



Going Outside...

Transition Activity

Can you take
Mouse to the
park or
somewhere
else outside?



Can your child put on
their coat on their
own? This will help
them at school!



Take your child
and Mouse to
play outdoors
regularly—and
use the chart
to note down
where you go.
Take it into
school to show
the teacher.

Collect leaves and sticks and
take them home!

You could make a
picture out of them,
or build a cosy nest
for Mouse...



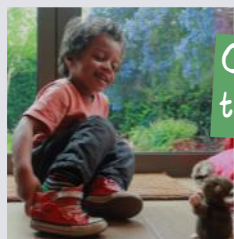
How are you helping?

Playing outside helps your child to...

- strengthen their muscles
- get fit and healthy
- learn better
- learn to take risks and be adventurous



Can your child show Mouse how they can put on
their shoes and coat before going outside?



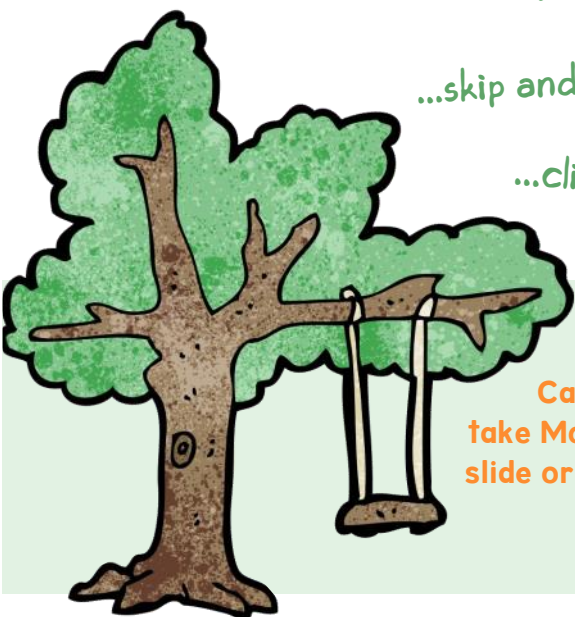
Can your child...?

...kick and catch a ball...

...run...

...skip and hop...

...climb...



Can your child
take Mouse down a
slide or on a swing?





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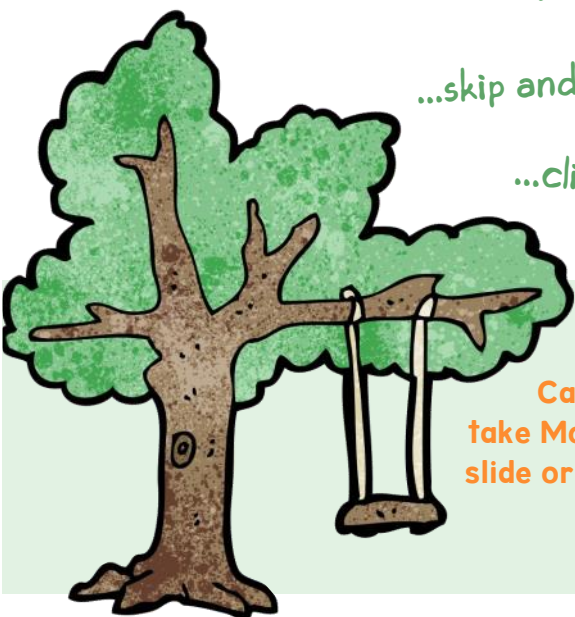
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