



Spring Activities to Do With Your Child

Spring brings chances to do lots of activities you and your child might not have been able to do during the winter months. Think about using the ideas below to get your child involved in something new and learning from it.

Spring Picnic

Things your child can do:

- Plan the meal with you
- Prepare and pack up the food items
- Choose the picnic place
- Set out the picnic on a blanket or table
- Talk about what they see

Nature Hunt

Things your child can do:

- Choose the place to walk
- Pick flowers
- Look for insects
- Sing songs
- Look for birds and butterflies
- Throw sticks and rocks into a stream

Visit the Farmer's Market

Things your child can do:

- Talk about the fruits and vegetables
- Pick the items to buy
- Pay for the items
- Carry the bags
- Taste the items
- Help cook the ingredients

Plant a Garden

Things your child can do:

- Choose the seeds
- Pick out pots
- Dig holes with a hand shovel
- Put the seeds in the dirt
- Put dirt on top of the seeds
- Water the seeds
- Watch and talk about how the plants grow

Play Outdoor Games

Things your child can do:

- Jump rope
- Draw with chalk
- Hopscotch
- Fly a kite
- Play at the park
- Explore a creek