



Accessible outdoor activities

It is wonderful to hear so many of our students are enjoying time outdoors. I thought I would share a list of accessible outdoor activities that your young person might enjoy. Bad weather? Most of the activities can be easily adapted to be played inside. Sarah-Grace.

Favourite toy treasure hunt

Hide under blankets or scarves favourite toys. You can place these nearby to the young person, in a trail or perhaps hidden around the outdoor space. Ask them to see if they can find each one.



Soft sensory area

Bring your pillows, blankets, scarves and any clothing made of interesting material to make a pile on a picnic blanket. Many students find especially interesting the large foil rescue blankets.



Den building

Bring two chairs outside and pop a sheet over the top of them to build a den. Perhaps this could be filled with cushions and musical instruments to make an inviting area.



Sensory trays or bowls

Put in a bowl or tray a range of outdoor materials, perhaps one with sticks, one with leaves and one with flower petals. Allow young people time to explore these. Many roses have begun blooming and when the petals are put into a small amount of water, they can give off their scent well.

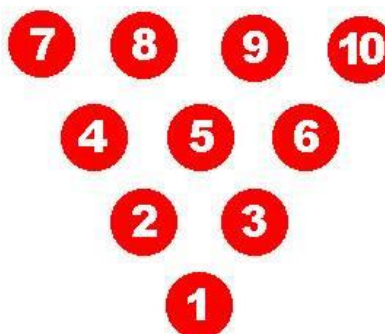


Obstacle race

This is a seated version of a classic obstacle race. Seat everyone down outside around a table, and give each one three dried peas (or tightly screwed up paper balls), a drinking straw, a bottle of water and their favourite healthy snack. Each participant must use the straw to blow the peas off the table, one by one. Then they must eat their snack and use the straw to drink the water.

Bowling

Set up 10 empty cereal boxes or soft drink cans in a standard ten-pin bowling formation outside like this:



Activity from:

Each player stands behind a stick placed appropriately away from the pins and rolls a small ball towards them to try to knock them down – one pin is one point.

Outdoor painting

Using just water and a brush, create marks on the patio, walls or decking area. Perhaps some chalk marks can be put down to trace over.



The sock race

Have one pile of socks with just one of the pairs of socks at one end of the garden or on one side of the young person. Near the young person or on the other side of the young person have another pile with the other matching socks in. See how quickly they can find the matching socks to make pairs.

