

When we say 'played outside', we mean that we had fun and did activities in the fresh air, away from inside our homes. Playing outside can be very exciting! Here are some things you might do:

- **Running:** You can run around in a yard or park!
- **Playing games:** You can play tag, hide and seek, or football with friends.
- **Riding bikes:** Riding your bike or scooter is super fun outside.
- **Exploring:** You can look for bugs, flowers, or even interesting rocks.
- **Picnics:** You can have snacks or lunch outside with your family.

Playing outside helps you be active, use your imagination, and have fun with friends and family!