

The “Looking 4 staff” weekly series



# Indoor and outdoor activities 4 kids



Kids are always on the move,  
restless little sparkles of life.

Keeping them happy all day long  
can sometimes feel like  
a rocket scientist's job.

... or not, if you do your  
homework and let the  
professionals help you.

For you it might be your first  
and only child.

A professional childcare staff  
has the advantage of some  
years of experience in taking  
care of babies, toddlers,  
school age kids or teenagers.

In some cases they are  
walking and talking Google  
search engines.



**Children are not things  
to be moulded, but are  
people to be unfolded.**

**Jess Lair**



## Outdoor activities

In the back yard or a park near the house, a **picnic** is always a winner. All kids adore to stay outside, no matter their age.

Do not forget the ball, frisbee or other proper age games, sunscreen lotion, water, natural drinks, finger food and... garbage bags.

Remember to clean as you go. It's always a valuable lesson for everybody.

**Playing in the park** is always a good way for kids to interact with their friends or make new ones.

Kids will be stimulated to socialize, share toys and games, negotiate in a constructive manner, develop language level, dexterity and sensorial skills.

Free of charge therapy!



In case you have a backyard, don't be afraid to let the little people get dirty while **gardening**.

The benefits are so many. If vegetables are not their best friends, they might like to eat what they plant and harvest with their own little hands.

Beside, they will learn about the growing process.

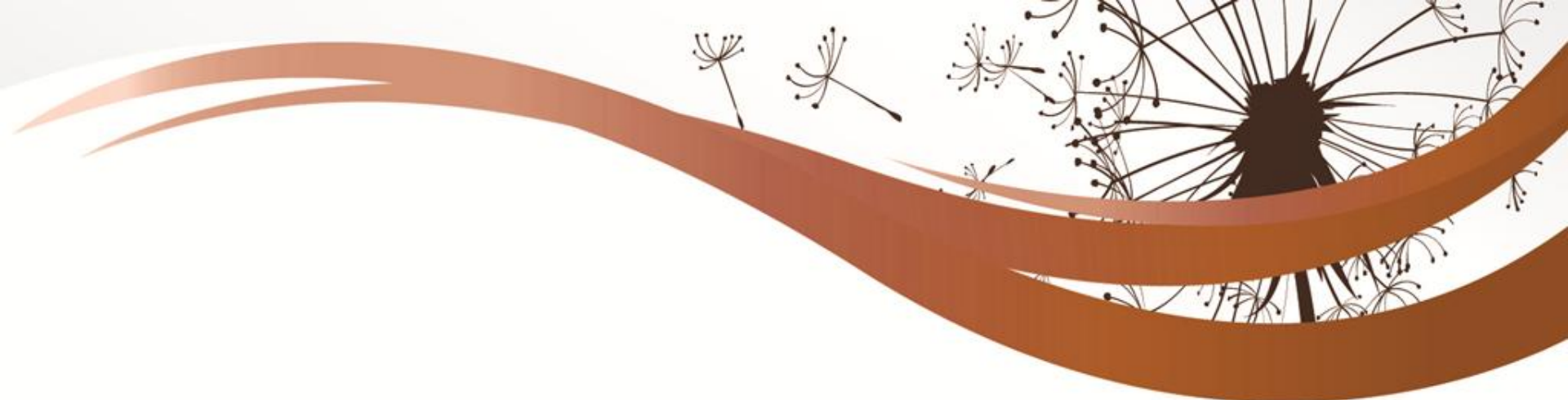
If things don't go well, have fun and make a scarecrow.

Go **hiking**! When they are big enough this could be welcome.

It doesn't have to be an exhausting and long trip. Start with short distances.

Encourage them to keep a trip journal and note all the interesting things they noticed along, try a treasure hunt or old school style orienteering.

Fresh air and time away from gadgets are the perfect choice.



**Children are the living  
messages we send to a  
time we will not see.**

**John W. Whitehead**



## Indoor activities

Encourage them to **help** you **with** small house **tasks**.

Help them understand what they are supposed to do and give them the proper utensils.

They can help with sorting the laundry by colors, clean their rooms, if big enough they can help with the dishes, use the vacuum cleaner or groom the house pet.

