

Let's Play Outside

Playing outdoor games and activities will help your child to:

- Be active and stay healthy
- Connect, interact, and cooperate with others at play
- Explore and learn about nature



Ideas to try with your child:

- Head to the park: swing on swings, slide down the slide and play with toy cars together in the sand box. In the yard, race to a tree or kick or throw a ball around.
- Tag is a way to get everyone running! Whoever is 'it' tags another child in the game and the new 'it' gets to catch someone else.
- Take a nature walk or go on a bug safari to hunt for new spiders and insects.
- Grab some chalk and draw a hopscotch course or picture on the sidewalk.

If your child is struggling:

- Set aside time daily for fun outside play. Young children should play actively for at least 60 minutes a day.
- Firmly turn off the video game or TV and go outside with your child. Take chalk, a soccer ball, or even a plastic baseball and bat to play together.
- Blow some bubbles. Seeing how many they can catch can be amazingly fun for young ones.

Going further:

- In your yard or a grassy place play a game of *Simon Says*, *Follow the Leader* or *Duck Duck Goose*. For the rules go to <http://www.best-kids-games-online.com/outside-activities-for-preschoolers.html>
- Make movement cards (jump, skip, hop, blast off, twirl, run) and have children draw a card and do the action. This also works great on a rainy day inside.



The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children ages 3 to 4** that parents can help improve at home.

Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Engage in a variety of active play and movement activities. Play outdoor games." *Growing Up Healthy*, age 3 to 4, pg. 61