TIPS & TRICKS FOR OUTDOOR LEARNING:

Consider what time you will be outside. Aim to avoid the hottest part of the day (between 12pm-3pm) if possible.

Ensure that children have weather appropriate clothing and sun protection (sunscreen, hats, sunglasses).

Ensure that children have access to a water source or water bottles outside. Remind them to take frequent water breaks to rehydrate!

ACTIVITY IDEAS FOR HOT DAYS:

Plan designated days for cooling activities, such as water and messy play.

Sensory and loose parts, art and music (instruments, crafts, reading) in a shady area.

Dive into water play! Consider incorporating misters, sprinklers, water toys or a water table to your space.









RESOURCES

United States Environmental Protection Agency, Institute for Childhood Preparedness