

STRATEGIES FOR



Spring Outdoor Play

Warmer weather offers great opportunities for children to move, explore, and learn. Outdoor play supports motor development, communication, and sensory regulation while giving children space to practice new skills.

1. Movement Activities to Build Strength

- Obstacle course with cones, chalk lines, or sticks
- Jumping between chalk circles
- Running races or relay games
- Climbing playground equipment
- Kicking or throwing a ball

2. Sensory Exploration Outdoors

- Digging in dirt or sand
- Walking barefoot in grass
- Collecting leaves, rocks, or flowers
- Playing with water tables or sprinklers
- Blowing and chasing bubbles

3. Nature Discovery Activities

- Go on a simple nature scavenger hunt
- Look for birds, bugs, and flowers
- Collect sticks and build small structures
- Plant seeds in small pots
- Observe clouds and weather changes

4. Social Play Opportunities

- Play simple turn-taking games with a ball
- Practice “ready, set, go” races
- Draw together with sidewalk chalk
- Take turns pushing on the swings
- Practice saying “my turn” and “your turn”

5. Calm Outdoor Activities

- Read books on a blanket outside
- Draw with chalk on the driveway
- Blow bubbles together
- Sit quietly and listen for birds
- Practice deep breathing outdoors

