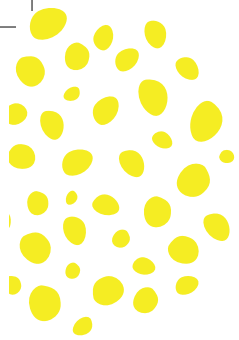




**Winter
Activities
for under 4's**



I remember when the butterfly was my friend and was flying with me

Sareena, age 3



Outdoor Activity Card

NATURE CROWNS Winter #1



YOU WILL NEED:
natural items (leaves,
twigs, feathers) tape,
stapler

Activities To Do At Home WINTER #1



Draw in the Park - take
some paper and crayons
to draw what you see in
the park

Count the Stars
- go out on a clear
night and see how
many stars
you can see



Outdoor Activity Card

LANTERN WALK Winter #2



YOU WILL NEED:
tea lights (battery powered),
large empty plastic bottles,
scissors, string or ribbon

Activities To Do At Home WINTER #2



Tig - You're It!
- have a game
of tig with
your friends
at the park



**Sunset with
Hot Chocolate**
- go outside with a nice
cup of hot chocolate and
watch the sun set

Outdoor Activity Card

SNOW TRAIN Winter #3



WHAT TO DO:

On a snowy day - make a path
in the snow and pretend to
be a train!



Activities To Do At Home WINTER #3



**Build a
Snowman**
- use
leaves,
twigs or
pebbles
to make a
face



Snow Prints - make
a picture in the snow
with foot/hand prints

Outdoor Activity Card

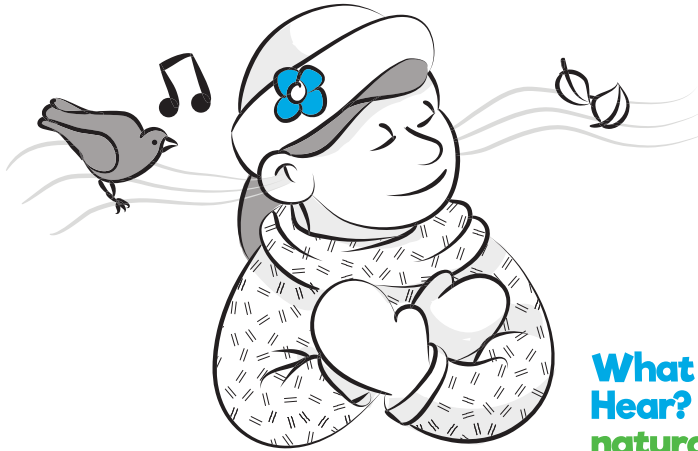
TREE DETECTIVES Winter #4

WHAT TO DO:
go outside and find the
tallest tree, shortest tree,
widest tree... hug a tree!



Activities To Do At Home WINTER #4

Ice Cube Hunt - make some ice cubes with water and food colouring and hide them for your friends to find before they melt!



What Can You Hear? - how many natural sounds can you hear outside (wind, animals, snapping twigs)



Outdoor Activity Card

BIRD FEEDERS Winter #5



YOU WILL NEED:
pipe cleaners, ribbon,
cereal hoops



Activities To Do At Home WINTER #5

Target Practice
- try to hit the same
target with different
sized pebbles, twigs
and even leaves!



Climb a Hill
- what can you
see from the top
of a hill?



