

**29th May-6th June 2021**

**Parent pointers**

[**Gardening tips with Mr Bloom**](https://www.bbc.co.uk/cbeebies/grownups/7-tips-for-gardening-with-children?collection=parenthood-tips-and-tricks)

[**Woodland Trust-outdoor fun**](https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/)

[**RSPB-fun and learning**](https://www.rspb.org.uk/fun-and-learning/)

*Gardening, and outdoor fun, can benefit children in so many ways. There are lots of physical benefits to lifting, digging and planting, and learning about fruit and vegetables in a ‘hands on’ way.*

*When children see things that they have planted grow and develop, and they take responsibility to care for them, they are strengthening their emotional wellbeing.*

*It is also a great time to collaborate with others as they explore the many sights, sounds and smells of nature.*

**National Children’s Gardening Week**

National Children’s Gardening Week celebrates the fun that gardens hold for children.

[**Children's Gardening Week**](https://www.childrensgardeningweek.co.uk/)

**From growing to rock painting, creating fairy gardens and hedgehog feeding stations-there is plenty to explore!**

[**Gardening with children**](http://www.bbc.co.uk/gardening/gardening_with_children/)

[**Gardening for kids - CBeebies - BBC**](https://www.bbc.co.uk/cbeebies/grownups/how-does-your-garden-grow?collection=national-gardening-week)

[**Fruit & veg for kids to grow - BBC Good Food**](https://www.bbcgoodfood.com/howto/guide/easy-crops-kids-grow)

[**Gardening with children-10 ideas**](https://famlyco.webflow.io/blog/10-ideas-gardening-with-children?utm_source=es-email&utm_medium=email&utm_campaign=ES%20Email%20%5BUK%5D%3A%20Weekly&utm_content=Module%201.2&autopilot_id=rpainter%40solihull.gov.uk)

[**Vegetable songs**](https://www.preschooleducation.com/svegetable.shtml)

[**Flowers and plant songs**](https://www.preschooleducation.com/sflower.shtml)

**Consider:**

Stories that relate to gardening, growing, fruit or vegetables such as:

* Traditional tales- Jack and the Beanstalk or The Enormous Turnip
* Jasper’s Beanstalk by Nick Butterworth
* Handa’s Surprise by Eileen Browne
* In Wibbly’s Garden by Mick Inkpen
* Titch by Pat Hutchins
* The Tiny Seed by Eric Carle
* The Big Hungry Bear by Don Wood

Use colour charts, from DIY shops, to search for colour matches on a nature walk.

Explore fruit and vegetables as a whole, before peeling or chopping to make healthy snacks or smoothies.