TINY GARDEN · AGES 2–3

Green with Rocco

Parent card · watch, talk, do

Watch together

- Sit close and watch together. When Rocco asks a question, pause and let your child answer.
- Watch it again tomorrow. Little ones learn from repeating the same video.

Talk about it

- What colour is Rocco?
- Can you show me something green?
- How many little trees? Let's count: 1, 2, 3!

Now you! (5 minutes)

- Green hunt: find 3 green things at home and line them up.
- Touch a real broccoli together. Smell it. If your child wants to taste, offer a small, soft-cooked piece.

In your family profile

- Taste passport · broccoli: looked · touched · smelled · licked · tasted (tick what happened, no pressure).
- Word we loved today: _____

Grown-up tip

- A new food can take 8–10 tries before a child likes it. Offer, don't force, and never use food as a reward.
- For under-5s, cook vegetables soft and cut them small. One short video, then play together.