

Time to Get Wild!



Mark the dates and make special outings with you and your little one to explore more about the wonders of nature!

Block This Date

day month

We are going to _____

Draw 2 of your favourite plants or animals on your trip!

Draw here

Draw here

How did you feel?



Happy



Sad



Angry



Worried



Scared



Tired



Excited



Funny



Lovely



Tip for Parents

Show interest in your little one! Chat with your little one about what happened on your trip. Watching you get excited about their stories teaches them that change and new experiences can be a good thing.



Inspire and share your belief in growing up together naturally with fellow mums!

Share your journey on **Facebook** or **Instagram** with the hashtags **#inspiredbyfrisogold** **#getwildwithmum** **#mumsgrowtoo**