

# Activity Ideas

with  
Wiltshire  
Children's Centres

Our play inspiration this week:  
Holidays

## We're Going on a Picnic



Click on the picture to take you to the story.

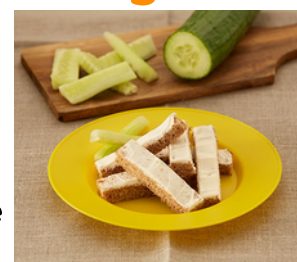
I wonder what happened to all the food they collected?

Wondering is an important skill to teach your blossoming reader.



## Cheesy toast and cucumber fingers

You will need:  
bread  
cheese spread  
cucumber



Great for all the family.

Suitable from  
6 months up

start 4 life

Click here to see this recipe and more

## Activity Idea - Older Explorers What shall we take on our Picnic?

Little ones can help plan what to take on a picnic which builds your child's organisational skills.

Your child can help to:

- Make sandwiches
- Decide what fruit to bring
- What games to play
- What bag will they carry



Don't forget hats, sun cream and water bottles!

## Did you know...

Going on holiday with a little one can be stressful. Remember that if you can find a way to relax and cuddle with baby, their body will mirror yours. As you relax, your heartbeat and breathing slows down...and so does your baby's.

## Activity Idea - Tiny Tots Buggy walk through the park

Make the most of the good weather and get out into the fresh air. Daylight is proven to have beneficial impacts on our health. If it's good for you then it's good for baby.

Don't make it a route march! Take time to pause and chat or sing to your baby. Make sure baby is protected from the sun.



## Discovery time

Talk to your child about what makes us healthy. Ask what food they think helps their body to grow.

Make a game of it when you are next at the supermarket. Every time they spot a healthy food - say "Bingo".