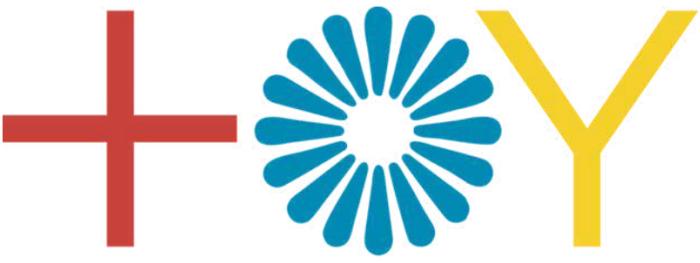


Mobile PLAY Hub

BY  FOR INCLUSION

Outdoor
Activity Cards



Acknowledgments

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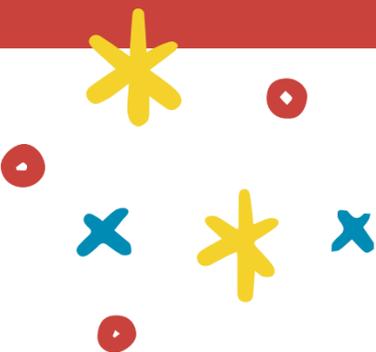
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Overview

The following Activity Cards are created for the implementation of Mobile Play Hubs in Slovakia and Hungary. The aim of these Activity Cards is to provide some inspiration for practitioners to make outdoor play as accessible as possible. However, also take in mind to leave time for free play.

You will find 16 Activity Cards:

4 Activities that can be implemented
throughout the year

3 Activities per season: Winter, Spring,
Summer and Autumn

However, seasonal activities are not necessarily exclusive to that time of the year.

Each card also identifies the **developmental domains** that benefit from the activity.

- **Socio-emotional domain**
- **Physical domain**
- **Language domain**
- **Cognitive domain**

1. For all seasons



1.1. Nature Journal

6-8 years

Summary:

A nature journal is a special book where children can record all the interesting things they see, smell, hear, feel, eat and wonder about when they are in nature.



DEVELOPMENTAL DOMAIN

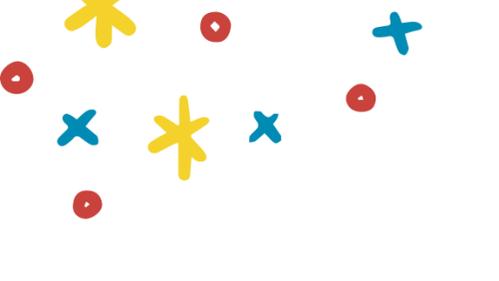
Cognitive, language and socioemotional

DURATION

60 minutes

MATERIALS

- Envelope to collect things in nature
- little scrapbook (It can be a few white pages or a notebook)
- pencils
- glue
- paint.



1.1. Nature Journal

Activity Guidelines

1. It's easy to start a nature journal with kids.
2. Prepare kids for a walk-in nature
3. Pack a little envelope to collect 'interesting nature bits and bobs' and head out to nature
4. Guide children around and let them look and collect what is interesting to them. It can be leaves, petals, wood sticks, stones, or other things.
5. Try asking children to pay attention to the weather and to stand still and see what they can smell, see and hear on the walk.
6. After the walk, encourage children to glue what they collected in their journals.
7. Children can also draw what they saw, smelled and heard during the walk.

1.2. Nature Treasure Hunt

4-8 years

Summary:

Challenge children to look for different treasures when they are in nature.



