THE GREAT OUTDOORS
GET MOVING

SUMMER LEARNING FUN WEEKLY PLANS
KINDERGARTEN AND SCHOOL AGE
GET MOVING

Get Moving activities are designed to start your day with a way to either engage your child’s full body in a physical activity to start the day with a jump, OR to start the day planning for play, a critical area of development in organizational thinking.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>LEARNING SKILLS</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a jump-rope contest outside. Try having a contest for how many jumps you can do in a row, how fast can you jump, how fast you can jump on one foot, etc.</td>
<td>Gross Motor Skills</td>
<td>Jump rope</td>
</tr>
</tbody>
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<tbody>
<tr>
<td>Make a hopscotch obstacle course. Draw multiple hopscotch sets on the patio or sidewalk and add cones, balls and sticks as obstacles and see how fast you can go through the course.</td>
<td>Gross Motor Skills</td>
<td>Sidewalk chalk, balls and sticks (optional)</td>
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<td>Have a running contest by choosing landmarks such as trees, leaves and shrubs and running to them. Use directional words such as “Run to the first shrub on right, then jump and touch the big leaf on the left.” Make up directions to run around all the landmarks in the park or backyard.</td>
<td>Gross Motor Skills</td>
<td>Outdoor environment</td>
</tr>
</tbody>
</table>
GET MOVING

**ACTIVITY**
Play kickball and allow your child to make up the rules. He or she could run the bases backward from home, third, second or first or physically run backward. If a ball is kicked short, it is a home run. Have fun making up the rules and play at the park or in your backyard.

**LEARNING SKILLS**
Gross Motor Skills

**MATERIALS**
Ball, markers for bases

**ACTIVITY**
Go outside for dance movement. Listen to ballet, tap, jazz or hip hop outside on the patio or driveway. Allow your child to interpret ways to move based on the music played.

**LEARNING SKILLS**
Gross Motor Skills

**MATERIALS**
Music player, websites (optional)
THE GREAT OUTDOORS
GET MESSY

SUMMER LEARNING FUN WEEKLY PLANS
KINDERGARTEN AND SCHOOL AGE
GET MESSY

Get Messy is a section designed for your child to engage in sensory play. Sensory play allows learners to make sense of the world around them by taking in as much information as possible from an experience by using as many intake receptors as possible on their bodies. It allows information to absorb better and with more meaning.

ACTIVITY

The night before, fill ice trays with dyed water (using food coloring) or with paint and then freeze. You may also use craft sticks in each cube if you’d like a holder for the ice paint. When you go outside, set up a water table or bin and add construction paper. Take the prepared paint cubes and paint with them at the water table.

LEARNING SKILLS
Creativity and Discovery

MATERIALS
Ice trays, bowl or pitcher, water table or bin, construction paper, craft sticks (optional)

ACTIVITY

Make paint balloons ahead of time for this activity by using a squeeze bottle to fill balloons with watercolor paint. Make as many as you want. Once made, take your child outside and set up a white towel, T-shirt or sheet and use rocks or garden stakes to anchor the fabric to the ground. (If you don’t have an outdoor space, you can try this at the park.) Now your child can jump on the balloons on top of the fabric and watch the paint splatter everywhere. It makes a beautiful piece of artwork.

LEARNING SKILLS
Creativity and Discovery

MATERIALS
Balloons, washable paint, squeeze bottles, white sheet, towel or T-shirt, rocks or garden stakes
# GET MESSY

<table>
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<tr>
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<tbody>
<tr>
<td>Let’s go car racing in the sensory bin. Collect small cars and make muddy paint. Take brown paint and mix with three tablespoons of cornstarch and a quarter cup of cold water. Once the mixture is smooth, add one cup of boiling water (with adult supervision) and stir until it thickens. Put the muddy paint and car in a bin and have fun car races outside.</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>LEARNING SKILLS</th>
<th>Cognitive and Mathematics</th>
</tr>
</thead>
</table>

| MATERIALS                   | Water table, small cars, cornstarch, brown paint                                          |

