

# Outdoor Play - Summer

## Importance of outdoor play

Keeping physically active through playing outside is magnificent when it comes to reducing the risk of illness and improving vision. Among other things, it provides children with a great boost of Vitamin D, helping the development of stronger bones.



## Examples of summer play

Water balloon toss. Everyone loves a good water balloon toss!

Outdoor drumline (musical instruments)

Frozen ice dinosaur dig

Have a car wash

Outdoor game night

Fruit picking

Find some animals

Attend a carnival or fair

and/or set up a carnival with games



Shaving cream experience, obstacle course, lawn twister, Frisbee tic tac toe, volley ball, flower painting, build a bird house, bug hunt, plant a garden, mud pies. Star gazing, rock art, sea shell art, totem poles