DEVELOPMENTAL DOMAIN

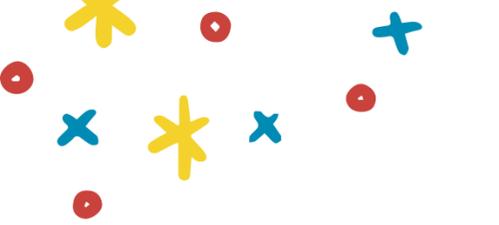
Cognitive, language and physical

DURATION

60 minutes

MATERIALS

- Treasure hunt list
- pencil



1.2. Nature Treasure Hunt

Activity Guidelines

1. Prepare a treasure hunt list with things in nature (See photo as an example).
 - a. **For little kids** keep items simple and extremely safe. Limit the list to 5 – 8 items, since they have short attention spans
 - b. **For bigger kids** include harder-to-find items to make it challenging. If it motivates them you can set a timer and make it a competition.
2. Prepare kids for a walk in nature
3. Explain to them that in today's walk they have the challenge to find different treasures and mark them on their treasure hunt list.
4. You can easily make your list of nature finds to hunt for. Make sure they are items you include can be found in your context.
5. Tell kids to be careful and not disrupt the animals. If for example, they see a flower, observe it, but tell them not to pick it unless there is abundance. Tell kids to not leave trash outside (including the treasure hunt list)

Variations.

- Nature Treasure hunts can be adapted to each season. For example include new green leaves in spring, feathers in summer, different coloured leaves in autumn and tree cones in the winter.
- Nature Treasure hunts can also be colored-themed. For example, one day go on looking only for green, yellow or brown things.

1.3. Tower Challenge

6-8 years

Summary:

Challenge children to search in nature for rocks and then use them to create a tower. Children will build and discover what type of rock is best. Do flat rocks stack best? What about small rocks?



DEVELOPMENTAL DOMAIN

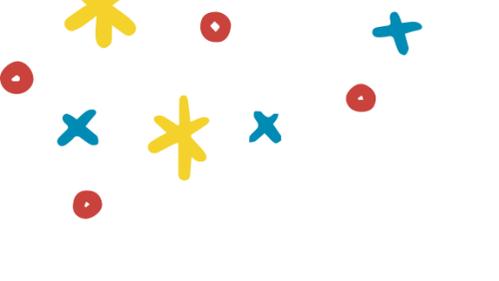
Physical and socio-emotional

DURATION

30 minutes

MATERIALS

- Rocks



1.3. Tower Challenge

Activity Guidelines

1. Let children go into nature and collect as many rocks as they can.
2. Challenge kids to build the tallest rock tower they can. They can only use rocks that they found around them in nature.
3. If their tower falls down, they experiment and build it again and again until it is as high as they are happy with.
4. Besides safety rules, try not to give many restrictions or suggestions to children when building. Children will get creative and come up with solutions on their own.

Variations:

- This can be completed as a group, meaning children work together on the tower.
- Another way of playing this is by giving each kid a group of rocks and taking turns adding a rock to the tower. Whoever puts the rock that makes the tower fall, loses.

1.4. Chain calendar

4-8 years

Summary:

A chain calendar allows the child to develop and increase their understanding of time.



DEVELOPMENTAL DOMAIN

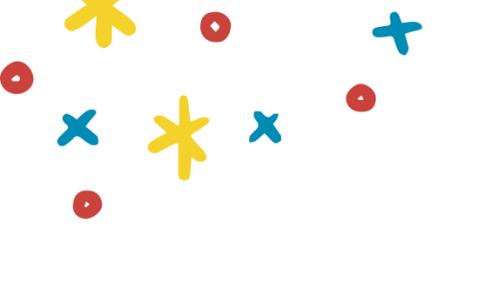
Cognitive and physical

DURATION

45-60 minutes

MATERIALS

- Paper for the chain
- Stapler or glue
- Art supplies to paint, draw, etc



1.4. Chain calendar

Activity Guidelines

1. Create a paper chain with the child for a special event or occasion within the season: start by cutting the paper in strips, one stripe per day until the special event/occasion.
2. Take the child outside, with the paper stripes and some art supplies, and use nature as inspiration for decorating the paper stripes.
3. Help the child make a chain with the paper strips using a stapler/glue
4. The child can take the chain home. The chain works by removing a link every day, allowing the child to have a better grasp, with a visualization, of how time passes.

2. Winter



2.1. Snow Rainbow

2-8 years

Summary:

With this entertaining activity children can create beautiful art in the snow using spray bottles and paint.



