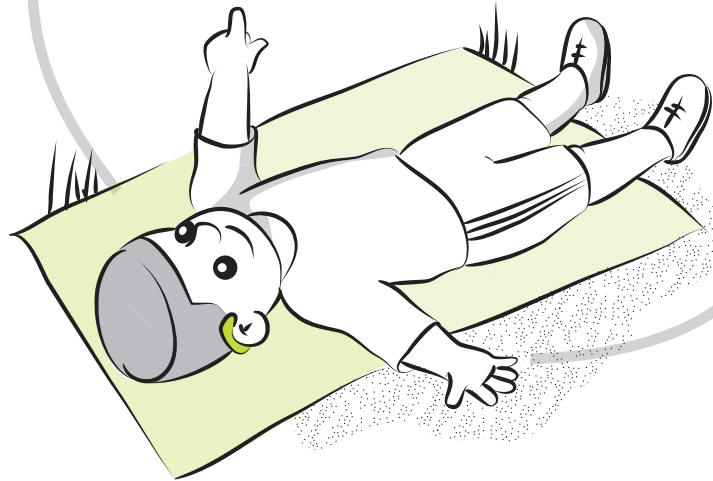


Activities To Do At Home SPRING #4



Picnic - pack some healthy food and eat it in the park!

Cloud Spotting - can you see any familiar shapes in the clouds?



Outdoor Activity Card

MUD CAKES Spring #5



YOU WILL NEED:
plastic tub (for mixing mud),
soil, water, old spoon, bun
cases, twigs, stones and
leaves to decorate

Activities To Do At Home SPRING #5



Colour Walk
- can you spot things coloured red, green, blue and yellow?



Bear Hunt - walk through the woods and imagine where a bear would hide!

Outdoor Activity Card

OUTDOOR PAINTING Spring #6



YOU WILL NEED:
paint, brushes, a little
water, paper, board and
paper clips to hold the
paper in place

**Activities
To Do At Home
SPRING #6**



Play catch
- throw the
ball in the air
and catch it



Roly Poly - roll down a
hill at your local park
- make sure an adult is
with you to announce
the winner!



@BetterPlaceBradford

