

## 4 Educational Activities to Do with Your Child in Spring

Spring is a great time to get outdoors, take advantage of the nice weather, and explore the change of the season. Being outside provides numerous benefits for your child's developmental growth and physical and mental health.

Below are some activities to do this season that are not only fun, but also educational.



### 1. Create a Nature Journal

Start a new routine by taking walks with your child. Look for signs of spring, such as flowers, birds, and green leaves. After each walk, provide your child with a notebook and writing utensils. Encourage them to draw pictures or write about the things they saw. This fun exercise fosters creativity, writing, fine motor, and memory skills.

### 2. Fly a Kite

Did you know that April is National Kite Month? Enjoy the breezy weather with your child! Find a wide-open field or park without trees or power lines and let your kite soar high in the sky. Use this opportunity to practice gross motor skills and hand-eye coordination and discuss concepts, such as wind and directional vocabulary.

### 3. Make Nature Prints

Provide your child with a small bucket or basket and go outdoors. Ask them to collect a few favorite flowers or leaves. Roll out play dough or clay and encourage your child to gently press the item into the dough. Carefully lift the item to reveal a beautiful print. Ask your child to describe what they see. Roll the dough again and continue the fun.

### 4. Garden

Gardening is a hands-on activity for children of all ages. Start small with a few pots or planters. Discuss the importance of sunlight and water for growing healthy plants and flowers. Each day, ask your child to help water the garden. If you've planted seeds, encourage your child to measure the plant's size and track using a chart or graph.