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 form 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”

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<th>Session Condition</th>
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| Cooperative games | • The cooperative games require at least two people (include your child) to complete the game.  
• Try to involve other family members or friends to make the game more fun.  
• Choose the links and watch the short videos before starting the game.  
• The activities should be done in open spaces without obstacles. Make sure you and your child are safe throughout the games. | 15 minutes |
| Gross motor games | • Pick the links and read the brief instructions before staring the gross motor games.  
• These activities are to help your child to develop better gross motor skills, including jumping, eye-hand coordination, and ball skills. | 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=QARaMbNhsgE
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

Activity II: Gross Motor Games

1. Balloon Batting:  
   https://activeforlife.com/activity/balloon-batting_41/
2. Balloon Soccer:  
   https://activeforlife.com/activity/balloon-soccer_42/
3. Bounce and Catch  
4. Jump Rope:  
   https://activeforlife.com/activity/jump-rop 39-0/4
5. Bucket Toss Golf  
   https://activeforlife.com/activity/bucket-toss-golf_34/
6. Bowling Milk Cartons  
   https://activeforlife.com/activity/bowling-milk-cartons_35/
7. Hopscotch  
   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/
10. Kick Instep:
    https://activeforlife.com/activity/kick-instep_22/
11. Tennis ball Bounce and Catch
    https://activeforlife.com/activity/tennis-ball-bounce-catch_33/
12. River Bank
    https://activeforlife.com/activity/river-bank_17/
13. Outdoor Golf Toss
    https://activeforlife.com/activity/outdoor-golf-toss_50/
14. Overhead/Underhand Catch
    https://activeforlife.com/activity/overhand-catch_32/
    https://activeforlife.com/activity/underhand-catch_31/
15. Target throwing
    https://activeforlife.com/activity/target-throwing_36/
16. Toddler Obstacle Course

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/