

# Our Outdoor Play World eTwinning Project



## OUTDOOR GAMES AND ACTIVITIES BOOKLET



This booklet represents the outcome of the Our Outdoor Play World eTwinning project, featuring a rich tapestry of engaging outdoor activities and games meticulously curated by dedicated educators. This comprehensive resource offers a variety of imaginative experiences that not only encourage physical activity, social interaction, and cognitive development but also promise endless fun and enjoyment.

Each game is designed to captivate participants, promoting fun, teamwork, problem-solving skills, and a deeper appreciation for the natural environment. With clear instructions and educational objectives, this manual is an invaluable guide for anyone seeking to enrich outdoor play and learning.

# Gardening



## Objectives:

1. Engage children's senses with hands-on experiences using soil, plants, and water while exploring colours and scents.
2. Enhance fine motor skills through planting and watering and develop gross motor skills with digging and raking.
3. Encourage observation, problem-solving, and critical thinking by exploring plant growth and basic scientific concepts.
4. Foster cooperation and responsibility through collaborative gardening activities.
5. Expand vocabulary with new words related to plants and nature.
6. Cultivate an appreciation for nature and the importance of environmental care.

## Materials:

- raised bed or a section of the yard with dug-up soil
- gardening tools
- plants and seeds
- watering cans and water

Description: The Gardening activity is a fantastic way to teach children about nature and responsibility. Start a small herb and vegetable garden by making a bed from wooden pallets or digging up a rectangular area in the yard. With children, choose the seeds and plants you will plant, which you will later harvest and taste.



# Woodland Carnival



## Objectives:

The activity aimed to support sensory development, fine motor skills, and creativity while fostering environmental awareness and encouraging the use of natural, sustainable resources.

## Materials:

fresh dough, nut shells, dry flowers and leaves, twigs

## Description:

Children engaged in an outdoor activity where they created carnival masks by applying dough onto tree trunks, using the bark's texture as a natural mold. They then decorated the masks with various natural materials such as nut shells, dried flowers, leaves and twigs, exploring the textures, colors and shapes found in their environment.





# Mud Kitchen



## Objectives:

1. Engage children's senses with natural materials like mud, water, leaves, and sticks.
2. Foster creativity as children pretend to cook and create dishes in a mud kitchen.
3. Enhance coordination through scooping, pouring, and mixing.
4. Encourage experimentation with textures and adapting play based on discoveries.
5. Promote vocabulary and communication as children collaborate and share ideas.
6. Foster an understanding of natural elements and their properties.
7. Encourage sharing, turn-taking, and cooperation in group play.

## Materials:

Mud Kitchen Area: a flat surface like an old pallet, sturdy table, or clear ground, water source, soil/dirt, kitchen utensils (old pots and pans, spoons, whisks, cups, bowls, rolling pins), natural ingredients (leaves, sticks, rocks, pine cones, flowers), buckets, plastic tubs, empty bottles)

## Description:

Set up the mud kitchen in a shaded area near a water source. Arrange the materials invitingly, with "ingredients" in separate bins. For younger children, focus on sensory exploration with larger tools, while older children can create mud pies with different types of leaves.

Allow the children to choose their tools and experiment freely with mud, water, and natural materials.

Instill a sense of responsibility in the children by reminding them to put away tools and rinse off pots a few minutes before clean-up.



# Rainy Outdoor Classroom Day



## Objectives:

1. Science and nature observation: encouraging children to observe and describe weather conditions, introducing basic measurement concepts, fostering curiosity about ecosystems, identifying and exploring animals that appear in wet environments
2. Sensory and experiential learning: promoting sensory exploration through direct contact with rain, mud and water, supporting development of observation skills using tools like droppers

## Materials:

Recycled plastic bottle, permanent marker, pebbles, plastic droppers and tubes, waterproof clothing

## Description:

Children began our Outdoor Classroom Day by installing a simple rain gauge they had created, learning how to measure and observe rainfall. Then they carefully collected pond water using droppers and tubes. We also discovered earthworms, snails and other animals that thrive in wet conditions, discussing their roles in nature. A walk in the rain rounded out the experience, engaging the senses and encouraging observation of weather patterns, textures and sounds.



