



Things we like to do

**OUTSIDE!**

## Things We Like To Do Outside

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### About This Project

The Picture Book Program 2016 is a partnership between two branches of the City Communities Group within the City of Melbourne - Community Services (Family Services) and Arts Melbourne (ArtPlay). The program is designed to engage families from within the municipality. It aims to encourage an awareness and enjoyment of literacy and the creative process, in a fun and supportive environment. The illustrations, text, and music in this book were created by the attending families, using everyday materials, curiosity, and experimentation. The result is a book and a song to be enjoyed again and again.

### Family Services

**Literacy Project Key Facilitator:** Tamara Hrabric-Krajcar  
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### ArtPlay

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**Songwriting Artist:** Nina Laitala

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ARTPLAY

FAMILY  
SERVICES

### THE FAMILIES WHO MADE THIS BOOK

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# Things we like to do OUTSIDE







**It's Monday!**

**Let's run to the playground!**





Swing so high we touch the trees,

Down the slide like a rocket, wheeee!





**It's Tuesday!**

**Let's catch a train to the beach!**





Splash and jump in salty waves,  
Dig a hole so big it's like a cave.





It's Wednesday!

Let's take a tram to the city!





Tastes of street food

mama and daddy eat,



Exploring up and down

the city streets.







**It's Thursday!**

**Let's play in the garden!**





Stomp around in muddy puddles,

Dig in the dirt with a bucket and shovel.







It's Friday!

Let's go to the park!





Pockets full of sticks and stones,

Warm sun and smiles follow us home.





We love to be outside!





# Activities

## ROCK PAINTING

### You will need:

- Rocks (not too heavy)
- Salad spinner
- Washable paint

### Instructions:

- Collect rocks from your garden • Wash the rocks before you use them
- Place one or two rocks at a time in the salad spinner and have your child drop a few globs of paint anywhere on the rocks
- Place the lid on and give it a fast spin, so much fun!
- Open the lid and take a look inside at your colourful rock collection!
- Carefully pull out the rocks and let them dry.



**DID YOU KNOW?**  
Painting, drawing and sticking activities support the development of fine-motor skills. They strengthen the muscles in hands and arms, preparing children for when they begin to write. Art activities shared between parents and children strengthen emotional bonds and support children's wellbeing.

## FLORAL SUN CATCHER

### You will need:

- Clear contact sheet
- Petals and leaves
- Icy pole sticks

### Instructions:

- Collect different shapes, colours and sizes of petals and leaves • Cut square shaped pieces of contact • Firmly place icy pole sticks around the edges to give the contact square a strong frame • Pluck some petals and leaves and place them on the sticky side of the contact sheet • Once finished, you can tape the sun catchers on windows • Watch tiny shapes and lines appear as the light shines through • Every petal and every leaf is different!



# 'Things We Like To Do Outside' Lyrics

FOLLOW THIS LINK TO SING ALONG:

<https://soundcloud.com/artplay-picture-book/things-we-like-to-do-outside>

### It's Monday!

**Let's run to the playground!  
Swing so high we touch the trees,  
Down the slide like a rocket, wheeee!  
All aboard the music train,  
Seagulls come to hear us sing today!**

### It's Tuesday!

**Let's catch a train to the beach!  
Splash and jump in salty waves,  
Dig a hole so big it's like a cave.  
Find shells pink, white, orange, black,  
Taste salt and sand all the way back.**

### It's Wednesday!

**Let's take a tram to the city!  
We wave and the tram driver dings his bell,  
Feed the ducks on the river, it's so peaceful.  
Tastes of street food mama and daddy eat,  
Exploring up and down the city streets.**

### It's Thursday!

**Let's play in the garden!  
Stomp around in muddy puddles,  
Dig in the dirt with a bucket and shovel.  
Squish the dirt through our fingertips,  
Rain falls on our faces - drip, drip, drip.**

### It's Friday!

**Let's go to the park!  
Zoom like a plane, run super fast,  
Catch coloured leaves as they float past.  
Pockets full of sticks and stones,  
Warm sun and smiles follow us home.**

### We love to play outside!

**We love to be outside!  
The things we love to do outside!**





**We've been  
thinking about things  
we like to do outside!**

**We like playing in the garden,  
stomping around in muddy puddles,  
lying in the grass,  
watching birds in the sky,  
and squishing dirt through  
our fingertips.  
What do you like?**

**Listen to  
our song online  
and sing along  
with the lyrics at  
the back of the  
book.**

**Outdoor play  
gives children the  
opportunity to jump, run,  
climb and take risks, which  
in turn builds self-confidence.  
It invites children to explore  
natural environments, and  
develop their curiosity  
and sense of wonder.**

