



Make the most of your time outside

Going outdoors is good for our mental and physical health. It can relieve family pressures caused by spending so much time indoors together, too.

Take care

You may be allowed to go out to exercise for a short time each day. Guidance varies from country to country and may change as the coronavirus pandemic goes on. Always follow the official guidance where you are.

- If you go out, stay two metres (six feet) away from other people at all times.
- Wash your hands as soon as you get home.
- Do not meet up with people you don't live with – even friends and other family members.
- Avoid exercising in busy places where you can't keep two metres away from other people.

Make the most of being outdoors

Whether your time outside is on city streets, in a park or in the countryside, nature is all around you.

- Take some time to pause, look around and talk with your child about what you see and feel.
- Hug a tree, stand up on a rock, find weeds in cracks in the pavement.
- Learn the names of the plants, trees and birds you find in your area. How many can you spot when you are out?
- Do some weather watching and forecasting – can you guess what the weather will be like later in the day, tomorrow or next week? How about keeping a weather diary with drawings and notes?
- Take photos, do drawings, write poems, tell stories.
- Forage. Learn about the things you can eat that grow wild in your local environment.
- Choose one place to visit regularly – for example, a tree, a bush, a stream, a canal – and watch how it changes day by day. Are leaves and buds unfurling? Are insects coming to live there?
- Go out at different times of day if you are allowed to by local regulations – early morning, sunrise, noon, dusk, night-time. What do you and your child notice about the sun and the moon, shadows and light effects?

Simple games to play while you are out

- Games like 'I spy with my little eye'
- Treasure hunts
- Jumping on the spot, hopping, walking backwards, doing handstands, trying a cartwheel, jumping in puddles, chasing shadows
- Storytelling, playing imaginative and fantasy games
- Drawing with chalk on pavements or sidewalks
- Badminton and games with bats, balls and hoops
- Games your child plays at school or nursery – you can ask them to teach you
- Taking small playthings from home – for example, toy animals or cars you can play with outdoors
- Balancing games – for example, on kerbs or lines on the pavement
- Collecting things like pebbles, sticks, and leaves that you can take home and play with.



STAY EMOTIONALLY HEALTHY



STAY PHYSICALLY ACTIVE



RELAX AND FORGET ABOUT WORRIES



MAKE SENSE OF NEW EXPERIENCES AND CHANGES IN THE WORLD



COPE WITH FEELINGS THAT ARE DIFFICULT OR FRIGHTENING

The *IPA play in crisis* series is designed to offer straightforward advice and suggestions to help you and your child keep playing through the coronavirus pandemic.