

A flower crown made from natural things found on walks or in your backyard is a great way to celebrate Spring. The crown base can be made from jasmine or grape vine, willow, peppercorn or thin branches that bend. Then simply weave flowers and leaves into the base to decorate.

For children that do not like flowers a gum leaf head-piece is a lovely alternative.

Selecting seasonal activities to do with your child each year offers routine, rhythm and connection to the natural environment. Building family traditions supports connection and wellbeing and provides opportunity to make memories together.