

TEN LOW-COST OR NO-COST IDEAS FOR OUTDOOR ACTIVE FUN

Here are a few ideas for outdoor fun on a budget:

1. **Play Hopscotch!** A piece of chalk is all you need to draw a hopscotch space in a paved area of the playground.
2. **Get some Hula Hoops!** Great exercise and lots of fun - for extra fun and laughs make sure the teachers show the kids how to use them!
3. **Go Puddle Jumping!** Don't let rainy days get you down ... water can transform your playground or school yard into a whole new place. Go for a walk and count the puddles, try to jump over them or just splash in them!
4. **Dance!** Set up a boom box outside and turn up the music ... dancing is fun for kids and adults of all ages.
5. **Go for a Rainbow Walk!** Take a walk around the area and find things that are all the colors of the rainbow.
6. **Have a Marching Band!** Bring the instruments outside and let the group make as much noise as they want!
7. **Pretend to be an Animal!** Have the children run like a gorilla, hop like a bunny, slink like a cat, slither like a snake, etc.
8. **Cross the River!** Make "river rocks" from paper plates or pieces of paper and have the children try to "cross the river" only stepping on the "rocks".
9. **Play Old Fashioned Games!** What's more fun than a great game of "Tag"?!
10. **Blow Bubbles Outside (and don't forget to chase & pop them)!** You can make your own bubble mixture - just mix together 1 cup of water, ¼ cup of Dawn & 2 Tbsp. Karo Syrup - for extra fun add a few drops of food coloring to the mixture!

And here's a Bonus Idea – **Add an Easy Water Feature!**

A *Sprinkler Hose* is a great, low-cost way to add water fun to your playground this summer. Sprinkler hoses, which can be found in any retail garden center, spray water throughout the length of the hose. For a different effect you can hang the hose in the air allowing the water to mist down!

Time to get outside and have some fun!