

30 Days of Outdoor Play Challenge

COVID-19

Even with restrictions from COVID-19, playing outside is good for you and your family!

- Enjoy fresh air with people in your household, stay 2 metres away from others and wash your hands when you go back indoors.
- Enjoy time outside building memories and exploring materials and have FUN!
- There is no right or wrong way to play with materials outside! Look in your backyard, clean out your garage or your basement.
- Here are some simple materials that could be a lot of fun to use:
 - old tires, milk crates, recycled material (milk jug, containers), ropes, PVC pipes, nuts and bolts, buckets, water, mud, sticks, leaves, pinecones, fabric, old sheets, tarps, flower pots, pallets, old hose, old pots and pans etc.



Let your children guide the play!

Below are some suggestions if you're feeling stuck on creativity, but try going outside and see what your children come up with using whatever is already in your backyard.



1. Nature bracelets
2. Rock painting
3. Rainbow colour hunt
4. Sidewalk chalk
5. Puddle jumping
6. Look for life in the backyard (bugs, worms, etc.)
7. Mud pies
8. Nature scavenger hunt
9. Go for a bike ride in your neighborhood
10. Blow bubbles



11. Nature mandalas
12. Build a bug hotel or fairy house from items in your backyard
13. Look for signs of spring
14. Loose parts play– what will you discover?
15. Take a walk
16. Gardening
17. Play with boxes
18. Build with sticks
19. Play music with pots and pans
20. Build a town with materials found in your backyard



21. Water play
22. Backyard obstacle course
23. Paint the sidewalk or fence with water or washable paint
24. Build a cabin
25. Play with balls
26. Bird watching
27. Backyard race
28. Shadow play
29. Sand play
30. Skipping



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