

Cumbria County Council  
*Early Years Team*

**What can I do  
today?**



**This week it is ...flowers**

**Monday**

### **Flower sensory bottles**

- To let your baby explore flowers safely, make a flower sensory bottle.
- Pick some different flowers and put them in a plastic bottle and fill with water.
- Make sure the lid is on very tightly and allow your baby to shake and look at all the different coloured petals (always supervise)

**ALWAYS** check flowers are safe to pick (check the internet for toxic plants and flowers) It is often illegal to pick wild flowers – check first or pick from a garden with permission.