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<tr>
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<tbody>
<tr>
<td>Sand is fun to play with when outside at home. Take colorful sand and add it to squeeze bottles. Collect the sand bottles, paint and construction paper and set up a table outside. Your child can paint the paper and then squeeze the sand on the paper to make beautiful pictures.</td>
<td></td>
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</tbody>
</table>

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<th>Creativity and Discovery</th>
</tr>
</thead>
</table>

| MATERIALS                   | Colorful sand, paint                                                                      |
### GET MESSY

| ACTIVITY | Collect cookie sheets, a bag of large rubber bands, paint and construction paper. Take all the materials outside and set up a table that you are okay with getting messy. Have your child put the rubber bands around the cookie sheet and line it with a piece of paper. Add the paint to the paper and rub it on the rubber bands. Then start snapping the rubber bands on the paper to make the artwork. |
| LEARNING SKILLS | Creativity and Discovery |
| MATERIALS | Paint, cookie sheets, large rubber bands |
THE GREAT OUTDOORS
GET FOCUSED
SUMMER LEARNING FUN WEEKLY PLANS
KINDERGARTEN AND SCHOOL AGE
GET FOCUSED

Get Focused is a time of day devoted to learning a specific skill. It is a time that is best for children to engage independently or with their parent to fully concentrate and build new skills through hands-on lessons.

| ACTIVITY | Encourage your child to plan a virtual trip of **national parks**. Have him or her draw a chart of the top three places he or she wants to go. List what you need to pack and what you will see in each place. For younger children, you can explore together and then your child can draw the list. |
| LEARNING SKILLS | Language and Literacy, Science and Nature |
| MATERIALS | Website, paper, markers, crayons, pen |

| ACTIVITY | Build a campsite in the backyard or the house. What will you need? Have your child gather the materials and build the site. When the site is done, enjoy a snack or lunch at the site. |
| LEARNING SKILLS | Creativity and Discovery, Cognitive and Mathematics |
| MATERIALS | Natural items, sheet, pillows, food, etc. |
GET FOCUSED

ACTIVITY
Encourage your child to explore outdoor Native American games. Have him or her select a favorite and then teach the game to family members as you play. For younger children, explore a few games together and then play one. Try some of these great games from mrdonn.org and World Atlas:

- The Hand Game
- Butterfly Hide-and-Seek
- Moccasin Game
- Snow Snake Game
- The Bowl Game
- Ring-the-Stick Game
- Chunkey

LEARNING SKILLS
Creativity and Discovery, Cognitive and Mathematics

MATERIALS
Websites

ACTIVITY
Try these two experiments from the garden.

1. Talk about the concept of ripening. Put various pieces of unripe fruit in different areas (in a paper bag, on the windowsill in the sun, etc.) to see how quickly they ripen. When they are ripe, eat them for a snack.

2. Put a bean (e.g., dried kidney bean) in a sandwich bag with a wet paper towel or soil around the bean. Seal the bag. Put the sandwich bag on the window in the sunlight. The children can watch the bean grow and record the results and their observations on a chart. How many days did it take to sprout?

LEARNING SKILLS
Cognitive and Mathematics, Science and Nature

MATERIALS
Fruit, paper bags, water, dried beans, sandwich bags, paper towels
GET FOCUSED

ACTIVITY
Gather old magazines and have your child choose pictures of the outdoors. Your child can then cut up the pictures into five to fifteen pieces. Mix up the pieces and work together to put the puzzles together. Your child can glue the pieces to cardboard to be able to use the puzzles with family members.

LEARNING SKILLS
Creativity and Discovery, Fine Motor Skills

MATERIALS
Old magazines, glue, scissors, cardboard or index cards
THE GREAT OUTDOORS
GET OUTSIDE

SUMMER LEARNING FUN WEEKLY PLANS
KINDERGARTEN AND SCHOOL AGE
GET OUTSIDE

Get Outside is a time of day designed to do just that- get outside and explore. Exploring offers children new ways to relate to their world and engage in physical activities and inquiry-based learning.

