



Get Outside! Activity Ideas

It's the time in the year when we're all itching for vacations, pools, and a break in routine. But this year, summertime looks a little different. Time outside is shown to improve our children's mental health, physical development, learning and behavior. Use these cards to give your kiddo options to get outside everyday.



Colorado's 'Safer at Home' Guidelines:

- Social Distance at least 6 feet from anyone outside your family .
- Wear a face mask whenever outside your own house or yard.
- Travel for recreation is restricted to 10 miles.
- Groups of 10 or less, while maintaining social distancing.
- If you, or someone in your home gets sick, you must isolate.
- Higher-risk individuals should stay at home.



Nature Sculpture

Make a nature sculpture out of the things that you can find in your backyard: twigs, sticks, rocks, flowers. Fairy houses & critter homes.



Outdoor Sensory Play

Pull out the plastic baking utensils, trucks, or animals and make a play space out of that patch of dirt, mud, sand, or rock in the yard.



Bike Ride

Bike Riding is a fabulous activity for bilateral coordination and core stabilization. Never learned before? Start on a balance bike.



Nature Scavenger Hunt

Make a list with your kiddos or find one online and then go on a scavenger hunt! Great for figure ground visual perceptual skills!



Having a Ball!

Play soccer, basket ball, catch, keep away, monkey in the middle, four square, HORSE, Kick the Can, volleyball/ badminton, etc.



Chalk

Write encouraging messages to your neighbors or draw them beautiful pictures. Hopscotch, sidewalk twister, chalk mazes, etc.

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Outdoor Obstacle Course

Create a mini spartan course. Make an obstacle course that challenges the body by going over/under, jumping, somersaulting, etc.



Gardening

Even if its just in pots, gardening is a great activity to get your kiddos playing in dirt and interested in tasting the food they grow.



Make a Fort

Even if it is simply out of an old sheet or tent, create a space the kids can set up and safely retreat to with their toys or books.



Have a Picnic

It doesn't have to be well planned, on a nice day just take whatever meal you planned and lay out a blanket instead of setting the table.



Nature Safari

Grab your camera or phone and snap pic of every different type of bird, or bug, or critter you see. Then try to identify each at home.



Driveway Classics

Hula Hoops and Jump Rope. Use them as intended or get creative: thread the hula hoop, human ring toss, helicopter, snake, etc.



Water Play

When the weather is warm get out the garden hose, sprinkler, baby pool, water guns, or make a simple water table with kitchen tools.



After Dark

Play flashlight tag, sardines (like reverse hide and seek), star gazing, outdoor movie, making shadows, or a flashlight treasure hunt.