

PLAY YOUR WAY THROUGH THE DAY



KANSAS
MATERNAL &
CHILD HEALTH



HAVE FUN TOGETHER WHILE YOUR CHILDREN LEARN AND GROW

Here are some fun activities you can do with your child *at home* with what you have *at home*.

OUTSIDE ACTIVITIES

All children grow and develop in a unique way. We encourage you to meet your children where they are! The boxes below feature activity ideas you can do with your children at home and outside.

DID YOU KNOW THAT SPENDING TIME OUTSIDE LEADS TO SOCIAL, PHYSICAL, AND EMOTIONAL SKILL DEVELOPMENT?

Do a scavenger hunt! Topics could include:

- Colors of the rainbow
- Animals
- Things that start with "A...B...C..."

Take a picture of what your child finds, and talk about it when you get home.

Make nature art with leaves, twigs, rocks...whatever you can find!

You can glue it on a piece of paper or trace it using crayon or markers. Be creative!

Ask your child guiding questions about nature. Ideas could include:

- What shape is that?
- What color is that?
- What does it feel like?
- Is it light or heavy?
- What animal do you think lives there?



1-800-CHILDREN
Supporting Parents

HELPLINE AND RESOURCE DIRECTORY