**ACTIVITY**

Go on a neighborhood walk. Wear hiking boots or any boots and carry a backpack, a snack and water.

**LEARNING SKILLS**

Gross Motor Skills

**MATERIALS**

Hiking boots, backpack, snack

**ACTIVITY**

Create a lake in a children’s pool or a large bin. Explain that you are going to the lake today in the yard or on the balcony and pretend to be canoeing on a lake. Use those big arm motions to steer the rapids.

**LEARNING SKILLS**

Gross Motor Skills

**MATERIALS**

Children’s pool or large bin

**ACTIVITY**

Make a fairy house by collecting pine cones, pine needles, leaves, sticks and mud. Get creative. What do fairies need in their homes?

**LEARNING SKILLS**

Creativity and Discovery

**MATERIALS**

Pine cones and needles, leaves, sticks
# GET OUTSIDE

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Learning Skills</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have your child build a fort outside and pretend to go on a camping trip. At night, have a campfire with your family. Tell stories around the campfire.</td>
<td>Creativity and Discovery, Cognitive and Mathematics</td>
<td>Blankets, pillows, tent, real or pretend campfire (optional)</td>
</tr>
<tr>
<td>Go on a flower and wildlife tour of your neighborhood. Take pictures of all the flowers and wildlife you see. When you come home, look up the flowers or animals. Then either print out pictures and create a physical storybook about your walk or try making a digital storybook using the app <strong>Book Creator</strong>. An alternative is to cut out the pictures of wildlife and flowers while outside and then create a book.</td>
<td>Creativity and Discovery, Gross Motor Skills, Cognitive and Mathematics</td>
<td>Camera, paper, glue, pencil, markers, magazines, Book Creator app (optional)</td>
</tr>
</tbody>
</table>
THE GREAT OUTDOORS
GET RELAXED
SUMMER LEARNING FUN WEEKLY PLANS
KINDERGARTEN AND SCHOOL AGE
GET RELAXED

Get Relaxed is a time of day to unwind and do something low-key. This allows your child to take a brain-break and rest their bodies so that they can enjoy more active play after they relax or take a rest.

ACTIVITY
Go outside with your child and sit somewhere and close your eyes. Stay quiet for 30 seconds. What do you hear? Try again for a full minute. Do you hear anything else?

LEARNING SKILLS
Social-Emotional Learning

MATERIALS
N/A

ACTIVITY
Play some music outside and get out a few scarves. Encourage your child to slowly dance to the music, stretching arms and legs and acting like the wind.

LEARNING SKILLS
Music and Movement

MATERIALS
Scarves, music

ACTIVITY
Tell your own version of Goodnight Moon by Margaret Wise Brown with your child, using his or her name in the story. Make up the story together.

LEARNING SKILLS
Language and Literacy

MATERIALS
Book (optional)
## GET RELAXED

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Listen to the sounds of nature as you watch a live cam of eagles or manatees on Explore.org.</th>
</tr>
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<tr>
<td>LEARNING SKILLS</td>
<td>Science and Nature</td>
</tr>
<tr>
<td>MATERIALS</td>
<td>Website</td>
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<tr>
<th>ACTIVITY</th>
<th>View the night sky together and talk about the different shapes the stars make. Can you find the Big Dipper? Use this stargazing map from the American Museum of Natural History to help.</th>
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GET CREATIVE

SUMMER LEARNING FUN WEEKLY PLANS

KINDERGARTEN AND SCHOOL AGE
GET CREATIVE

Get Creative is a time of day designed for your child to have open-ended experiences with a variety of mediums. By giving them opportunities to create with no specific outcome in mind it exercises their creative thinking skills allowing them to be better communicators and problem solvers.

ACTIVITY
Have your child brainstorm an all-new sports activity to be played outside. For example, you can pretend you are robots. What sport would a robot play? Let your child come up with the rules and materials needed independently. Then have him or her share ideas with you; ask him or her questions so you learn how to play your child’s game.

LEARNING SKILLS
Gross Motor Skills, Creativity and Discovery

MATERIALS
Materials will vary based on your child’s innovation!

