

# Let's...

## Go to the forest together



### Let's try...

- collecting some sticks and leaves so that we can make a picture together when we get home
- listening to the sounds we make when we crunch through the leaves or snap twigs
- going out after it's rained to walk in the mud, squelch, squerch!

# Why try this?

- children remember the fun experience they have with you and this helps build strong relationships and happy memories
- talking, singing and making up stories helps develop your child's imagination and language
- routine and being consistent helps your child to feel secure and stay safe
- spending time outside is important for your child's health and well-being



**Bournemouth SureStart  
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