

winter



spring



summer



fall



Let's go outside!

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 problem-solve.

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



The Great Outdoors!

Guidelines and tips for playing and learning outdoors

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.

- Balls & air pump
- Frisbees
- Ring toss
- Cones to designate areas
- Parachutes
- Obstacle course
- Balance beam
- Hopscotch
- Hoops
- Boxes/cartons
- Cloth tunnel
- Space to run

Art

Provide new, creative experiences for children. Bring art outdoors!

- Texture rubbings
- Paint (use fence as an easel)
- Footprint painting
- Nature collages
- Sidewalk chalk drawing
- Spray bottle painting
- Painted rock art
- Nature journal

Music & Movement

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

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

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
- Plastic cups/bowls
- Objects from nature
- Funnels/colanders
- Cars, trucks, & trains
- Muffin tins, pots/pans
- Plastic animals

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



1-877-678-2548

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Funding provided by United Methodist Health Ministry Fund

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.

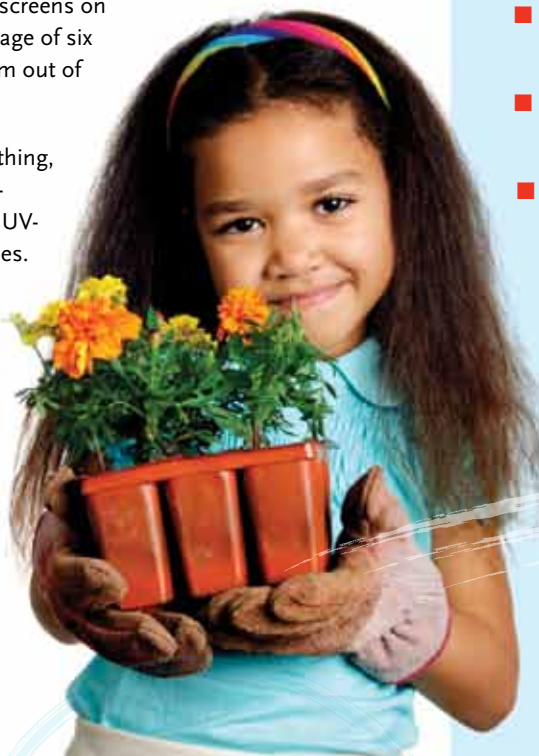


Heat Index

TEMPERATURE	RELATIVE HUMIDITY								
	20%	25%	30%	35%	40%	45%	50%	55%	
95°	93°	94°	96°	98°	101°	104°	107°	110°	
90°	87°	88°	90°	91°	93°	95°	96°	98°	
85°	82°	83°	84°	85°	86°	87°	88°	89°	
80°	77°	77°	78°	79°	79°	80°	81°	81°	
75°	72°	72°	73°	73°	74°	74°	75°	75°	

- Comfortable Outdoor Play
- Use Caution
- Dangerous

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



When it's cold...

- Children are exposed to UV rays during cold weather. Use a broad spectrum (UVA/UVB) 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

TEMPERATURE	WIND SPEED MPH							
	Calm	5	10	15	20	25	30	35
50°	50°	48°	40°	36°	32°	30°	28°	27°
40°	40°	37°	28°	22°	18°	16°	13°	11°
30°	30°	27°	16°	9°	4°	0°	-2°	-4°
20°	20°	16°	4°	-5°	-10°	-15°	-18°	-20°
10°	10°	6°	-9°	-18°	-25°	-29°	-33°	-35°

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- Dangerous