DEVELOPMENTAL DOMAIN

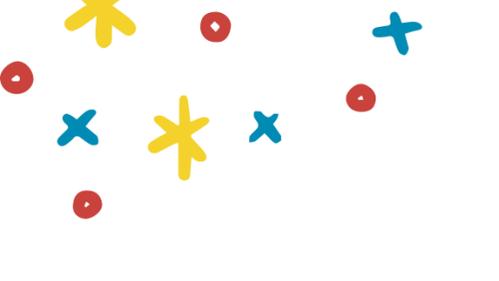
Cognitive and socio-emotional

DURATION

60 minutes

MATERIALS

- Tempera Paint or Food Coloring
- Water
- Spray Bottles
- Appropriate clothes for the weather



2.1. Snow Rainbow

Activity Guidelines

1. Collect the spray bottles (these can be recycled).
2. Add paint and water to the bottle. (Paint can also be replaced by food colouring).
3. Shake and mix.
4. Let kids spray the paint into the snow and create drawings.
5. Let children try different ways to use the paint. You can also draw a canvas on the floor for them to paint on. You can also build a snowman and spray it with paint or create a snow angel on the floor and fill it with color. The possibilities are endless and children are going to explore them!

Variations:

If you don't have spray bottles, you can use paintbrushes. .

2.2. Shadow Puppet Show

4-8 years

Summary:

One of the downsides of winter is that it gets dark very early. However you can use the lack of light to create a shadow puppet show. You only need a white fabric hanging from a cord and one or two light sources and you can make an improvised shadow theatre!



DEVELOPMENTAL DOMAIN

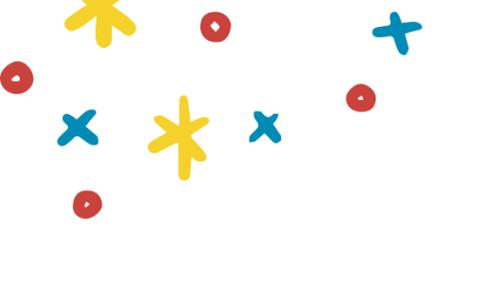
Cognitive, language and socio-emotional

DURATION

120 minutes

MATERIALS

- White fabric
- Cord
- LED lamps
- Cardboard
- Wool, scraps, branches
- Glue
- Scissors



2.2. Shadow Puppet Show

Activity Guidelines

1. Create puppets using cardboard, paper, wool, scraps of fabric and recycled materials. They can resemble existing objects, animals, people or make funny and imaginary characters.
2. Use the puppets created by the children in the Shadow Puppet Theater.
3. You can also ask children and families to create characters from the stories, fairytales, and mythology from their countries
4. Let children play and create stories using the puppets

Variations:

If there is not enough time for children to create their puppets, let them use the toys available in the Play Hub or other day everyday objects. For example, a wooden spoon can appear as a giant monster. In that case, children sitting in front of the Shadow Puppet Theater can try to guess which objects are hidden behind the screen.

2.3. Wacky Walk

4-8 years

Summary:

Have the children warm up during the cold months by doing a wacky walk together!



Cards

1. Walk like an animal
2. Skip with high knees
3. Walk backwards
4. Dance while you walk
5. Mix it up (do whatever you like!)
6. Sing while you walk
7. Jog or walking very fast
8. Avoid lines (don't step on lines, or jump over)
9. Walk sloooooowly!
10. Jumping with two foots
11. Jumping with one foot only
12. Walk without talking

DEVELOPMENTAL DOMAIN

Physical and socioemotional

DURATION

20 minutes

MATERIALS

- A deck of cards with different walking options (see picture)
- Print-out numbered movements for the wacky walk

2.3. Wacky Walk

Activity Guidelines

1. Use the print-out or create your own with numbered activities according to each different card in a card deck.
2. Get the children ready for a walk.
3. Pick up the first card and see what comes up; check the printout and see what wacky movement the children need to perform.
4. Pick a new card every 30 seconds or fewer and have fun!

