

# Outdoor Play

## Why is outdoor play important?

Exercise and fresh air makes children feel good about themselves and this raises self esteem. Children who play outdoors have the space to practise emerging physical skills.

### Autumn Ideas



- Collect leaves and twigs and talk about the different colours and patterns.
- Make leaf necklaces by threading leaves onto a piece of string
- Push leaves into the mud and look at the patterns they have made
- Make fairy or animal houses by collecting natural materials
- Make mud pies or potions using mud, stones, twigs, leaves, grass and anything else you can find that's natural.

### Rainy Day Ideas



- Jump in puddles and watch how the water moves.
- Put tin foil above your head and listen to the rain drops
- Paint or chalk on paving stones, watch how the colours mix together in the rain, then use a brush to clean the paint and chalk away.
- Make a den to shelter from the rain with old sheets or bin bags
- Talk to children about where they think the rain has gone when it's dry again

### Windy Day Ideas



- Blow bubbles and chase them to pop
- Move and dance with long pieces of fabric, watch how they fly in the wind
- Make kites together and fly them in a windy place

### Parks and Open Spaces

There are some great local parks, open spaces and nature reserves where you can spend the whole day exploring with your family. Some are hidden away, some have rivers and ponds and some have animals and wildlife to spot. You could take a picnic, encouraging children to help making the sandwiches, buns and juice. In the park you can collect conkers or play traditional games like hide and seek. You could even go pond dipping or tree climbing if you're feeling energetic!