

Outdoor Movement Ideas

Below are some suggestions for movement activities you could incorporate into their free play if needed.

- **Hopscotch**
- **Blowing Bubbles**
- **Hula Hoops**
- **Freeze Dance**
- **Sports - Kicking/throwing a ball**
- **Chalk**
- **Sand/Water Table**
- **Obstacle Course**
- **Slip n slide**
- **Camping**
- **Relay Races**
- **Set up a stage for performances**
- **Mud Kitchen**
- **Balance Beams**
- **Flying Paper Airplanes**
- **Bean Bag Tosses - Can use balloons**
- **Playgrounds**
- **Spray Parks**
- **Bike Rides**

