

School Readiness through Family Engagement – Outdoor Play

Physical exercise and fresh air are important for your child’s health and well-being. Outdoors children are able to use all of their large muscles. They move around, breathe fresh air, and catch balls. They lie on the ground to watch clouds and birds, and they climb high to look down. We talk about the things children see, hear, touch, smell, and feel so they become aware of changes in the weather, the seasons, plants, and animals.

What You Can Do at Home

Fresh air and exercise are very important to your child’s health and to yours. Try to spend time with your child outdoors every day except when the weather is dangerous. Take walks in your neighborhood, go to parks together, and explore the natural world with your child. Watch what your child notices and show that you are also interested.

Children love to collect things and then play with them. They sort them, make patterns with them, and pretend with them. Bring along a container or plastic bag when you go outdoors so your child can collect treasures (sticks, leaves, and rocks) along the way and bring them home to examine. Be sure your treasures are not a choking hazard for young children. Talk with your child about the items, noticing colors, shapes, size or textures.

When you have completed your activity, return only the bottom of this sheet.

This is documentation of time spent with your child on this take-home project and helps our teachers to assess their progress with school readiness goals. Thank you for your continued cooperation completing these projects with your child. You are your child’s first and most important teacher!

Center/Home Base: _____

Head Start’s Staff: _____

Take-Home Project Name:

TS-Gold Number: 4, 5, 6, 7, 24, 25, 26, 27

Child’s Name: _____

Amount of minutes my child and I spent working on the project this month: Minutes: _____

Parent Signature: _____

Date: _____

Approved: _____

Every hour you spend
with your child working
on take home activities is
a \$17.75 In-Kind
contribution for the
Head Start program!

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