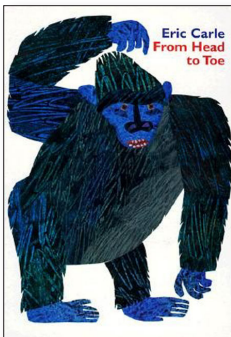


Country adventure

Let's play and talk together

- ❖ Create a pretend adventure in your back yard or at a park.
- ❖ Bend for bugs. Put some toy bugs in the grass for your child to find. Bend down low and look in the grass for bugs.
- ❖ Creep and crawl for critters. Put some toy critters in the grass. On your hands and knees, move through the grass looking for critters.
- ❖ Leap over a log, like a frog. Use a paper towel roll for a log.
- ❖ Run to the river and take a drink. Put out a bowl of fresh drinking water and scoop a drink from it with a small cup.

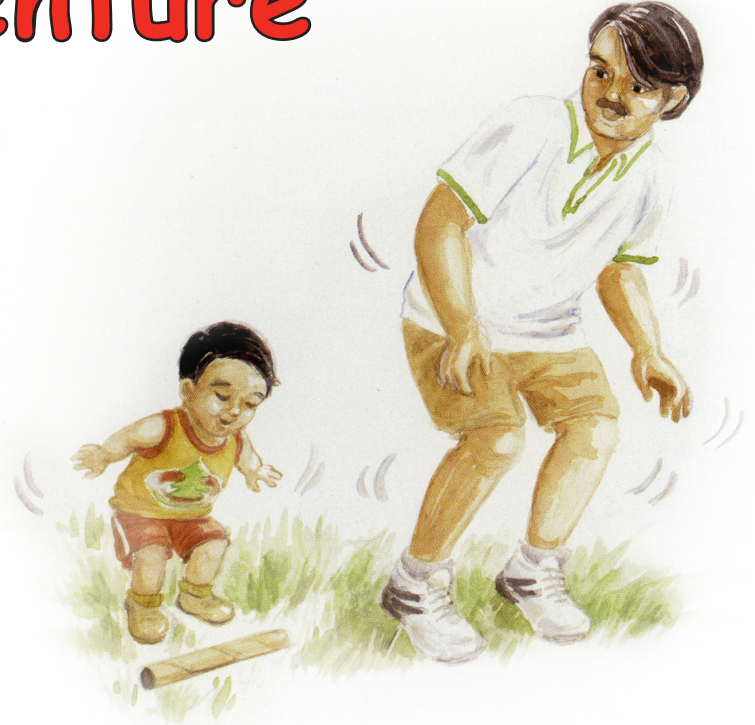
A good read-together book



From Head to Toe by Eric Carle

You will need toy bugs and other toy critters, a paper towel roll, a bowl of water and a cup.

This activity is good for bending, crawling, jumping and running, and for learning to pretend.



Hints for success

- ❖ Have other children or family members join in the fun and take turns on the adventure.
- ❖ Talk about what you are doing as you do each activity. Show your child how to pretend.

Look what I found
in the grass!

Can you show me how
you jump over this log?

Ways to say it

More ideas for Country adventure

Try this way

- ❖ Read the book **From Head to Toe** and talk with your child about all the actions you can do with your bodies.
- ❖ Make up actions you can do together at the beach. Walk in the water, step from stone to stone, or jump over real logs. Practice bending to pick up stones and throwing them into the water.
- ❖ Think of other activities to add to your pretend adventure, e.g., running away from an animal.

Let's make—a pretend log

You will need:

- A paper towel roll
- A crayon
- Brown paint or brown-coloured construction paper

How to:

Colour or paint the paper towel roll brown, like a log. Invite your child to help you.

Action poem

Learn the poem **A Caterpillar Crawled**, and do the actions with your child.



A Caterpillar Crawled

A caterpillar crawled,
(creep fingers up one arm)
To the top of the tree.
"I think I'll take a nap," says he.
(place one hand over opposite fist)
So under a leaf he began to creep
To spin his cocoon,
And he fell asleep.

All winter long he slept in his bed,
'Til spring came along one day and said,
"Wake up, wake up, little sleepyhead,
(shake fist with other hand)
Wake up, it's time to get out of bed."
So he opened his eyes that sunny day.
(spread fingers, hook thumbs)
Lo! He was a butterfly, and flew away.
(flap hands as wings and fly away)

Author unknown

Safety tip

Make sure that all toys are safe for young children, and are not too small.