



# CRAFT ACTIVITIES FROM GRAMMY



## SPRING WALK ACTIVITY

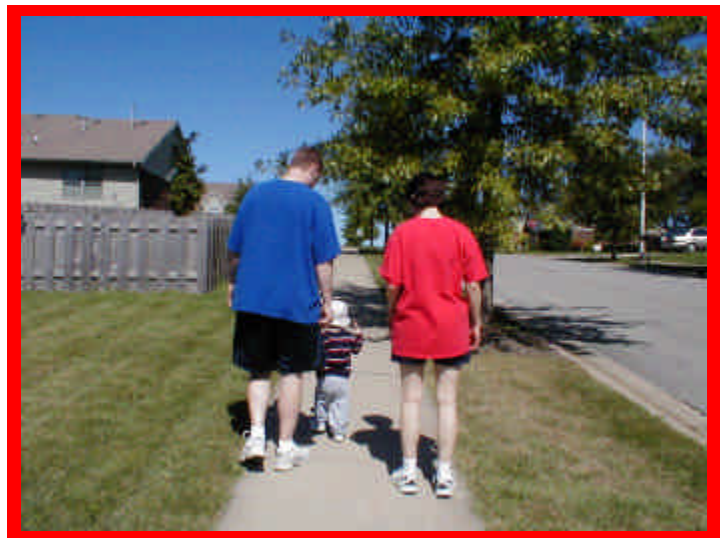
**For ages:**  
**2-5 yrs.**

**Purpose:**

You will be trying to instill an appreciation of nature. This is also a good time to introduce exercising. You can introduce the different seasons and point out all of the “signs” of spring. It is a wonderful way to spend time with your child.

**Materials:**

Comfortable clothes  
old comfortable shoes or boots  
gardening gloves (if you don't want to get your hands dirty)



**Instructions:**

Put on those old clothes, boots or old shoes and take your preschooler on a spring walk. Choose a day that is mild so that you won't mind staying out for a while.

You can go in your yard, neighborhood, and/or a park near your home. Let your preschooler lead the way. If your child has trouble getting started, you can start for them.

Look for birds. Listen to their different sounds. I bet you'll see some nests being built. Look for the shoots of new growth starting in the flower gardens. Find the buds on the trees. See if there are any bugs, worms or other wild life. Little children always manage to see things that we miss. Take the time to let them investigate everything on your walk. Have a great time!