Variatons

If you can't print out the cards, let children think of different options. If they are standing in line, let the first child pick a way to walk. After 30 seconds, it is the turn of the child behind. Be sure to give everyone the chance to think of a way to walk the wacky walk. You can provide ideas if they have a hard time thinking of one by themselves, but encourage them to be creative!

3. Spring



3.1. Journey Stick

4-8 years

Summary:

Journey sticks have been around for many years – they were used to share stories from travels. Children can create their journey sticks during nature walks.



DEVELOPMENTAL DOMAIN

Cognitive and socio-emotional

DURATION

30-60 minutes

MATERIALS

- Stick
- Thread

3.1. Journey Stick

Activity Guidelines

1. Take children on a nature walk
2. During the walk, tell children to choose an interesting piece of wood[EM1] .
3. Tie a piece of thread around the wood.
4. During the walk, children can take items that remind them of their adventure and wrap them around the stick.
5. As they explore, look for natural items to remind them of their adventure. A feather might remind them of beautiful birdsong, while a leaf might help them remember a tree they climbed.
6. Tuck the treasures into the thread to keep them safe, then at the end of the adventure encourage children to use the items to share a story about their walk. Every child is encouraged to share about their journey stick.

3.2. Leaf printing

4-8 years

Summary:

Create a beautiful printout of leaves children can find in nature



DEVELOPMENTAL DOMAIN

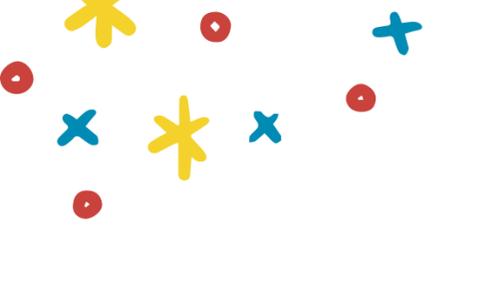
Physical and socio-emotional

DURATION

30-60 minutes

MATERIALS

- Sheet of paper
- Markers
- Paint
- Roll
- Bottle of water.
- Leaves



3.2. Leaf printing

Activity Guidelines

1. Let children hunt and collect a big selection of different leaves. These need to be fresh leaves that are soft and have texture. Dried autumn leaves will break.
2. Let children choose a leaf and place it facing down on a sheet of paper. Make sure the underside of the leaf is facing up, with all the veins and texture showing.
3. Let children colour the leaf with markers or paint. Make sure that they are colouring the whole leaf. Including the edges, the veins, and the centre.
4. Once the entire leaf is coloured, carefully turn the leaf around and let the colored side face the sheet of paper.
5. Try not to move the leaf around once it is on the paper.
6. Press hard on the left. You can use your hands, a roll or a bottle if there is any.
7. Peel the leaf off the paper to reveal the print!

3.3. Easter Egg Hunt

2-8 years

Summary:

In this entertaining activity, children can explore the surroundings looking for the colourful eggs the easter bunny left for them.



DEVELOPMENTAL DOMAIN

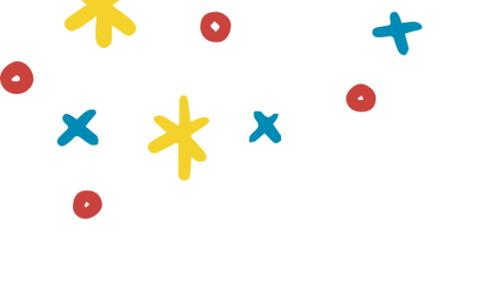
Physical and socio-emotional

DURATION

30-60 minutes

MATERIALS

- Eggs
- Basket



3.3. Easter Egg Hunt

Activity Guidelines

1. Get colorful eggs (these can be real eggs or chocolate ones).
2. Hide these eggs near the Mobile Play Hub. You can ask for help from other adults to play the Easter Bunny and look for hiding places.
3. Give children a basket to collect them
4. Tell them the Easter Bunny left some surprises around the garden for them to discover
5. Let children wander around!

