

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.