

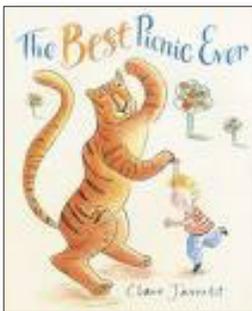
# Going on a picnic

## Let's play and talk together

- ❖ Plan a picnic with your child. Choose a place to go where you can eat outdoors.
- ❖ Talk about what kinds of food would be easy to pack and easy to eat with fingers.
- ❖ Talk about what foods need to be kept cold (e.g., milk, meat, salad). Show your child how you will keep these foods cold until it is time to eat.
- ❖ Let your child help you pack the picnic basket or cooler.



## A good read-together book



**The Best Picnic Ever** by Clare Jarrett

You will need pencil and paper to make a list, a picnic cooler or basket, some healthy picnic foods, an ice pack to keep foods cool, and a cloth or blanket.

This activity is good for choosing healthy picnic foods, and learning how to make a list.

## Hints for success

- ❖ Choose foods and drinks that are healthy and easy to carry (e.g., raw vegetables, fruits, sandwiches, water, etc.).
- ❖ Before you start packing, make a list together of what you will take.
- ❖ Invite your child to choose a snack to carry in his or her own bag or backpack.

What else do we need for our picnic?

What shall we put in the cooler?

**Ways to say it**

# More ideas for Going on a picnic

## Try this way

- ❖ Walk to a park, playground, community centre, nature trail or beach.
- ❖ Bring a ball, a flying disc or a jump rope to play with.
- ❖ Think of activities to do that everyone can enjoy.
- ❖ Have a "pretend" picnic using pictures, empty food packages, plastic containers, plastic fruits and vegetables, etc.

## Music

Learn the song **Teddy Bears' Picnic** and sing it together.

Sing the song **The Ants Go Marching** while you march to your picnic.

## Book links

**Mother Bear's Picnic** by Maurice Sendak  
**The Teddy Bears' Picnic** by Jimmy Kennedy



## Blackberries, Blackberries on the Hill

**Blackberries, blackberries on the hill**  
**How many pails can you fill?**  
**Briers are thick and briers scratch,**  
**But we'll pick all the berries**  
**in the blackberry patch.**

Author unknown

## Safety tip

Remember to use ice or cooler packs if you take foods such as milk, salad dressing or meat.