# Active citizens in outdoor activities



## Objectives:

To cultivate children's environmental awareness, empathy and responsibility through experiential outdoor activities that combine the care of nature, animals and creative play.

## Materials:

Pots or flower beds, soil, vegetable seeds, recycling containers, dry animal food, bowls, pictures/videos of swallows, cones, ropes, cards with ecological questions.

## Description:

Children plant vegetables in the school garden, learn to separate waste and recycle. At the same time, they feed stray animals responsibly and learn about the importance of protecting swallows and their nests. The activities conclude with yard games that include physical exercise and questions about ecology and the environment. *Maria Mostaki*



# Save The Water



## Objectives::

The activity aimed to raise awareness about the importance of saving water, promote teamwork, and develop basic skills in counting, sorting, and movement. It also encouraged creativity through poster-making and offered hands-on experience in using water responsibly, such as watering plants.

## Materials:

Plastic bottles (one per team), Paper water drops, Small cups, Art supplies for decorating the bottles (e.g., colored paper, markers, glue), Poster board or canvas for making a poster, Water.

Description: Children were divided into four color-coded teams, each with a decorated water bottle. In a timed game, they collected paper water drops scattered in the schoolyard. For each drop collected, they measured and poured a cup of water into their team's bottle. The bottles were then compared, and the drops were used to create a poster with the slogan "Save the Water." Finally, the water collected was used to water the schoolyard trees, reinforcing the message "Not a Single Drop Wasted!"

**Eugenia  
Kiriakoudi**



# Activity



Objectives:

Materials:

Description:



# Activity



Objectives:

Materials:

Description:



# Little kindergarten gardeners



## Objectives:

1. To introduce children to seeds - their variety, size, shape, color.
2. To develop children's observation skills and the ability to wait, watching the germination of plants.
3. To promote care, teaching children to water and care for plants.
4. To develop fine motor skills by planting seeds in the ground, transplanting sprouted plants to a raised bed outside.

**Materials:** pots, soil, seeds, water, watering cans, raised bed, garden tools.

**Description:** Children plant the selected seeds (sunflowers, dill, onions, lettuce, radishes, cloves) and gently cover them with soil, press the soil gently with their hands, and water them. We discuss how and when to water and care for our plant. Laminated cards with the plant's name are stuck into the pots. When the plants sprouted and grew, we transplanted the onions and radishes to a raised bed in the kindergarten yard. Before planting, we tidied up the strawberries growing in the bed, the children picked up the dried leaves, hoed and loosened the soil, then dug a hole and planted the plants. Every day we watch how our onions and radishes grow. The children taste the spring onions.



# Sand games and dandelions bracelets



## Objectives:

- 1.To encourage children's creativity and self-expression using natural materials.
- 2.To develop fine motor skills by forming shapes from sand and collecting beads for bracelets.
- 3.To encourage knowledge of nature and aesthetic perception.

## Materials:

Sand, buckets, molds, shovels, wooden sticks, dandelions (collected in the meadow).

## Description:

The children participated in creative activities outdoors, during which they built sandcastles, baked cakes, decorated with found flowers and sticks. The children also collected dandelions blooming in the meadow and I showed them how to weave milkweed bracelets. This encouraged their diligence, concentration and the development of their aesthetic sense. During the activities, nature became a great educational space.



# We play and move outside



## Objectives:

- 1.To encourage children's physical activity and coordination of movements.
- 2.To develop creativity through drawing and outdoor games.
- 3.To promote a joyful stay in the fresh air and good emotions.

## Materials:

Colored hoops, colored parachute with plastic balls, skipping rope, outdoor crayons.

