Seasons of Wonder: **Step Into Something New**

Try something new, discover something different and see what you can do

Trying something for the first time can feel exciting, surprising or even a little bit challenging. This activity encourages children to step outside their usual routines and choose something new to explore.

There is no right or wrong challenge. The important thing is having a go.

Materials

You don't need any special materials for this activity. Simply choose one new experience to try together.

You could choose:

- A new texture or material to explore
- A new song to learn
- A new word to discover
- A new fruit or food to taste
- A different group activity to join
- A new physical skill to practise
- A new book or story to explore
- A new place to visit

How to play

1. Ask your child what new thing they would like to try. Give them a few ideas if they need some inspiration, but let them make the final choice where possible.

2. Before you begin, ask your child how they think they might feel trying something new. They might feel excited, curious, nervous or unsure. Reassure them that all of these feelings are completely normal.

3. Try the new experience together. Give your child time to explore and don't worry about getting it right straight away. The aim is to have a go, not to be perfect.

4. Afterwards, ask your child what they thought. Did they enjoy it? Was it easier or harder than they expected? Would they like to try it again?

5. Give your child a "Something New" star, sticker or handprint to add to a display. You could write down what they tried and how they felt about it.

How Does This Benefit Children?

Confidence and Self-Esteem - Trying something unfamiliar and discovering that they can have a go helps children build confidence in their own abilities.

Resilience - Children learn that new experiences may not always be easy straight away and that practising and trying again can help.

Curiosity and Exploration - Trying new things encourages children to ask questions, explore their surroundings and develop a positive attitude towards learning.

Independence - Allowing children to choose their own challenge gives them opportunities to make decisions and take ownership of their learning.

Communication and Language - Talking about new experiences gives children opportunities to describe their feelings, explain what they noticed and learn new vocabulary.

Physical Development - New physical challenges such as balancing, jumping, climbing or learning a new movement help children develop coordination and confidence in using their bodies.

Discover the Seasons of Wonder

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