

**TAKE IT  
OUTSIDE!**



Use paper plates — a common household item — to get your children outdoors and moving. Nurture children's creativity by allowing them to decorate plates with pictures, colors and words before using them in their outdoor activities.

#### **Did You Know?**

While children are playing outdoors, they develop problem-solving and creative-thinking skills because outdoor spaces are varied and provide less structure than indoor spaces.



## **Moving With Paper Plates**

***Cruising!*** Pretend the paper plate is a steering wheel, and children drive around an outdoor area to develop cardio-respiratory endurance. Use a stop/go sign made from another plate to practice stopping and going on cue. Add music for more fun. Children can stop, go and change speeds according to the music.

***Flying Disc Fun!*** Take paper plates outside and use them as flying discs. Children practice throwing the plates straight up into the air; then try slinging them to the side. For more of a challenge, children toss the plate back and forth from one to another. If paper plates are too light, tape several plates together to see whether they can fly better.

***Stepping Stones!*** Place or tape paper plates in an outdoor area. Use the plates as stepping stones to practice balancing by moving one foot at a time from one plate to another. Vary the activity by moving plates farther away from each other and jumping from plate to plate.

***Scavenger Hunt!*** Write letters, numbers or draw shapes on paper plates. Hide paper plates in various areas in the outdoor play space. Children can run, walk, skip, or hop to find paper them. Once they have collected their plates, they identify what is written on each plate.

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