Outdoor Activity Card

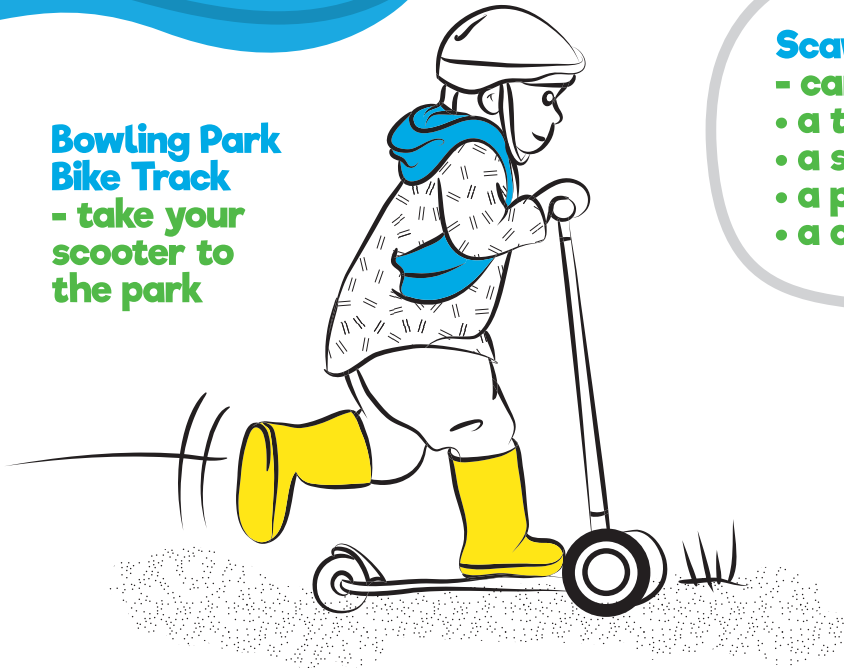
MAGICAL TREE DECORATIONS Winter #6



YOU WILL NEED:
plastic cups or yoghurt pots,
water, food colouring, berries
or leaves (and space in the
freezer overnight)

Activities To Do At Home WINTER #6

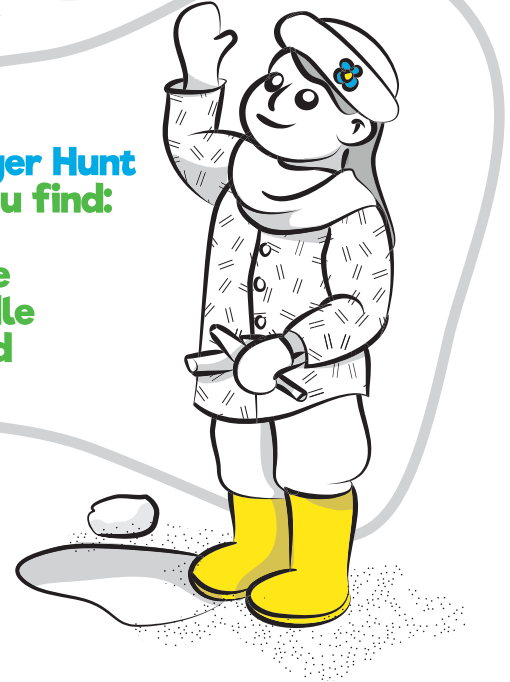
**Bowling Park
Bike Track**
- take your
scooter to
the park



Scavenger Hunt

- can you find:

- a twig
- a stone
- a puddle
- a cloud





Better Start Bradford

We work with families to give children the best possible start in life in Bowling and Barkerend, Bradford Moor and Little Horton through a range of innovative projects to support them through pregnancy and the earliest years of their children's lives.

We are funded by The National Lottery Community Fund, using National Lottery funding, for 10 years (until 2025). Working with local partners, we aim to leave a lasting legacy for children, families and the whole area.

Our vision for the future: Children across our part of Bradford and beyond have the best

possible start in life, in terms of their health, wellbeing and life chances, forming the cornerstone of strong, happy communities.

Our mission: To work with families and partners to improve the life chances of children in our part of Bradford, through a comprehensive programme focused on improving health, social and emotional development and communication, and to share lessons from this to promote wider change.

01274 723146

hello@betterstartbradford.org.uk

www.betterstartbradford.org.uk





Groundwork

We're passionate about creating a future where every neighbourhood is vibrant and green, every community is strong and able to shape its own destiny and no one is held back by their background or circumstances.

CREATING BETTER PLACES: Making communities greener, safer and healthier and by enabling people to work together to bring about change in their local area.

PROMOTING GREENER CHOICES: Helping people and businesses reduce their environmental impact, improve their health, cut waste and save money.

IMPROVING PEOPLE'S PROSPECTS: Increasing the confidence, skills, wellbeing and employability of those struggling in education or out of work.

**Environment and Business Centre,
Merlyn-Rees Avenue, Morley,
Leeds LS27 9SL
0300 3033 292
leeds@groundwork.org.uk**



Born in Bradford

Bradford suffers from high levels of deprivation as well as having some of the highest rates of childhood illness in the UK. Born in Bradford is helping to unravel this and provide a catalyst for communities to work with the NHS and local authority to improve child health and wellbeing.

**01274 364474
borninbradford@bthft.nhs.uk**

