



Let's Get Active Outside

Supporting children to be active while playing outdoors

Educator Fact Sheet

There are plenty of indoor activities that can be moved outdoors



- **Painting easels:** Remove chairs and place drawing/painting materials on a nearby surface to allow the children to stand and move around whilst creating their next masterpiece.



- **Puzzles:** Create wall puzzles with puzzle pieces and blue tack or Velcro which the children can pieces together whilst standing!



- **Pull along or push along toys such as trucks and cars:** Create tracks for the vehicles by placing masking tape on the ground.



- **Toy food items:** Distribute toy food items outside for children to collect whilst on a shopping adventure. Providing trolleys or baskets can also add to the physical activity and the fun!



- **Musical Instruments:** Why not try making percussion instruments out of everyday items such as pans, spoons or shakers made with bottles.



- **Cooking utensils:** Move pots, pans, and cooking utensils outdoors so children can 'cook' using outdoor materials. This can be particularly engaging if you have a sand pit or a mud kitchen.



Explore the Outdoor Environment

Hide items such as feathers in the outside area. Children can then go on a feather hunt and use what they find as part of an outdoor craft station/activity.

Looking for more equipment ideas?

- Get the children involved! What would they like to play with in the outside environment?
- Create an obstacle course and regularly add new components to the course.
- Check out the Munch & Move [Equipment to Enhance Active Play](#) resource for more equipment ideas using everyday items



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

