



## Pick a Posy



Head outside with your child into the backyard or out on a nature walk to simply pick a posy – or collection of fresh flowers, leaves and other natural items.

Talk to your child about what you can see while you're on your walk together. Perhaps you'll notice a daffodil dancing in the breeze, or a singing bird tending to a nest. Maybe you can smell or see wattle bursting with colour? Ask your child about what they see, hear or smell, and how it makes them feel.

Collect some natural goodies and bring them home to arrange the posy in a vase or glass to bring the beauty indoors. The simple art of picking a posy builds connection to nature and enhances wellbeing.

Ensure that the flowers and other items you collect are not poisonous or toxic and are safe for your child to handle.