

# Ideas for 4-5's

## Communication, Language and Literacy

### Life Cycle of a Blackberry



Get out and pick some local blackberries.  
Talk about the life cycle of the blackberry, changes from flower to fruit, colour changes, healthy foods, how you can eat and cook with them.

Pick your own and let's get cooking.

Make a pie or crumble or get adventurous and make a jam.

There are 43 calories in 100 grams and hailed as a "superfood," blackberries are an excellent source of vitamins

## Maths

### Let's Make Frozen Eggs



Let the children investigate, help them to understand the process of freezing and melting. Taking a liquid and turning it into a solid, then back to a liquid when it melts, its magic. Encourage them to predict what happens at each stage.

**You don't have to use eggs, try using an ice cube tray, balloons or containers etc.**

## Physical

### Junk Modelling

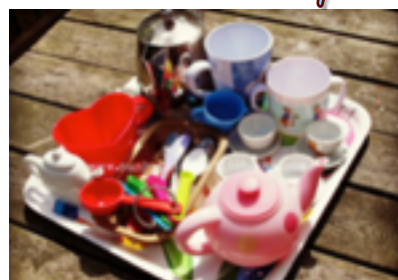


Raid your recycling bin and get creating. Discover, explore and increase on their fine and gross motor skills.

Talk about recycling.

## Emotional and Mental well-being

### Water Play



Experience the therapeutic values of water- it is an extremely relaxing activity. There is nothing quite like the magic of water.

**#teapartypouringandscooping**

**(always ensure safety when children are playing with water)**