

This week, why not:

- Go on a nature hike
- Rake piles of leaves & jump into them
- Make healthy apple snacks for a playground snacks
- Add hay bales to your playground
- Go pumpkin or apple picking
- Fly a kite
- Go on a color orange hike
- Collect leaves & make leaf rubbings & collages
- Visit a farmers market
- Walk to the library and check out books on nature
- Go on an acorn hunt
- Make a fall obstacle course
- Plant a class or family tree to celebrate
- Have a fall picnic at a favorite 'walkable' park
- Move like squirrels, snakes, birds and bears!



Take it Outside Week



October 16-22, 2011

Join early childhood educators, caretakers and parents across the country October 16-22 as they **Take it Outside!** Celebrate the wonders of the natural world with young children while tapping into the many health benefits of outdoor play, including increased moderate to vigorous activity, Vitamin D exposure, increased immunity and better sleep.

There's no better place to move, play and learn than outside!

At Your Center or Preschool:

- Create an outdoor reading area and pick a different nature themed book to read each day.
- Host a Family Fun Day with outdoor games and a nature hike
- [Make binoculars](#) and go on a Bird Hike. Practice observation skills.
- Using loose parts or sidewalk chalk, create mazes for children to follow using different movement skills.
- Read Leaf Man and go on a leaf collection walk. Make your own Leaf People!
- Outdoor dramatic play: Fly like birds – high and low and fast and slow. Pretend to fly south for the winter and return in the spring!

At Home:

- Make time for outdoor play each day – take a walk, play ball, visit a park or community garden, or play sidewalk chalk games.
- Go on a rock hunt and sort the rocks you find by size or color.
- Go on “an around” walk. Walk around your house/building, walk around a light pole, walk around a leaf on the ground...
- Go on a color walk around your neighborhood. Count how many colors you see, or pick a favorite color and count those colored items.
- Play I Spy! Go outside and take turns saying, “I spy something _____” and then together run to that object.
- Read nature-related books and go outside to look for wildlife, like birds, bugs and squirrels. Nature is all around – no matter where you live!