



# Outdoor Activities with Children

During COVID-19 outdoor activities are still permitted and beneficial for both children and adults. A few extra precautions will allow outdoor play to be a safe and enjoyable experience.

- ❖ Playground equipment should only be accessible if it can be sanitized between groups of children.
- ❖ Avoid having multiple groups outside at the same time unless 6 feet of open area can be maintained between groups
- ❖ All caregivers and children need to wash hands prior to re-entering facility.
- ❖ Any equipment such as balls, toys, etc. should also be sanitized after each use.
- ❖ Provide individually labeled items for each child (such as bubbles, chalk and spray bottles). Remember to maintain distance in activities with a high likelihood of droplet transmission (such as bubble blowing).

## *Suggestions for outdoor activities*

\*SIDEWALK CHALK

\*HAVE A PICNIC

\*PAINTING WITH SPRAY BOTTLES

\*NATURE WALKS

\*HOPSCOTCH

\*BUBBLES

\*CREATE AN OBSTACLE COURSE

\*YOGA

\*DAP GAMES (SOCCER, DANCING GAMES, SIMON SAYS)

*Some websites with COVID-19 friendly outdoor activities to encourage big body movement*

- [Jumping Animals Game](#)
- [Get Up and Move Dice](#)
- [Shape America Early Childhood Activities](#)
- [30 Gross Motor Activities](#)



ChildCareResources