

## Outdoor Play Handout

**Disclaimer:** Clinicians and parents must use/adapt the activities listed below based on clinical judgment and needs of their clients/children.

**Refer to Website:** <https://activeforlife.com/activities/>

### Materials: (Depend on the activities/games you choose)

Paper, ball, rope, jumping bag, Charades game cards, hula hoops, pool noodle, balloon, jumping rope, Basket, Cartons, Hopscotch mat, Walking on line mat, strings

### Session Format:

- Each session will last for around 30-35 minutes.
- In each session, pick one activity from the cooperative games, and one from gross motor games.
- If your child prefers certain games, you can repeat them. But encourage the child to try out some new games during each session.
- Demonstrate the activity to your child first. Use gestures and short verbiage to facilitate learning.
- Ask your child to copy what you did. Tell him/her that both of you will do the activities together.
- Encourage your child intermittently to do activities with you. For instance, you can say, “Look! You are helping me out!”, “Good job jumping/ throwing/catching/kicking”

Session Condition	Description	Time
Cooperative games	<ul style="list-style-type: none"><li>• The cooperative games require at least two people (include your child) to complete the game.</li><li>• Try to involve other family members or friends to make the game more fun.</li><li>• Choose the links and watch the short videos before starting the game.</li><li>• The activities should be done in open spaces without obstacles. Make sure you and your child are safe throughout the games.</li></ul>	15 minutes
Gross motor games	<ul style="list-style-type: none"><li>• Pick the links and read the brief instructions before starting the gross motor games.</li><li>• These activities are to help your child to develop better gross motor skills, including jumping, eye-hand coordination, and ball skills.</li></ul>	15 minutes

## Activity 1: Cooperative Games

1. Balance Game:  
<https://www.youtube.com/watch?v=uu2SNcnWvVQ>
2. Three legged race:  
<https://www.youtube.com/watch?v=OARaMbNhsgE>
3. Iceberg:  
<https://thephysicaleducator.com/game/iceberg/>
4. Jumping bag:  
<https://www.youtube.com/watch?v=kUuQw3tTapE>
5. Charades game:  
<https://www.youtube.com/watch?v=HZXifnweWso>
6. Passing Hula hoop:  
<https://www.youtube.com/watch?v=t2wrv5iT030>
7. Passing objects with knees:  
<https://www.youtube.com/watch?v=uyAf49xmFjA> (0:05-0:27)
8. Passing balls with pool noodles:  
<https://www.youtube.com/watch?v=qCQ7BcTG4yQ&t=175s> (3:29-3:35)
9. Pass the Lava pit:  
<https://www.youtube.com/watch?v=73qJtSdXR8Y> (0-0:35)
10. Board walking  
<https://www.youtube.com/watch?v=BMD4AFOP4Fo>
11. Simon Says  
<https://www.youtube.com/watch?v=90GBmRLMtfM>
12. Human Caterpillar challenge  
<https://www.youtube.com/watch?v=73qJtSdXR8Y> (0:38-1:11)
13. Passing water:  
<https://www.youtube.com/watch?v=73qJtSdXR8Y> (1:13-1:52)
14. Balloon Caterpillar race:  
<https://www.youtube.com/watch?v=uyAf49xmFjA> (3:56-4:23)
15. Music chair  
<https://www.youtube.com/watch?v=buX3i3EJIXU>
16. Trust fall  
[https://www.youtube.com/watch?v=-cyw\\_Kvu0Zs](https://www.youtube.com/watch?v=-cyw_Kvu0Zs)

## Activity II: Gross Motor Games

1. Balloon Batting:  
[https://activeforlife.com/activity/balloon-batting\\_41/](https://activeforlife.com/activity/balloon-batting_41/)
2. Balloon Soccer:  
[https://activeforlife.com/activity/balloon-soccer\\_42/](https://activeforlife.com/activity/balloon-soccer_42/)
3. Bounce and Catch  
[https://activeforlife.com/activity/bounce-and-catch\\_64/](https://activeforlife.com/activity/bounce-and-catch_64/)
4. Jump Rope:  
[https://activeforlife.com/activity/jump-rope\\_20/](https://activeforlife.com/activity/jump-rope_20/)
5. Bucket Toss Golf  
[https://activeforlife.com/activity/bucket-toss-golf\\_34/](https://activeforlife.com/activity/bucket-toss-golf_34/)
6. Bowling Milk Cartons  
[https://activeforlife.com/activity/bowling-milk-cartons\\_35/](https://activeforlife.com/activity/bowling-milk-cartons_35/)
7. Hopscotch  
[https://activeforlife.com/activity/hopscotch\\_15/](https://activeforlife.com/activity/hopscotch_15/)

8. Walk on line  
<https://handsonaswegrow.com/fun-kid-activity-lines-of-colored-tape/>
9. Balloon Juggling:  
[https://activeforlife.com/activity/balloon-juggling\\_39/](https://activeforlife.com/activity/balloon-juggling_39/)
10. Kick Instep:  
[https://activeforlife.com/activity/kick-instep\\_22/](https://activeforlife.com/activity/kick-instep_22/)
11. Tennis ball Bounce and Catch  
[https://activeforlife.com/activity/tennis-ball-bounce-catch\\_33/](https://activeforlife.com/activity/tennis-ball-bounce-catch_33/)
12. River Bank  
[https://activeforlife.com/activity/river-bank\\_17/](https://activeforlife.com/activity/river-bank_17/)
13. Outdoor Golf Toss  
[https://activeforlife.com/activity/outdoor-golf-toss\\_50/](https://activeforlife.com/activity/outdoor-golf-toss_50/)
14. Overhead/Underhand Catch  
[https://activeforlife.com/activity/overhand-catch\\_32/](https://activeforlife.com/activity/overhand-catch_32/)  
[https://activeforlife.com/activity/underhand-catch\\_31/](https://activeforlife.com/activity/underhand-catch_31/)
15. Target throwing  
[https://activeforlife.com/activity/target-throwing\\_36/](https://activeforlife.com/activity/target-throwing_36/)
16. Toddler Obstacle Course  
[https://activeforlife.com/activity/toddler-obstacle-course\\_62/](https://activeforlife.com/activity/toddler-obstacle-course_62/)

#### Activity III: More Challenging Activities

1. Follow the String  
<https://handsonaswegrow.com/activity-indoor-string-scavenger-hunt/>
2. Wheelbarrow Walking  
[https://activeforlife.com/activity/wheelbarrow-walking\\_60/](https://activeforlife.com/activity/wheelbarrow-walking_60/)