



Let's get active outside

Educator Newsletter 2

Moving the indoors to the outdoors

Have you ever thought about how many indoor activities at your service could be moved to the outdoors?

Put simply, there are LOADS of indoor activities that work just as well, or even better, when they are taken outdoors. In this newsletter, we will be sharing ideas from the *Good for Kids* team to inspire you to move your indoor activities to the outdoors.



Speaking of inspiration... take a look at the [case study from Honeybee Preschool](#) at Warners Bay.

Mel, the Nominated Supervisor, discusses the importance of keeping an open mind and a positive *you do inside that you can't do outside. But it doesn't work the other way around*'.

Love the way Mel has embraced the outdoor free play philosophy!

Happy reading,

The Good for Kids Team

Taking it outside

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 piece together whilst standing!



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



Toy cars and trucks - draw tracks for vehicles by using chalk on hard surfaces or build a track using natural materials.



Dolls - Use a pram outside to take the dolls for a walk and a picnic in the backyard.



Cooking utensils: Move pots, pans, and cooking utensils outdoors so children can 'cook' using outdoor materials. This can be



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

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Looking for more equipment ideas

Limited resources and equipment may seem to hamper your efforts to meet the active play needs of your children.

But never fear, everyday items can be used to encourage fun, active & outdoor play. Here are some great ideas:



Tie streamers from sturdy branches so the children can jump up and grab them.



Draw a target on the floor or wall with chalk. Children can practice throwing a ball, beanbag or scrunched newspaper at the target. Hula hoops make great targets too.



Place a ball (scrunched newspaper or ball of wool) in a stocking and tie it overhead, somewhere outside. Children can practice the Fundamental Movement Skill of 'striking' by hitting the ball with a bat or a rolled up newspaper.

Learn more ways to use everyday items to promote active play in the resource: [Equipment to Enhance Active Play](#)



Explore the outdoor environment

Use the beauty of the natural environment to stimulate the children's imagination:



Collect natural materials with the children, which can then be used for craft activities.

Bring a magnifying glass or binoculars outside so children can explore the world from a different perspective.



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.



Involve the children.

Ask 'What would YOU like to play with now we are outside?'



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