

Cumbria County Council
Early Years Team

**What can I do
today?**



This week it is ...flowers

Sunday

Flower perfume

- Children love to make mixtures in the garden.
- Use old buckets, spades or bowls and spoons to let your child have their own perfume shop!
- If you have any old jars, bottles or funnels these would also be a wonderful addition.
- Let your child use water and gather 'ingredients' such as leaves and flowers in the garden to mix and stir.
- Mixing and stirring is good for arm muscles and using a funnel to pour their concoctions into a bottle takes hand and eye coordination!
- Always supervise this activity to ensure children don't use anything they shouldn't

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.