

SUNNY DAY

Here's a really fun book about celebrating each day and all of the wonders that it holds.

Author: Carmen O'Mara

Ages: 6 months to 3 years

Pages: 16

Themes: Celebration of play; Time spent together;
Exploring nature

“Let the sunshine in!” It doesn't cost a lot of money or even take a lot of planning to enjoy a fun day outside. On a day when the sun is shining, plan a “surprise outing”. Pack your lunch into a bag and head for the local park or your back yard and set up a camp. Lay out a blanket for your lunch and rest area and then check out what's going on in the great outdoors.

Look into the trees to see if there are any bird nests. Talk about how birds live and raise their families in nests instead of a house or apartment like yours. Are the trees budding or blooming? Talk about how each spring is a fresh time of new growth and be sure to watch how the buds change from day to day and turn into leaves and maybe flowers, depending on what kind of tree it is.

Pick up sticks and other things that may have fallen into your yard and set up a little spot to put your clean-up material in. This may help your child to feel like he/she are a part in keeping the yard/park looking nice for everyone.

When you've finished your fun day in the sun. Draw pictures of the sunshine so that when there are days when it's not so sunny, you can look at your pictures and remember your fun day out.