

# Ideas for 4-5's

## Communication, Language and Literacy

### Growing



Watch and talk about the cycle of growing. Use an old jar and some tissue to grow a seed of your own in a jar. Try a bean that you can transfer into the garden. Take your child through the full journey of growing their own food.

## Maths

### Maths Made Fun



Simple maths ideas. Use feathers to sort and quantify.

This could be adapted to all sorts of things that can be used to fill cups with.

## Physical

### Pond Dipping or a Woodland Walk



Enjoy the sights that spring has to offer. You never know, you may find some tadpoles to take home and watch them transform into frogs.

## Emotional and Mental well-being

### Chocolate Nests



A fun way to spend quality time with your little ones, whilst being able to enjoy a tasty treat afterwards.