

Early Years Resources for Families

Outdoor Activities



Activity ideas:

- **Play pooh sticks.** You need to be on a bridge over flowing water. Drop sticks, simultaneously, into the water at one side of the bridge. Run to the other side and see which twig comes out first. You could read the Winnie the Pooh story at home before or after playing pooh sticks.
- **Collect items to use in a collage,** e.g. feathers, leaves, conkers, twigs, pine cones. Stick them onto paper or card at home. Use this opportunity to talk about washing your hands.
- **Use the opportunity to count.** For example, cars, bird's nests, people wearing wellies. Or look for certain objects, e.g. red cars, white ducks, dogs, diggers, or tractors.
- **Make crayon rubbings using natural objects.** It is easiest to work on a flat surface. Place a piece of paper on top of the object (e.g. a leaf). Using the long side of a wax crayon, rub the crayon over the paper using enough pressure to make the markings of the leaf appear on the paper. You can also make rubbings of textured surfaces like brick walls, wooden fences, bark or floors.
- **Look for wildlife** (e.g. bugs and insects, birds, butterflies, squirrels, ducks). Look out for birds' nests or rabbit holes. Talk with your child about the similarities and differences between the creatures.
- Put on wellingtons and **splash in puddles.**
- Take a ball or bean bags for **throwing and catching games.**
- **Make mud paintings,** using sheets of paper or old rolls of wallpaper and mud made from soil and water. Your child can use their hands and/or large paintbrushes. They might stick leaves or small twigs on with the wet mud.
- Using a bucket of water and a large paintbrush, let your child can **'paint' the fence or the paving stones.** Encourage them to paint patterns on the paving stones and write their name. You can also fill an empty washing up bottle with water and use it to make water patterns on the patio or wall.
- Take paper and crayons when you go on an outing to the park and ask your child to **'draw what they see'.**
- **Draw a tree.** With your child, draw a simple tree with a few branches on it. Ask your child what they can see when they look up at a real tree. Depending on the time of year you may get different answers. For example, in the autumn you could see brown leaves, twigs, conkers, or acorns. Take your tree picture on a walk and try to find twigs and leaves to match your picture with the trees you see. These can then be stuck or drawn onto your picture.