

Play Activity

# Play Outdoors

**You will need:**

An outdoor space (a local park)  
Enthusiasm.

**Instructions:**

Go outdoors.

Go to the park, take a ball, have a race, hop, skip and jump.

See how many different ways you can move.

Talk with your child about what you are doing.

Have fun!

**In the rain?**

Put on your coat and wellies and splash in the puddles.

