



Outdoor Play & Movement

Early Learning (Math, Cognitive)

Provide opportunities for your child to **explore** natural surroundings.

Notice cause and effect all around. If we do something, something happens.

Predict what might happen. **Create experiments** to see what happens.

Take child on a neighborhood **walk** and have her **draw** a picture of her neighborhood.

Fine/Gross Motor

Play tag with lots of “safe” spots to rest. **Make up** different ways to get tagged or to be “It” (i.e. you are “It” if you are the first to the tree, I tag you by locking elbows and twirling).

Play activities where your child must follow along to dance, do yoga, or marching.

Create obstacles that encourage your child to use a variety of muscles for strength, balance, agility, and control.

Help encourage **balance** through rocking, swinging, rolling and spinning

Encourage at least **60 minutes of physical activities** each day.

Language/Literacy

Point out and **discuss** words and letters in the environment and how they are linked to language.

Take pictures (birds, friends) in the trees or on the outside of the house (not too high) and use binoculars (toilet paper rolls or your own hands). Play *I Spy* or *20 Questions*.

Social/Emotional

Offer balance between high energy and low energy activities (i.e. rock and roll or lullaby music).

With close supervision, **provide opportunities** for exploring natural settings such as the beach, forests, tundra, creeks, rocky surfaces, garden.

Support your child to reach and exceed personal goals.

Self-Help

Take neighborhood **walks** with your child. **Look for** and **discuss** potentially dangerous situations.

Discuss safety rules with your child (holding hands in crowds, around small aircraft, wearing a personal flotation device, wearing a bike helmet).

Discuss “what if” scenarios like, “What if I got lost? What if I find something dangerous? What if my friend asks me to do something scary?”