

## **Outside Activities**

Getting outside provides more than just a fun break for children. It is also extremely beneficial for their physical and mental health and development!

\*Here is a list of additional resources/suggestions\*Optional\*

**\*Remember to wash your hands after your outdoor adventure! \***



1. **Make a cardboard fort:** Put those empty boxes to use!
2. **Set up a treasure hunt:** Hide anywhere from 10 to 20 items around the house or outside to keep children occupied for a few hours. You can even make them a checklist to mark off as they go!
3. **Go on an outdoor adventure:** Decorate a shoebox or bag and head outdoors! Collect your favorite rocks, acorns, twigs, and more!
4. **Paint rocks:** First head outdoors to collect some cool rocks. Then use markers or paint to decorate them!
5. **Set up an obstacle course:** Visit this link for ideas: <https://playtivities.com/obstacle-courses-for-kids/>
6. **Sidewalk chalk:** Try writing letters, numbers, shapes, or anything creative!
7. **Have an at-home picnic:** Bring your lunch or snack outdoors! Don't forget a blanket or mat to sit on!
8. **Make and Blow Bubbles:** Visit this link for a simple recipe: <https://www.diynatural.com/homemade-playdough-recipe/>
9. **Read or play a game outside:** Don't wait for a rainy day! Bring your favorite book or board game outside and enjoy the sunshine!
10. **Plant a garden:** Rake, weed, and plant a garden! Gardening allows children to become creative thinkers!
11. **Play in the mud or dirt:** Put on some old clothes and get digging! This is a great way to help children develop their senses and motor skills.
12. **Go on a color hunt:** Head outdoors and try to find as many colors in nature as you

## Inside Activities

When rainy or cold weather is keeping you inside, it can be challenging to keep your child entertained. But sometimes staying inside can be just as much fun!

\*Here is a list of additional resources/suggestions\*Optional\*



1. **Read at home BINGO:** As your child accomplishes each reading task, they can cross off each bingo square. See link for BINGO board: <https://www.teacherspayteachers.com/Product/Read-at-Home-BINGO-Distance-Learning-5324269>
2. **Bake together:** Baking is a great lesson in measuring, ingredients, and of course, making delicious goodies.
3. **Have an indoor picnic:** Grab a sheet, whatever food you have, and enjoy a living room picnic (without the ants). You can even play that memory game at the same time: "I'm going to a picnic and I'm bringing..." Each person takes turns remembering what everyone is bringing!
4. **Build an indoor tent:** Use blankets and pillows and decorate with your favorite stuffed animals or figurines. Don't forget a flashlight! Have fun snuggling, reading, and telling stories!
5. **Take a virtual field trip:** Virtually visit so many exciting places with a digital field Trip online.
6. **Make a sensory bin:** Fill it with anything and everything! Give your child a shovel or spoon (or they can use their hands!) to excavate!
7. **Make your own Play-Doh:** All you need are quart-sized bags, all-purpose flour, salt, cream of tartar, water, veggie or coconut oil, and food coloring. See link: <https://www.iheartnaptime.net/play-dough-recipe/>
8. **Play a board game or do a puzzle:** This teaches children turn taking and problem-solving skills. Some other suggestions include Simon Says and Follow the Leader.
9. **Have a singalong/dance party:** Feeling silly? Singing and dancing are great ways to expel energy while having fun!
10. **Put on a puppet show:** Create puppets using paper bags, socks, or stuffed animals!