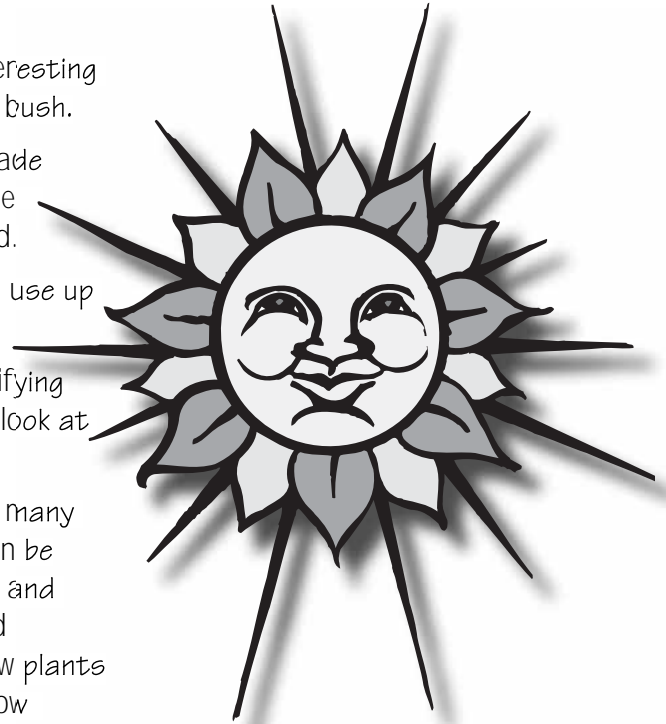


Let's Go Out

Schedule play time outdoors when the weather is nice. There are so many things that can be done outside. Story times, picnics for meals and snacks, art activities, science and discovery, math activities, pretend play, music – the list goes on and on.

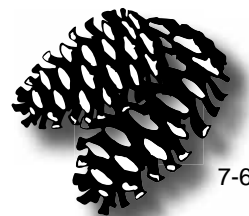
- Think of the extra fun the children can have painting when they do not have to worry about making messes!
 - On a hot day, give children some clean paint brushes – the kind you use for painting walls. Have a bucket of water and encourage them to “paint” things in the yard with water. This is a great way to keep them happy, busy, and using up energy!
- A story can be made interesting when read under a shady bush.
 - Children can play homemade musical instruments while marching around the yard.
 - Relay races can help kids use up energy.
 - Give children some magnifying glasses to take a closer look at tiny insects.
 - Nature can be studied in many ways. Curious children can be kept busy watching birds and squirrels, looking at cloud formations, observing how plants grow, and checking out how things can change in the yard after a rainy day.
 - Pretend play takes on a whole new dimension with an outdoor setting.



Scavenger Hunt

Plan a scavenger hunt. Make up a list of things found in your yard and challenge the children to find them. These can be things such as leaves, twigs, pine cones, acorns, etc. Give each one a bag for things that need to be collected. Decide on how much time to allow for the hunt. Set a timer so the children will be able to tell when time is up. End the scavenger hunt list with a stop at an outdoor table with a yummy, nutritious snack and water to drink.

* Please note that young children need to be closely supervised around any source of water. This means that an adult should be no more than an arm's length away, close enough to provide “touch supervision.”



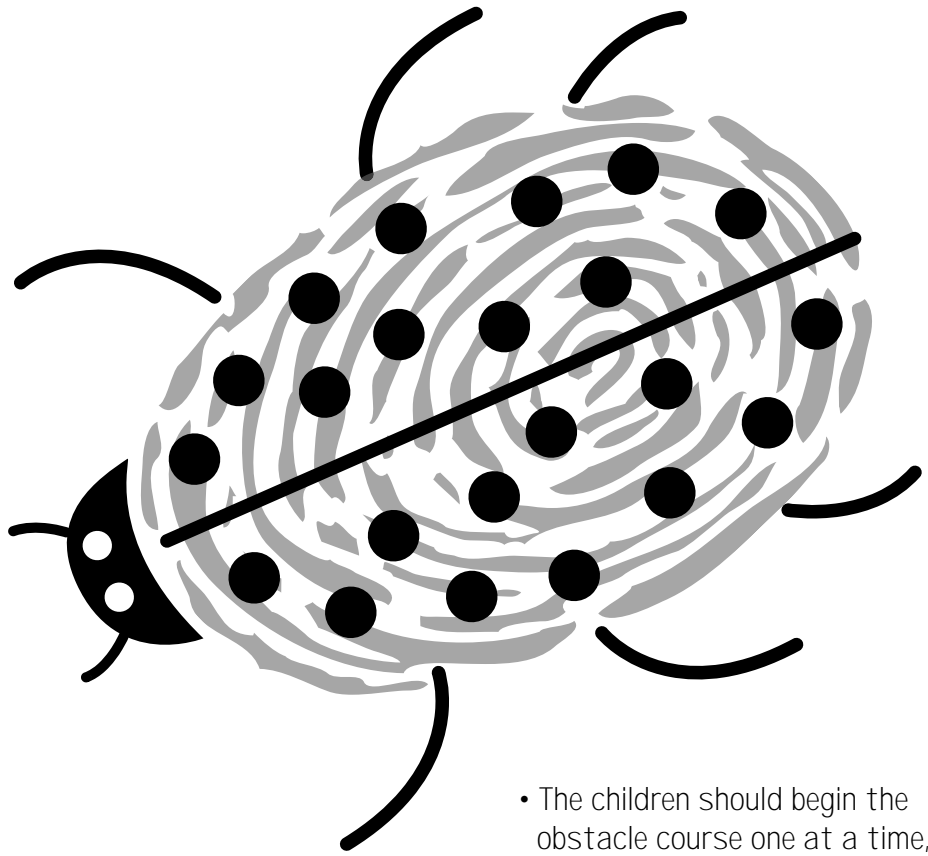
Finger Print Fun

What you need:

- Washable ink stamp pad
- White paper
- Markers, pens

What to do:

- Using the ink stamp pad, have the children make fingerprints on a piece of paper
- They can decide which creatures to make and draw faces, ears, tails, etc. with the markers or pens. Bunnies, mice, birds, and ladybugs make great finger print creatures.



Outdoor Obstacles

This can be a fun and challenging activity for children. Not only does it keep them active, but they will also learn directional skills.

What you need:

- A clear, open space in the yard
- Child-size chairs, a small table, some blocks, some stuffed animals or puppets, a jump rope, a hula hoop, a small rug, or other things you want to use.

What to do:

- Place the objects listed above around the area you have cleared for the activity.

- The children should begin the obstacle course one at a time, so be sure to have a calm activity for them to do while waiting. You could teach a song or a finger play that ties in with a theme or activity you have been working on. Give the children directions for each item.

Here are some examples: Walk around the chair, sit on the chair, jump over the rug, crawl under the table, pick up the teddy bear and put it beside the chair, put it inside the hula hoop, put a block behind the chair, build a tower with the blocks, jump over the jump rope, etc. You can make up any directions that you want to fit the items you decide to use for your obstacle course.

PENNSYLVANIA



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Supported by funds from the Pennsylvania Department of Public Welfare, Office of Child Development.

This publication is available in alternative media on request.

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