ACTIVITY
Review how Native Americans make a canoe and the history of canoeing. Encourage your child to make a canoe using various things found outside (leaves, sticks, etc.) and cardboard. Have your child decorate the canoe. You could try this one with a paper-towel tube if you cannot collect natural items.

LEARNING SKILLS
Creativity and Discovery, Cognitive and Mathematics

MATERIALS
Things found in nature (bark, feathers, sticks, leaves), paper, paper-towel tube (optional)
## GET CREATIVE

### ACTIVITY
Gather feathers or leaves and paint with them. Use watercolors or other paint. Your child can also fold the paper. What does the image look like?

### LEARNING SKILLS
Creativity and Discovery

### MATERIALS
Paint, paper, feathers, leaves

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<td>Creativity and Discovery</td>
<td>Paint, paper, feathers, leaves</td>
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### ACTIVITY
Have your child select an outdoor-related word and create other words from the word’s letters. For example, you can use the word “BIRD.” How many words that begin with B can your child name or write? How many with I can he or she write? Continue with all the letters in the word. You can extend this by using the letters in the word “BIRD” within a drawing. The B can become two mountains if you turn it flat. See what your child can create.

### LEARNING SKILLS
Language and Literacy, Creativity and Discovery

### MATERIALS
Cardboard, paint or crayons, pencil or pen

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<td>Language and Literacy, Creativity and Discovery</td>
<td>Cardboard, paint or crayons, pencil or pen</td>
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</table>
### GET CREATIVE

**ACTIVITY**

Cooking can be very creative so make up some camping snacks. Have your child plan the snacks list or draw the ingredients. Ask your child to lay out the ingredients, and then let him or her get creative with them. Try apples with a caramel spread or s’mores. Enjoy the snacks at your campsite. (See the Get Focused activity above to build your own campsite.)

**LEARNING SKILLS**

Creativity and Discovery, Cognitive and Mathematics

**MATERIALS**

Snack ingredients (e.g., apples, caramel spread, crackers, chocolate, marshmallows, fruit and skewers)
THE GREAT OUTDOORS
GET CONNECTED

SUMMER LEARNING FUN WEEKLY PLANS
KINDERGARTEN AND SCHOOL AGE
GET CONNECTED

Get Connected is a time of day to connect with family members or loved ones in a variety of ways. Social and emotional connections are imperative to all learning. If a child does not feel secure and connected, they cannot engage appropriately and cannot learn effectively. So, have fun with these ideas for both virtual and personal connections!

**ACTIVITY**
Join family or friends online and conduct the jump-rope contest virtually. (See the Get Moving Activity on page one.) Who jumps the fastest?

**LEARNING SKILLS**
Social-Emotional Learning, Gross Motor Skills

**MATERIALS**
Video chat program, jump ropes

**ACTIVITY**
Share the pictures of the flowers and wildlife you took on your neighborhood walk with a grandparent or other relative. (See the Get Outside activity on page five.) You can share your digital book with loved ones as well.

**LEARNING SKILLS**
Social-Emotional Learning

**MATERIALS**
Photo-book (hard or digital)

**ACTIVITY**
Film your child building a fairy house. (See the Get Outside activity on page five.) Ask your child to explain the process as if he or she were teaching someone how to do it. Send the video to friends.

**LEARNING SKILLS**
Social-Emotional Learning, Science and Nature

**MATERIALS**
Video camera, other natural items selected
## GET CONNECTED

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<td>Play a family outdoor game just before dinnertime. Try throwing with different sized balls or play a simple game of hopscotch.</td>
<td>Gross Motor Skills, Social-Emotional Learning</td>
<td>Balls, chalk, etc.</td>
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<td>Have your child read (or tell) a story to you or another family member. Try <em>Curious George Rides a Bike</em> by Margret Rey and H.A. Rey or <em>The Great Kapok Tree</em> by Lynne Cherry (for older children).</td>
<td>Language and Literacy</td>
<td>Books, video chat program</td>
</tr>
</tbody>
</table>