

## 25 Things to do at the Park

Activity	What to do	Curriculum links
Experience the weather	Taking children outdoors in all weathers is so important for supporting children's understanding of the world around them. Take time to talk about the weather, splash in the puddles, watch the wind blowing through the trees, find shade from the sun.	Communication and Language Understanding the World
Talk about the seasons	As with the weather, it is important that children experience the different seasons so that they can start to understand the passage of time. Talk about signs of the season-brown crispy leaves and dark evenings in the autumn, frost in the winter etc.	Communication and Language Understanding the World Mathematics
Collect sticks	Collect and sort sticks. Talk about the size of the sticks-how long? How thick? How many bumps or curves can you see? Can you put them into size order from longest to shortest?	Communication and Language Mathematics
Collect leaves	Gather up a range of different leaves. Talk about what the leaves look like and try sorting them into different groups by colour, size, spikey and smooth...	Communication and Language Mathematics Understanding the World
Listen to the birds	Try to identify as many different bird sounds as you can. Help your child to describe the sounds and recreate them using their own voice.	Communication and Language Understanding the World Phase 1 Phonics
Listen to and describe sounds all around	Take a moment to listen to other sounds all around. Encourage your child to remember the sounds and help them to name and describe the sounds they have heard.	Communication and Language Phase 1 Phonics
Positional language	Talk about your route around the park and the different directions you are travelling in. Introduce lots of new language-right, left, straight ahead, around the corner...	Communication and Language Mathematics
Climb a tree	Climbing is great for children's physical development. It can also help children to take risks and become more resilient.	Physical Development
Run and explore the space	Simply encouraging children to run around and explore the space around them has huge benefits to their physical development and special awareness.	Physical Development
Who lives in the park?	Talk to children about all of the animals, insects and birds that might live in the park. See how many you can see and hear. Talk about what the different animals might eat and where the insects might hide.	Communication and Language Understanding the World
Have a picnic	Sharing a picnic outdoors can be a lovely and multi-sensory experience for children.	Personal, Social and Emotional Development Physical Development
I spy...	Playing I spy is a great way to support children's early literacy but also helps them to become aware of the world around them. If children are not ready for initial letter sounds try spying things by colour or shape e.g. I spy...something that is green.	Communication and Language Literacy Mathematics
Playground equipment for vocabulary development	When using playground equipment such as slides and swings try to use lots of language to describe where your child is and what they are doing e.g. 'you are swinging very high', 'you are sliding down very fast'.	Communication and Language Mathematics
Playground equipment for physical development	Using playground equipment such as climbing frames can be great for children's physical development. It can also encourage children to challenge themselves and build resilience.	Personal, Social and Emotional Development Physical Development

Look at the clouds	Take some time to sit or lay down on the grass. Look up at the clouds and talk about what you can see-what does that cloud look like? Is it fluffy or wispy? Which direction is it moving in? This can help children's vocabulary development but also offer them a chance to relax and be calm.	Personal, Social and Emotional Development Communication and Language
Tell stories	Make up stories together. These could be based on the things you see in the park such as a squirrel who lives in one of the trees-what adventures might he have? Children can add to the story or make up their own.	Communication and Language Literacy
Fly a kite	Kite flying on a windy day can be great fun. Flying a kite can teach children about speed, height and air. You can take a kite you have bought or make your own using recycled materials like plastic bags or sticks and newspaper: <a href="https://buggyandbuddy.com/make-kite/">https://buggyandbuddy.com/make-kite/</a>	Understanding the World Expressive Arts and Design
Play a game	Traditional games like tag, frisbee, catch or football are perfect for getting children to be physically active. Parks can offer lots of space to explore.	Physical Development
Take photographs	Asking children to take photographs can be a great way to see things from their point of view. Photos can be a great talking point later on as children remember where they have been and what they saw.	Communication and Language Understanding the World
Litter pick	Lots of parks and other green spaces welcome volunteers for organised litter picks. This can be a great way to teach children about caring for their local environment.	Understanding the World
Memory games	Try playing 'I went to the park and I saw...' add something that you can see such as a tree. The next person repeats but adds on something new, for example-I went to the park and I saw a tree and a bird, I went to the park and I saw a tree, a bird and a squirrel. Keep going until someone forgets one or more of the things on the list. You can then start again.	Personal, Social and Emotional Development Communication and Language
Draw a map	Draw a map and try to follow it around the park. Add arrows, landmarks and symbols of things you see along the way.	Mathematics Understanding the World
Painting rocks	Collect rocks to paint at home or paint them before you come and hide them around the park. If you write a little message on your rock someone might find it and hide it in a new place. There are lots of Liverpool rocks links online and on social media.	Expressive Arts and Design Understanding the World
Count your steps	You can count your steps out load and play-guess how many steps it will take to reach the...? Alternatively, there are lots of tracking apps freely available that will count your steps for you.	Physical Development
Follow the compass	Take along a compass or download a compass app on your tablet or smart phone. Explore the different directions your route will take you in. Try going north as far as you can, then east and so on.	Mathematics Understanding the World