



## HELLO PARENTS,

Spending time outdoors keeps children active and increases their physical strength and ability. During outdoor play children get enough vitamin D and sunlight which contributes to stronger bones, builds immunity, and lowers the risk of many diseases. Outdoor play promotes creativity and independence, and encourages children to trust their abilities. In this newsletter, you will find many ideas to engage your child in fun outdoor games and activities.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### OUTDOOR FUN

##### MATERIALS:

- A blanket
- Some of your baby's favourite toys

##### DIRECTIONS:

- Find a shady spot outside and set up a blanket with toys for your child.
- Encourage your child to explore the toys and their surroundings.
- Point out sights and sounds of nature (touch the grass, listen to the birds, feel the wind, etc.).

[Click here](#) for more outdoor activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### OBSTACLE COURSE

##### MATERIALS:

- Blankets
- Pool noodles, hula hoops (optional)

##### DIRECTIONS:

- Roll blankets to form long "noodles" (you can use pool noodles or hula hoops instead).
- Using the rolled up blankets, create an obstacle course on the grass shaping the blankets into balancing beams, rings, etc.
- Challenge your child to balance and jump over the "beams", jump in and out of the rings, etc.
- Join in and have fun, too!

[Click here](#) for more outdoor activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### READY, SET, ACTION!

##### MATERIALS:

- Sprinkler or spray bottles

##### DIRECTIONS:

- One person controls the sprinkler or uses the spray bottle.
- The rest of the players move around when the water is being sprayed.
- When the water goes off, everyone freezes and creates "a statue".
- Continue and have fun!

[Click here](#) for more outdoor activities.

### JK/SK (4 – 6 YEARS)

#### BOWLING GAME

##### MATERIALS:

- Plastic bottles filled with water or sand
- Empty soda cans
- A ball

##### DIRECTIONS:

- Line up bottles into rows (same as bowling).
- Take turns rolling the ball into the bottles to knock them down.
- To make it more challenging, use empty soda cans and stack 2-3 together.

[Click here](#) for more outdoor activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### PICK-POCKET TAG

##### MATERIALS:

- Small scarves, ribbons or small pieces of fabric cut from an old shirt, etc. (one for every participant)

##### DIRECTIONS:

- Insert a scarf ("a tail") into each player's belt or back pocket so that it hangs like a tail.
- All players chase one another trying to collect tails while protecting their own.
- Players with the most tails collected are the winners.

[Click here](#) for more outdoor activities.



Immigration, Refugees  
and Citizenship Canada

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et Citoyenneté Canada

## WE WOULD LIKE TO HEAR FROM YOU!

PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR SUGGESTIONS TO [CHILDCAREMAIN@NCCE1.ORG](mailto:CHILDCAREMAIN@NCCE1.ORG)

#### A TIP FOR TODAY

- Outdoor play provides children with the opportunity to gain social skills by interacting, collaborating and negotiating with others.
- Children learn about nature and their surroundings when they are outside.
- Outdoor play encourages children to take risks and become more confident in their abilities.
- Children should be active for at least an hour every day, and playing outside is one way to do it.