

Activities for Outdoors

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It is not possible to list all of the play activities that children engage in that would stimulate their learning and development. The following lists are therefore compilations of the activities that should be considered. No playscape could possibly support all play activities, but the aim is to create a playground that will provide settings that suggest as many activities and encourage as much learning and development as possible.

Activities that promote physical growth

sliding	cooperative games	sitting/passive activity
swinging	competitive games	observing
rocking	building/constructing	digging
climbing	walking	planting
balancing	collecting	exploring/seeking
crawling	distributing	water play
jumping	arranging	sand play
rolling/tumbling	hiding	ball play
pushing/pulling	ordering	toy play
hopping/skipping	manipulating	doll play
running	molding	drifting
throwing/catching	feeling/handling	local games

Activities that contribute to emotional growth

homemaking	music making	fantasy play
creative self-expression	group participation	ordering
solitary play	handling objects	experimenting
personal care	role-playing	responding to personal
risk taking	rebuilding/reconstructing	needs

Activities that promote social growth

cooperative games	copying	questioning/investigating
cooperative problem	cooperative projects	ordering/arranging
solving	planning	group fantasy play
listening	singing/creative noise	experimenting with
dancing	making	games
group exploring	obeying rules	interpersonal care/caring
verbal intercourse	fact learning	experimenting with
sharing	displaying/explaining	objects

Activities that promote cognitive development

listening	spatial orientation	imagining
problem solving	drawing	solitary play
observing (intergroup)	exploring	mimicking
observing (natural	experimenting (socially)	reading
processes)	creative self-expression	manipulating
using tools	rhythmic movement	describing
making things	rhythmic noise making	writing
matching, naming,	imaging/symbolizing	
identifying		