

Outdoor Explorer Adventure!

Let's get ready for some fun in the great outdoors! Playing outside helps our bodies get strong and keeps our minds happy. Plus, it's super fun!

Materials You'll Need:

- Comfortable clothes that can get a little dirty
- Supportive shoes (like sneakers)
- Water bottle
- Sunscreen and/or a hat (if it's sunny!)
- Your awesome energy!
- Optional: A ball, jump rope, sidewalk chalk, frisbee

Warm-Up Wiggles (5 minutes)

Before we explore, let's warm up our muscles! Jog in place for 1 minute. Do 10 jumping jacks. Reach for the sky, then touch your toes 5 times. Circle your arms forwards and backwards.

Activity 1: Nature's Obstacle Course (15 minutes)

Let's use things we find outside to create a mini obstacle course! (Make sure a grown-up says the area is safe first). Can you...?

1. Run zig-zag around three trees or bushes?
2. Jump over a small twig or line on the ground 5 times?
3. Hop like a bunny to the fence and back?
4. Walk backwards carefully for 10 steps?
5. Bonus: Add your own obstacle idea!

Remember to look where you are going and be careful!

Activity 2: Shadow Tag (10 minutes)

Find a sunny spot. One person is 'It'. Instead of tagging the person, 'It' tries to step on the other person's shadow! When your shadow is tagged, you become 'It'. This game involves lots of fun running and dodging!

Activity 3: Cloud Gazing & Storytelling (10 minutes)

Time for a little rest. Lie down safely on the grass (use a towel if you like). Look up at the clouds. What shapes do you see? Can you make up a short story about one of the cloud shapes you see?

Cool-Down Stretches (5 minutes)

Great job being an Outdoor Explorer! Let's cool down. Sit down and stretch your legs out. Reach for your toes gently. Stretch your arms overhead. Take 5 deep, slow breaths. Ahhh!

Chat Time!

What was your favorite part of playing outside today? Why is it good for our bodies to run and play?