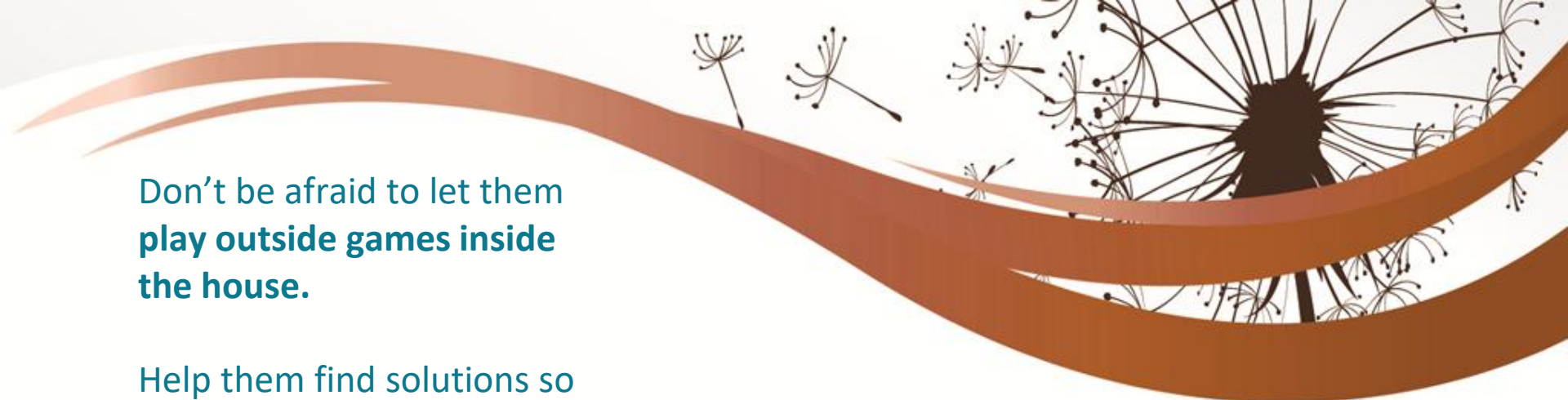
Keeping them by your side all the time will raise their self esteem and level of confidence.

Let them **learn how to cook** and engage them in organizing family meals.

Teach them how to peel fruits and vegetables, and tell them something about each.

You will be surprised how broccoli will start to taste delicious.

On Mother's day you have maximum chances to be surprised with the sweeeeetest breakfast in bed ever!



Don't be afraid to let them **play outside games inside the house.**

Help them find solutions so no damages will ruin the mood.

You can choose to play football but with a fabric ball, build a bowling alley with plastic bottles as pins, a car rally from carton board, paper plate ring toss, balloon ping pong with paper plates as paddles, build a quilt tent, treasure hunt with healthy snacks, "snowball" fight with paper balls.

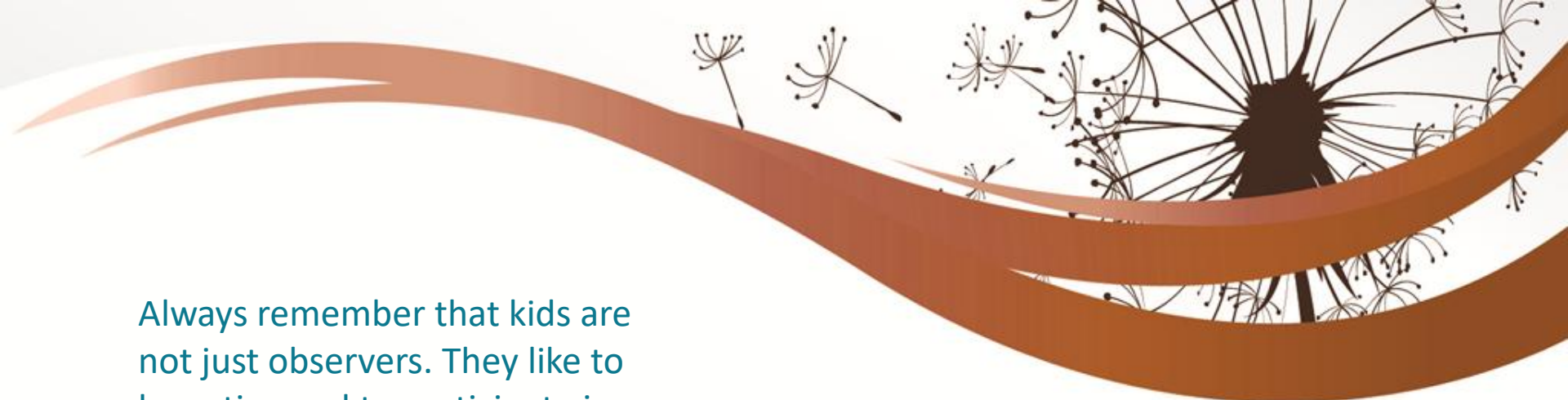
All sorts of **hand made ideas** using recyclables materials can be found today from toys to greeting cards or small presents for their dear ones. The win is double: kids craft what they need, and they learn to recycle. A hand made present for the grandparents is special.

There's always a time to play.





**The true sign of  
intelligence is not  
knowledge, but  
imagination.  
Albert Einstein**



Always remember that kids are not just observers. They like to be active and to participate in all activities around them.

They need to be stimulated in any creative way possible.

You need childcare staff prepared to find new solutions in keeping the kids educationally active, and emotionally healthy.

Encourage them and your kids to make lists of the things they like and prepare together for all the activities.

This can be the beginning of a beautiful friendship 😊

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