Variations:

The collected eggs can later be integrated into a crafts activity. Children can decorate them with all sorts of designs. Some of them can be traditional to their specific region.

4. Summer



4.1. Nature Colours

4-8 years

Summary:

For this outdoor art activity, children will 'paint' the page using things found around them.



DEVELOPMENTAL DOMAIN

Cognitive, language and socio-emotional

DURATION

30-60 minutes

MATERIALS

- Sheet of paper
- Pencil
- Items out of nature such as leaves, grass, flowers, fruits, berries, etc.



4.1. Nature Colours

Activity Guidelines

1. Give children a sheet of paper with circles or rectangles on it.
2. Let children look around or go on a nature walk with them.
3. Challenge children to rub different items on the sheet of paper. If it leaves a mark, keep rubbing to fill the circle. Things like dirt, leaves and even some flowers are great for coloring
4. Consider that you need to supervise the activity to make sure not to pick any berries or other things that could be potentially poisonous.

Variation:

This activity is also a great learning opportunity to talk to children about how paints were made in the past. Materials from nature were squished down to create dyes for clothing and other things

4.2. Hide and Seek

4-8 years

Summary:

Hide and Go Seek is a game where the players attempt to conceal their location while others try to find them. While the main rules are basic, many different variations have also evolved throughout the years. Regardless of which version you choose all you need are a few friends and some hiding and spying skills



DEVELOPMENTAL DOMAIN

Physical and socio-emotional

DURATION

30-60 minutes

MATERIALS

- None

4.2. Hide and Seek

Activity Guidelines

1. Select the players. At least two players are needed to play the game. The more players you have, the better.
 - Take into consideration the ages of everyone playing. Younger players can fit in more places, but they don't always choose the best hiding spots or focus on the game.
2. Come up with basic rules. Without rules, the game can quickly become disorganized and chaotic.
 - Keeping everyone safe is the number one rule. Make sure players don't hide in places where they can fall or become trapped.
 - Mention areas that are off-limits
3. Find a suitable location. An outdoor location works best. Set boundaries so nobody wanders off too far.
4. Begin the game. The seeker will stay at home base, close their eyes, and count out loud to a specific number.
5. While the seeker counts, everyone else should quickly find a spot to hide.
6. Once the seeker is done counting, they yell, *"Ready or not, here I come!"* to warn others that they are coming. At this point, they must try to find all of the other players.

4.3. Bird watching

2-8 years

Summary:

Throughout the season, bird watching brings new excitement, helping children improve their skills in concentration, observation, and reasoning.



DEVELOPMENTAL DOMAIN

Cognitive and physical.

DURATION

30-60 minutes

MATERIALS

- Binoculars (but not essential). *Suggestion: Let children make their own binoculars by taping together two empty toilet paper rolls. Attach yarn for a neck strap.*
- Bird sheet (needs to be adapted per region and season. Should include pictures/ drawings of the most commonly seen birds. Names can be in different languages)
- Pencil
- Blank paper sheet

4.3. Bird watching

Activity Guidelines

1. Prepare the Bird sheet according to the country/region, including pictures/drawings of the most common bird species. You may or may include birds' names in several languages (and use this to foster the child's learning of the host country's language).
2. Each child or pair of children should get their sheet and pencil, to mark down which birds they manage to spot. An extra blank paper sheet could be used for bird sketching, helping further develop motor and concentration skills.
3. Teach kids about bird manners: be respectful of habitat; don't shake trees, take eggs or wreck nests; walk slowly and quietly; point out birds, don't yell.
4. You can draw attention to specific bird identification marks and discuss them with the children: predominant color; body shape; size; bill shape, size, and color; eye color; song; wing shape; etc.

Autumn



5.1. The Face of Autumn

2-8 years

Summary:

Let children pick up leaves from outside and create different faces out of what they collected.



