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  
* Painting with Spray Bottles  
* Hopscotch  
* Create an Obstacle Course  
* DAP Games (Soccer, Dancing Games, Simon Says)  
* Have a Picnic  
* Nature Walks  
* Bubbles  
* Yoga
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