

# THRIVE

TIPS AND IDEAS FOR THE PHYSICAL, LANGUAGE, COGNITIVE AND SOCIO-EMOTIONAL DEVELOPMENT OF YOUR CHILD

Spices come from the bark, fruit, roots and seeds of plants while herbs are derived from the leaves. This means you can get different flavours and products from the same plant.



*learn*



**18** | Go on a creative learning journey

*grow*



**21** | Cinnamon adds a spicy-sweet kick to this festive treat

*play*



**22** | Create your own leaf and twig hanging mobile