

# National Get Outdoors Day

At Kiddie Academy, we believe the activities you do with your child should be fun, engaging, and beneficial to their overall development. With **National Get Outdoors Day** on **June 8**, we've rounded up a few accessible, creative ways to explore the outdoors with your little ones.

## Not a Leaf (Ages 3+):

Invites children to use their imagination and communicate their unique thoughts and ideas.



- **What You'll Need:** Items from nature (small rock or stick, leaf, etc.).  
*\*Optional: construction paper, glue, crayons.*
- **What You'll Do:** Go on a nature walk with your child. Encourage them to pick out a few items and transform them into something unexpected like a tiny boat or miniature table setting.

*\*Optional: Have your child turn their creation into an artistic showcase, empowering them to present their work by labeling it and explaining what they've made.*

## Obstacle Course Challenge (Ages 3+):

Teaches children to recognize their strengths and learn valuable problem-solving skills.

- **What You'll Need:** A variety of household items (pool noodles, ropes, hula hoops, chalk, etc.).
- **What You'll Do:**
  - **Ages 3+:** Set up an obstacle course that involves a simple activity such as jumping in and out of shapes drawn by chalk.
  - **Ages 4+:** Encourage more complex activities such as running from "Point A" to "Point B", jumping over something, and crawling through a DIY tunnel.
  - **Ages 5+:** Have your child create their own course, helping them research and decide which obstacles should be included.



## Vegetable Digging (Ages 2+):

Engages children in sensory play while teaching an important lesson about teamwork and cleaning up after themselves.

- **What You'll Need:** Plastic bin, a spray bottle, water, untreated potting soil, children's gardening gloves, toy root vegetables and/or toy insects and worms. *\*Optional: small plastic shovel.*
- **What You'll Do:** Bury the toys in a plastic bin filled with soil, inviting your child to use their

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hands or a plastic shovel to dig them up. Then, have them clean off the toys using the spray bottle.

*\*Optional: While your child is digging, ask them questions about the different textures they feel, the types of vegetables that grow underground, and the insects that help plants grow.*

## Make it Rain (Ages 2+):

Inspires children to use their imagination and apply higher-level thinking.

- **What You'll Need:** An unused sponge, scissors, a plastic cup, and a large pipette.
- **What You'll Do:** Wet the sponge, cut it in half, and fill a plastic cup with water. Show your child how to use the pipette to gather water from the cup and then release water onto the sponge, holding it above the ground. Encourage your child to add more water until it begins to drop from the bottom of the sponge into the ground, or gently squeeze the sponge to simulate a mini rainstorm.

*\*Optional: Use this as an opportunity to teach your child that clouds are made up of tiny drops of water and as the clouds float through the air, those droplets might fall to the ground, just like with the sponge.*



## "I Spy" Plants and Flowers (Ages 2+):

Allows your child to foster positive relationships with their peers and develop strong communication and social skills.

- **What You'll Need:** A shady, comfortable spot outside.
- **What You'll Do:**
  - **Ages 2+:** Describe what you're seeing and ask your child to point to whatever they think you're looking at.
  - **Ages 4+:** Invite your child to take the lead or even play the game with other children.



## Summer Painting Fun (Ages 2+):

Encourages your child to try new things, inquire about the world around them, and become life-long learners.

- **What You'll Need:** A cup, water, and a paintbrush.
- **What You'll Do:** Go outside on a sunny day and help your child "paint" any outdoor area where the surface will change color when it encounters water (i.e., wood or concrete).

*\*Optional: As the water mark disappears, ask questions like: "What happened to your water painting? Did the warm sunshine dry it up?"*

