

Things we like to do outside

# Picture Book Program

## Developed by ArtPlay and Family Services as part of the Picture Book Program.

We’ve been thinking about things we like to do outside! We like playing in the garden, stomping around in muddy puddles, lying in the grass, watching birds in the sky, and squishing dirt through our fingertips. What do you like?

**Outdoor play gives children the opportunity to jump, run, climb and take risks, which in turn builds self-confidence. It invites children to explore natural environments, and develop their curiosity and sense of wonder.**

You will find the link to our song online and lyrics to sing along on page 4 of this book.

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### About this project

The Picture Book Program 2016 is a partnership between two branches of the City Communities Group within the City of Melbourne – Community Services (Family Services) and Arts Melbourne (ArtPlay). The program is designed to engage families from within the municipality. It aims to encourage an awareness and enjoyment of literacy and the creative process, in a fun and supportive environment.

The illustrations, text, and music in this book were created by the attending families, using everyday materials, curiosity, and experimentation. The result is a book and a song to be enjoyed again and again.

## Family Services

Literacy Project Facilitator: Tamara Hrabric-Krajcar

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## ArtPlay

### Program Coordinator: Amy Turton

Artist: Ana Rita Pires

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Volunteers: Lucy Kingsley, Eleanor Purseglove, Laura Hartnell

The City of Melbourne respectfully acknowledges the Traditional Owners of the land, the Boon Wurrung and Woiwurrung (Wurundjeri) peoples of the Kulin Nation and pays respect to their Elders, past and present.

# Things we like to do outside

[Follow this soundcloud link to sing along](https://soundcloud.com/artplay-picture-book/things-we-like-to-do-outside)[[1]](#footnote-1)

## Lyrics

It’s Monday!

Let’s run to the playground!

Swing so high we touch the trees,

Down the slide like a rocket, wheeee!

All aboard the music train,

Seagulls come to hear us sing today!

It’s Tuesday!

Let’s catch a train to the beach!

Splash and jump in salty waves,

Dig a hole so big it’s like a cave.

Find shells pink, white, orange, black,

Taste salt and sand all the way back.

It’s Wednesday!

Let’s take a tram to the city!

We wave and the tram driver dings his bell,

Feed the ducks on the river, it’s so peaceful.

Tastes of street food

Mamma and daddy eat,

Exploring up and down

The city streets.

It’s Thursday!

Let’s play in the garden!

Stomp around in muddy puddles,

Dig in the dirt with a bucket and shovel.

Squish the dirt through our fingertips,

Rain falls on our faces - drip, drip, drip.

It’s Friday!

Let’s go to the park!

Zoom like a plane, run super fast,

Catch coloured leaves as they float past.

Pockets full of sticks and stones,

Warm sun and smiles follow us home.

We love to play outside!

We love to be outside!

The things we love to do outside!

# Activities

## Rock Painting

### You will need:

* Rocks (not too heavy)
* Salad spinner
* Washable paint

### Instructions:

* Collect rocks from your garden
* Wash the rocks before you use them
* Place one or two rocks at a time in the salad spinner and have your child drop a few globs of paint anywhere on the rocks
* Place the lid on and give it a fast spin, so much fun! • Open the lid and take a look inside at your colourful rock collection!
* Carefully pull out the rocks and let them dry.

## Floral Sun Catcher

### You will need:

* Clear contact sheet
* Petals and leaves
* Icy pole sticks

### Instructions:

* Collect different shapes, colours and sizes of petals and leaves
* Cut square shaped pieces of contact • Firmly place icy pole sticks around the edges to give the contact square a strong frame
* Pluck some petals and leaves and place them on the sticky side of the contact sheet
* Once finished, you can tape the sun catchers on windows
* Watch tiny shapes and lines appear as the light shines through
* Every petal and every leaf is different!

## Did you know?

Painting, drawing and sticking activities support the development of fine-motor skills. They strengthen the muscles in hands and arms, preparing children for when they begin to write. Art activities shared between parents and children strengthen emotional bonds and support children’s wellbeing.

1. https://soundcloud.com/artplay-picture-book/things-we-like-to-do-outside [↑](#footnote-ref-1)