

Going Outside

Can your child show their bear how they can put on their own shoes and coat to play outside?



Collect leaves and sticks and take them home. Can you make a den for your bear? Or you could use them to make a natural picture.



Can you take your bear to the park? Or somewhere else outside?

Can your child show their bear how they can ...

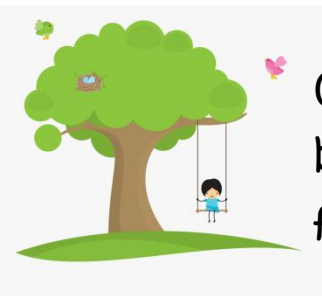
Run....

Kick and throw a ball....

Skip and hop....

Climb?

Can your child take bear down the slide or for a ride on a swing?



How are you helping?

Playing outside helps your child to:

- strengthen their muscles
- get fit and healthy
- learn better
- learn to take risks and be adventurous