

SUPPORTING OUTDOOR PLAY IN HOT WEATHER

Tips and Tricks for Outdoor Play during Hot Weather

1. Adapting Schedules and Routines - Plan outdoor time to avoid the hottest parts of the day.
 - a. Play earlier or later - aim for before 10am or after 3pm when temperatures are lower
 - b. Plan for shorter play periods, many breaks, and less intense activities
2. Extra Sun Protection - Keeping sun exposure low helps children stay comfortable and safe.
 - a. Look for shade, use sunscreen and dress children in sun protective clothing (lightweight, hats, sunglasses)
3. Water - Hydration is essential!
 - a. Offer water before, during, and after outdoor play
 - b. Water breaks must be built into outdoor play, at least every 15 minutes
4. Policies and Family Engagement - Work together with families to keep children safe.
 - a. Strong policies and communication with families are key to ensure that children show up at your program ready to be physically active during hot weather

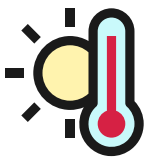
Activity Ideas for Hot Days

Slower and Shorter Activities - Great for keeping bodies moving without overheating:

- Catching Activities
- Kicking Activities
- Balance Challenges
- Yoga
- Wheeled Vehicles

Water Play - fun, safe, and cooling!

- Whole body
 - Moving through sprinklers
 - Squirt toys for older children
- Fine motor
 - Water tables
 - Toy wash
 - Sponge games
 - Ice Age bin
 - Painting with water



My Notes:



Brainstorm: One action step my program can take to prepare for safe, outdoor play during hot weather is...



Additional Resources:

[CDC HeatRisk](#)

[Air Quality Index \(AQI\) Basics](#)

[Natural Learning Initiative Shade Solutions](#)

[Natural Learning Initiative Water Play Ideas](#)

[Natural Learning Initiative Summer Play: Beat the Heat](#)

[Better Kid Care - Keeping Your Cool: Heat Awareness and Solutions](#)