DEVELOPMENTAL DOMAIN

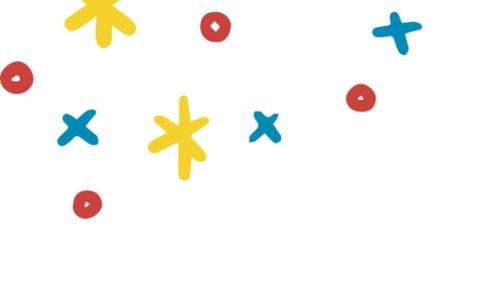
Physical and socio-emotional

DURATION

60 minutes

MATERIALS

- Sheet of paper
- Glue
- Pencils
- Paint



5.1. The Face of Autumn

Activity Guidelines

1. Encourage children to look for leaves and other objects they can find in nature. The more colours and textures the better!
2. Let them wander around and collect them. What they find will depend on where they live but try to make it as colorful as possible.
3. On a sheet of paper let them create different faces out of what they collected.
4. If they want, they can use glue to stick the leaves to the sheet of paper. Children can also use pencils and paint to create their drawings.
5. This activity is easy enough for little children and challenging enough to keep older kids engaged.

5.2. Building Dens

2-8 years

Summary:

The den building is a fantastic activity for all ages. You can do it at any time of year, but autumn is an ideal time to try it as there are lots of fallen leaves and branches to use. Den building has lots of benefits for children of all ages. It gets little brains thinking creatively and solving problems. It encourages youngsters to work together and helps them develop their communication skills.



DEVELOPMENTAL DOMAIN

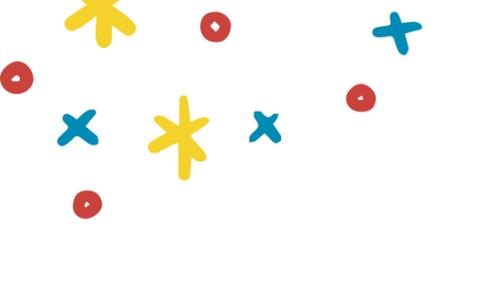
Physical, cognitive and socio-emotional

DURATION

2- 3 hours

MATERIALS

- long, straight branches and sticks
- lots of thin, bendy sticks
- materials to cover your dens, such as dried leaves, twigs and grass.



5.2. Building Dens

Activity Guidelines

1. Challenge children to gather natural materials like leaves and branches that have fallen. Don't break off living branches or damage trees.
2. Make a frame by propping some long, straight sticks in the center. Make sure all the branches are secure.
3. Weave bendy sticks in and out of the upright sticks to make the walls.
4. Cover your den with natural materials so it's camouflaged and weatherproof.
5. Scatter a carpet of dried leaves on the floor to make your den extra cozy.
6. Before you head home, please remember to take your den down. Consider that woods are home to shy animals and fragile plants, so please be considerate with your den building.

5.3. Rock Maze

4-8 years

Summary:

Tap into children's creative nature and build a rock maze together with the materials they find in nature.



DEVELOPMENTAL DOMAIN

Physical, cognitive and socio-emotional

DURATION

30 - 60 min

MATERIALS

- Small pebbles
- Rocks
- Twigs
- Leaves.

5.3. Rock Maze

Activity Guidelines

1. With the child, gather small and medium pebbles and rocks (but also twigs and leaves). Gather as much as you can, so the maze can be as long and intricate as possible.
2. Decide on a starting and ending point for your maze.
3. Get creative with dead ends, several connections, a roundabout, bridges, huts along the way, etc.
4. Creating the maze itself will be a joyful activity, but afterwards you can use the maze to play with figurines and/or cars.

Additional Resources

Looking for more ideas? Check the following resources!

[Let's Play" Activity Cards: Play-Based Activities for healing and learning - ISSA](#)

[Loose Parts Play: A Toolkit](#)

[The Ultimate Loose Parts Play Resource List](#)

[Free Therapeutic Stories for Ukrainian Children](#)

[Outdoor Learning Handbook](#)

[Parents' Toolkit for Outdoor Activities](#)



