

Wondering About ...

# Outdoor Activities to do with your child

Outdoor activities can improve your child's physical health and fitness, but they can also improve their mental health by relieving stress which in turn helps them become better students. Exposure to outdoor activities also helps them become more creative and have better concentration. The outdoor adventurous spirit seems to transfer to tackling challenges in learning. The child who spends lots of time with nature also grows up with a sense of awe and becomes a protector of the environment. (Richard Louv (2008) Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder)

## Heartland Equity and Inclusion Project (HEIP)

[www.heartland.edu/heip](http://www.heartland.edu/heip)

The Heartland Equity and Inclusion Project is designed to ensure early childhood professionals have the knowledge and skills required to support the diverse development and learning needs of young children and their families in high-quality, inclusive classroom communities. These resource pages provide a tool for teachers to use to support families faced with questions about early childhood.

### **Geek Dad: Unwired.**

<http://www.wired.com/geekdad/2009/08/simpleoutdoorplay/>

This site provides a long list of classic games that children have played for generations. The directions are specific to help the adults remember how the games were typically played. The ones included usually are played outside with friends and family. It is hoped the list will inspire some outdoor fun and sharing of some of the traditions of the past.

### **Explore the Great Outdoors with Your Child.** National Association for the Education of Young Children.

<http://families.naeyc.org/learning-and-development/music-math-more/explore-great-outdoors-your-child>

This article discusses how natural it is for children to explore the outdoors with awe and wonder and how you as parents must facilitate the opportunities, provide for safety, ask open-ended questions and encourage the children to draw conclusions.

### **Be Out There.** National Wildlife Federation.

<https://www.nwf.org/Be-Out-There/Things-to-Do.aspx>

This site provides practical tools for families to make being outdoors a fun, healthy and automatic part of everyday life.

### **Nature Explore: Family Resources.**

<http://www.natureexplore.org/families/>

Nature Explore links you to a Families' Club Kit to connect your family to the natural world, a "Nature for Families" video, and a Family Toolkit.

### **Children's Outdoor Activities.** Pinterest.

<http://www.pinterest.com/marcybishir/children-s-outdoor-activities/>

This portion of the Pinterest site provides many ideas for getting your kids outside and having fun. Though there are no quality controls on a list like this, it can generate many quality ideas to try with your child.

Funded by OSEP

