

Playground Adventure: Move, See, Create!

Materials: Access to a playground (preferred) or pictures/videos of playgrounds, large paper or construction paper, crayons or markers, optional: magnifying glass, small bag or container for collecting natural items (leaves, pebbles, twigs).

Lesson Activities:

1. Warm-up & Introduction (Physical Education / Science) (10 minutes)

Let's talk about playgrounds! What things do we find there? (Swings, slides, climbers, sandboxes). What do we DO on them? (Swing, slide, climb, run!). Let's warm up our bodies like we're getting ready to play:

- **Reach High:** Stretch arms up tall like you're trying to reach the top of the monkey bars.
- **Slide Down:** Bend knees and slide hands down legs towards the floor.
- **Swing Arms:** Gently swing arms back and forth like a swing.
- **Run in Place:** Jog lightly for a few seconds.

Discuss: What makes a slide slippery? Why do we come down instead of up? (Introduce gravity simply). What do we need to do to make a swing go? (Push!).

2. Playground Exploration (Physical Education / Science) (20-30 minutes)

Option A: At the Playground

- Safely explore the different equipment. Encourage movement: climbing the ladder, going down the slide (notice how fast/slow), swinging on the swing (how does it feel to push off?), balancing while walking.
- Sensory exploration: Touch different surfaces. Is the slide hot/cold/smooth? Is the bark on a nearby tree rough?
- Nature scavenger hunt: Look for interesting leaves, smooth pebbles, textured bark, or even little insects around the playground area. Use a magnifying glass to look closely (optional). Talk about the shapes, colors, and textures found.

Option B: Simulated Playground (Indoors/Yard)

- Look at pictures or videos of playgrounds. Identify the equipment.
- Mimic the actions: Pretend to climb a ladder (high knees), slide down (slide hands down legs or slide on the floor), swing (sway body or swing arms).
- Go into the yard (or use indoor substitutes) to find different textures. Feel smooth surfaces (a block), rough surfaces (sandpaper, carpet), soft things (cotton ball), hard things (a toy car). Collect a few natural items if possible.

3. Playground Art (Art) (15 minutes)

Time to create! Spread out the paper and crayons/markers.

- Ask: What was your favorite part of the playground (real or pretend)? Can you draw it?
- Encourage drawing the equipment, themselves playing, or the interesting natural items they found.
- Talk about the shapes they are drawing (circles for swings, lines for ladders, curves for slides) and the colors they choose.

- Optional: If natural items were collected, they could try gluing them onto the paper to make a nature collage.

4. Cool-down & Sharing (Review) (5 minutes)

- Sit together and take a few slow, deep breaths.
- Talk about the activities: What movements did we do? What interesting things did we see or feel?
- Look at the artwork created. Ask the child to describe their drawing. What did they draw? Why?