



**Have a Ball  
Together!**

**best start  
meilleur départ**  
by/par health **nexus** santé

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## Outdoor activities for all seasons

Outdoor play is fun for kids and it helps them explore their environment while developing their skills and creativity. Children are also more active when they are outside.

Playing outside may need some extra planning. Make sure children are dressed for the weather so they will be comfortable playing outside. In the winter, this means wearing layers, hats and gloves, and boots. In the summer, this means wearing a sunhat, using sunscreen, and having drinking water available.

Here are some seasonal activities which will get your kids moving and having fun outside.

### Winter

- Shovel snow
- Build a snow family
- Climb a snow mountain
- Make snow angels
- Make designs in the snow with water tinted with food colouring
- Walk around the neighbourhood and look at holiday decorations
- Build a snow fort
- Go snowshoeing
- Visit a skating rink
- Host a mini winter Olympics with fun events planned with your child
- Make snow castles using containers and buckets
- Look for animal tracks
- Go sledding



### Spring

- Splash in the puddles
- Dance in the rain
- Plan a scavenger hunt
- Visit a local playground
- Hunt for bugs
- Set-up a 'car' wash for wagons, scooters and bikes
- Fly a kite
- Play a game of hopscotch
- Make colourful designs using sidewalk chalk
- Have an Easter egg hunt
- Play in the mud
- Dance with ribbons or scarves
- Try a skipping rope





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## Summer

- Set-up a water table
- Run through the sprinkler
- Play a game of catch with water balloons
- Chase bubbles
- Go swimming
- Visit a splash pad
- Plan a treasure hunt
- Set up an obstacle course
- Check out a local beach
- Play in the sandbox
- Play with a hose
- Float paper boats
- Climb up a hill and roll back down



## Fall

- Jump in leaves
- Go for a hike and look at the changing colours
- Go apple picking
- Walk around the neighbourhood and look at the Halloween decorations
- Collect items for a nature collage
- Explore a corn maze
- Find pinecones to turn into birdfeeders
- Make and dress-up a scarecrow
- Have a Halloween parade
- Throw beanbags at a pumpkin – try to get the closest!
- Have a costume relay race – see how quickly you can put on and take off costumes
- Play a Halloween themed game of ‘duck, duck, goose’ called ‘witch, witch, ghost’
- Walk around a farmers’ market

Whether at home, in childcare, at school, or in the in the community, we all have a role in getting kids active. Help set the path to a happy childhood and a lifetime of healthy living!

For more information, tips and activity ideas, visit [haveaballtogether.ca](http://haveaballtogether.ca)