

Picnic in the Garden



With the weather getting nice and warm why not take advantage of the lovely sun and head to the garden for a picnic as a family. You can even choose to have the picnic set up in your living room. It is completely up to you. Encourage your child to invite their favourite toys to the picnic. Can they write an invite?

Encourage your child to help make the food for the picnic. They can help assemble sandwiches or if they are really careful and supervised they can help cut the sandwiches into the correct amount of pieces.

Support your child to take turns to count out the food onto everyone's plate and encourage them to pour their own drinks.

This is a great opportunity to have meaningful conversations with your child as well as introducing them to healthy eating.

Maybe you can even have a game of tag when you are finished!