

# Ready, Steady, Grow!



In the Ready Steady Grow project your child will take part in practical activities to explore where food comes from. They will learn what seeds and plants need to grow and grow a variety of plants. They will explore what constitutes a healthy lifestyle, including eating fruit and vegetables, exercise and teeth brushing. They will find out about life on a farm and about baby animals. They will read rich texts fiction and non-fiction and widen our vocabulary linking to the topic.

Part of our season topic of Spring your child will go on a walk to look for signs of spring in the local area. They will learn about the changes that happen in spring, including the weather and living things.

## Supporting your child at home

- Visit your local library and find books about farms to share.
- Make a shopping list together and go to the shops to buy the food.
- Grow some quick growing plants or make a cress head.
- Talk about healthy foods.
- Go on a spring walk and take photographs of the signs of spring.
- Make a weather diary to observe how the weather changes.
- Visit a pond and look for signs of new life, such as ducklings and frogspawn. Visit again over time to observe change.

