

A SAMPLE DAY OUTSIDE

WHAT	DESCRIPTION	WHERE	PREPARATION
<p>Child's arrival to school</p>	<p>Free play</p>	<p>inside</p>	<p>Teachers' welcome to the child</p>
<p>Morning circle</p> 	<p>Start with greeting everybody in a circle /through small activities or games</p> <p>Walking around the perimeter of the circle / focus and balance practice, run communication games or questions while passing the ball or soft toy around, sing a morning song, talk about the rules for an outdoor play and developing them together with children or reminding them before doing more dynamic activities during the day outside, etc.</p>	<p>Outside/outdoors</p>	<p>Circle / oval marked outside / on asphalt / grass,</p> <p>Balls, pillows / cushions for outdoor seating and calm start of the morning</p> <p>Older children (5 – 6 years old) can be involved in defining the group rules for outdoor time</p>

TAKE ME OUT

<p>Hygiene + Morning snack</p>	<p>Preparing the food, eating it together</p> <p>You might decide to discuss the process of food preparation and talk where does your food come from</p>	<p>Outside/outdoors</p> 	<p>It can be preceded by joint preparation of the snack/food with the involvement of children. If you work with bigger group, you can divide children in several smaller teams</p>
<p>Activities according to your usual week plan</p>	<p>Include the activities involving Intensive Movement/physical activity or exercise for warm-up</p> <p>Thematic activities related to learning about nature/eg. Concrete flower, minibeast, bird, animal, tree, natural processes or seasons, exploring the outdoors and learning more about it</p> <p>Activities can focus, along with knowledge development, also on communication skills, arts, social – emotional aspects, maths skills, etc.</p> <p>All should be play - based</p>	<p>Outside/outdoors</p>	<p>Outside space covered with roof</p> 



TAKE ME OUT

Free play/or walk	<p>On a walk, the small games aimed at observation skills, exploration, communication, maths or arts etc. can be integrated, and played, while walking</p> 	Outside/outdoors	<p>Nature, natural aids and little tools that you can take along with you, that help children noticing and exploring the environment /magnifying glass, binoculars made of toilet paper rolls, etc., blankets for picknicking</p>
Hygiene + Lunch	Take/or make your lunch outside!	Eat lunch in untraditional way, take it outside	If possible, involve children in food preparation, with small teams „on duty“
Rest/quiet time	Taking a nap, listening to sounds of nature, reading stories,	Take a rest outside too. if your space conditions allow, bring outside the mattresses, blankets, pillows, and enjoy	<p>Relaxing/quiet corner outside, youtube links for listening, books, pillows, etc.</p> 
Mindfulness 10 – 15 min & sensory experience	Practice/exercise	Outside/outdoors	Ideas for mindfulness and sensory activities

TAKE ME OUT

			
<p>Activities supporting work skills</p> 	<p>Enable children practical, real life experience, eg .with working tools / sawmill, hammer, kitchen utilities for preparation of afternoon snacks / fruit, porridge, cake, baking biscuits, or cleaning of your outdoor space - bucket, rag, broom, rake,</p> <p>produce or clean birdhouses, feeders, etc., do planting, garden care, yard care, take care of small pets, animals</p>	<p>Outside/outdoors, in small groups</p>	<p>working tools and equipment</p> <p>Outdoor work area / wooden logs, cabinet with tools and equipment, little garden</p>
<p>Hygiene + Afternoon snack</p>	<p>Preparing the food, eating it together</p> 	<p>Outside/outdoors</p>	<p>It can be preceded by joint preparation of the snack/food with the involvement of children (smaller group involved in preparation, while the groups take turns in “duty”)</p>
	<p>On a walk, the small games aimed at observation skills,</p>		<p>Mud kitchen, polygons on asphalt, tracks for</p>

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<p>Free play/or walk</p>	<p>exploration, communication, maths or arts etc. can be integrated, and played, while walking</p>	<p>Outside/outdoors</p> 	<p>cars on asphalt, table games, etc. for cooperation and empathy, puppet theatres, drawing aids, books corner etc</p>
<p>Evaluation of the day</p>	<p>Sensory/expressing emotions</p> 	<p>Outside/outdoors, as a whole group/or individual</p>	<p>Children express through play/ different activities how did they feel about the day</p>

