

Creative outdoor areas made easy! Active play

Provide an area with plenty of space and different surfaces. Add new items and games periodically to spark interest.

■ Balance beam

■ Boxes/cartons

Cloth tunnel

■ Space to run

■ Sidewalk chalk drawing

■ Spray bottle painting

■ Painted rock art

■ Nature journal

■ Hopscotch

■ Hoops

- Balls & air pump
- Frisbees
- Ring toss
- Cones to designate areas

Bring art outdoors!

■ Texture rubbings

■ Footprint painting

■ Nature collages

Parachutes

Art

Obstacle course

Dramatic Play

Provide opportunities to role play. Setting the stage can be as simple as a box under a tree or a small grassy area.

- Fast food cashier
- Drive thru bank teller
- Car wash attendant
- School teacher
- Service station attendant
- Mail carrier
- Grocery store clerk
- Forest ranger

Sand & Water

Create a simple sand and water area using large plastic containers with lids. (Supervise at all times.)

- Buckets/shovels
- Plastic spoons/scoops C
- Plastic cups/bowls
- Objects from nature
- Funnels/colanders
- Cars, trucks, & trains
- Muffin tins, pots/pans
- n nature Plastic animals

Music & Movement

Paint (use fence as an easel)

Establish a place for children to move. Add a few props and music, voila!

Provide new, creative experiences for children.

- CD/tape player
- Simple instruments
- Ribbons ■ Scarves

Science/Nature

Support children's interest to explore the outside world. Supply items to aid their discoveries.

- Rock garden
- Treasure/scavenger hunts
- Binoculars

- Vegetable garden
- Bubbles
- Magnifying glass

Into the fresh air!

Outdoor play encourages contact with nature, respect for the environment, and promotes creativity.

Outdoor play also provides an opportunity for multi-age interaction and to build social skills, such as cooperation and sharing.

Most of all, time spent outdoors helps children to release energy, challenge physical abilities, and learn to problemsolve.

So... what are you waiting for? Let's go outside!



1-877-678-2548 www.ks.childcareaware.org



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Let's go outside! The Great **Outdoors!** Guidelines and tips for playing and learning outdoors

It's important to go outdoors every day!

Child care regulations require **ONE HOUR** of outdoor play every day. Meet this requirement by taking children outside in small increments. Monitor air quality for children with allergies, asthma or other respiratory conditions. Here are more useful tips for outdoor play...

When it's hot...

- Avoid going outside from 10am-4pm.
- Limit outdoor play to 15 minute increments when the temperature is above 95 degrees.
- Check the heat index.
- Offer a shaded area.



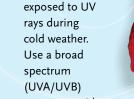
Heat Index

RELATIVE HUMIDITY											
		20%	25%	30%	35%	40%	45%	50%	55%		
TEMPERATURE	95°	930	94º	96º	980	101º	104°	107°	110°		
	90°	87°	88°	90°	910	930	95°	96°	980		
	85º	82º	83º	84º	85º	86º	87º	88º	89º		
	80°	770	770	78°	79°	79°	80°	81º	81º		
	75°	720	72°	73°	73°	740	740	75°	75°		
Comfortable Outdoor Play											
Use Caution											

- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher. Get written parental consent before using sunscreen on children.
- DO NOT use sunscreens on infants under the age of six months, keep them out of the sun.

Dangerous

- Cover up with clothing, including a broadbrimmed hat and UVblocking sunglasses.
- Apply sunscreen to ALL exposed skin 30 minutes before going outside.
- Keep children hydrated by providing lots of water.



■ Children are

When it's cold...

sunscreen with an SPF of 15 or higher. Get written parental consent before using sunscreen on children.

- Check the wind chill factor.
- Consider excluding infants from outdoor play when temperature is below 40 degrees.
- Limit outdoor play to 15 minute increments if temperature is below freezing.
- Dress children in loose layers for better circulation and to be able to remove layers if the child starts to perspire.
 - Avoid clothing items with drawstrings that could pose a strangulation hazard.
 - Dress children in coats, mittens, scarves, and winter hats. Boots should be worn to keep the children's feet warm and dry, especially when it is snowy.
 - Remove wet clothes promptly.



Wind-Chill Factor

WIND SPEED MPH											
TEMPERATURE		Calm	5	10	15	20	25	30	35		
	50°	50°	48°	40°	36º	32º	30°	28º	270		
	40°	40°	37°	28º	22º	18°	16°	13°	110		
	30°	30°	270	16º	9º	4º	0°	-20	-40		
	20°	20°	16º	40	-5°	-10°	-15°	-18°	-200		
	10°	10°	60	-90	-180	-250	-290	-330	-35°		
Comfortable Outdoor Play								////			

- Comfortable Outdoor Play
- Use Caution
- Dangerous