

Week of April 13th – 17th – “Outdoor Play”



This week students are asked to get outside and play. The weather is getting nicer and outside play is very important. This week students are asked to get outside and try their best for 30 min/day. Examples of activities the children could participate in are:

- Walk the dog around the neighborhood
- Rake the lawn to rid of dead grass/leaves
- Hike/bike a trail or path (Rockwood Park, The Rez, Harbor Passage, etc)
- Play hide-n-seek in the yard
- Draw/play hopscotch with family
- Play catch with a ball/glove, frisbee, etc.
- Scavenger hunt in the woods/yard
- Jump rope or hula hoop in the driveway
- Shoot hoops in the driveway or basketball court



The body heals with
play, the mind heals
with laughter and the
spirit heals with joy.