

Starcatchers' #WeeInspirations

Have some fun, save your sanity

BIRD SEED CIRCLES

THE BASIC IDEA

Get outside: into the garden, the park, anywhere with hungry birds! Start by exploring circles with your bodies - making circles in the air with your finger, your elbow, your toes, your bottom, even spin in circles! Then get out a tub of bird seed.

OVER TO YOU, WEE ONE

Ask "I wonder if we could make circles with the bird seed?" and use your finger to swirl a circle in the tub. Your wee one might explore the textures in the tub, take handfuls and spin in circles as they throw them, or sprinkle a circle on the ground - explore the idea together.

CHEEKY BONUSES

- Understanding shapes
- Develops gross and fine motor skills
- You're not making a mess, you're feeding wildlife!

VARIATIONS

- Have tubs of seeds, oats and other bird friendly ingredients to pour and mix together
- Add an element of imaginative play: maybe you're feeding Santa's reindeer!
- Take some chalk and draw some of the movements on the path, then echo them with your movements - try squares, triangles, straight lines, whatever you fancy.

AND REMEMBER...

Don't expect perfection - your wee one may make circles, they may run around randomly at first. The important thing is you're introducing the words and showing clear examples in a fun way.

12 Days of...
Wee Inspirations



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