## Description:

Children have fun outdoors, participating in various active games. They jumped through hoops, ran while holding them, played games with a parachute - colored balls were thrown into it, which brought a lot of joy and laughter. Another activity was drawing with crayons on the pavement: children created large drawings, developed fine motor skills, color recognition and creativity. In addition, we played an active game "Fisherman and the net" in a circle, which encouraged movement, tracking the jump rope. All activities encouraged children's movement, joy, and good emotions.



# Lithuanian record of 15,000 handmade sunflowers



## Objectives:

1. To engage the entire kindergarten community in a creative activity that fosters cooperation and a sense of unity.
2. To achieve a Lithuanian record.

**Materials:** Yellow cardboard, glue, scissors, wooden sticks 40 cm.

**Description:** Klaipėda kindergarten "Eglutė" has set a Lithuanian record of 15,000 handmade sunflowers. The diameter of the sunflowers is 15-30 cm. The sunflowers symbolize health, warmth, light and life, and were made with the efforts of the entire community.



# Outdoor Exploration Activity



**Objectives:** To help children explore the tiny details of nature using magnifying glasses, encouraging observation, curiosity, and early science skills.

**Materials:** : Child-safe magnifying glasses (one per child or to share in pairs)  
A safe outdoor area with plants, soil, insects, leaves, and flowers.

**Description:** "Tiny Nature Detectives"  
Show a magnifying glass and explain how it helps us "look closer."

Ask: "What do you think we'll see today in nature?"

·Give each child a magnifying glass.

·Guide them to explore:

- leaves - veins, shapes, colors
- tree bark - textures, patterns
- Insects - ants, beetles, butterflies (observe only!)
- flowers - petals, pollen, tiny bugs
- soil and rocks - textures, worms, roots



# Outdoor Gym Activity



Objectives:: To enhance gross motor skills, coordination, and physical fitness through playful movement in an outdoor setting

Materials:Mini gym equipment,

Description:Let's wake up our bodies! marching in place, arm circles, jumping like a frog or bunny, stretches (reach for the sky, touch your toes)

Let kids go one by one or in small groups. You can guide them verbally through each station.

Game: Animal Races -Call out animals and let them move like: run like a tiger, crabs-crawl backwards, be a big gorilla- training bench

Cool Down exercise:

Gentle movements to slow down, Deep breathing ("smell the flower, blow the candle") Gentle stretches, Sitting circle time to reflect: "What was your favorite part?"



# Outdoor Mandala Activity



**Objectives:**To encourage creativity, fine motor skills, pattern recognition, and a connection with nature through the creation of natural mandalas.

**Materials:**Natural materials like:, leaves, flowers, sticks, pebles, pinecones, feathers.

A large mat or a marked circle on the ground (chalk, string, or hula hoop)

Small baskets or buckets for collecting items

**Description:**Let children explore and collect natural items around the nursery area. Encourage them to pick up things that have interesting shapes, colors, or textures. Guide children to sit in a circle. In the center, create a large circle using chalk or string. Begin placing items from the center outward in a circular, symmetrical pattern. Allow children to take turns placing items and deciding on patterns. Ask simple questions:What colors do you see? What shapes can we find? How does it feel to work together?

Once the mandala is complete, invite the children to sit quietly and look at it for a minute, listening to nature sounds. Once the mandala is complete, invite the children to sit quietly and look at it for a minute, listening to nature sounds. Once the mandala is complete, invite the children to sit quietly and look at it for a minute, listening to nature sounds.



# Outdoor Yoga



**Objectives:**To help young children develop balance, coordination, and focus through gentle, playful yoga movements in a natural environment.

**Materials:**Yoga mats or soft picnic mats, A quiet, grassy area, calming music

**Description:** Start with a calm circle;, Sit cross-legged and place hands on knees., Practice "balloon breathing": Inhale: fill your belly like a balloon-"Smell the flower... blow out the candle!".

**Animal-Themed Yoga Poses:-** Downward Dog  
Hands and feet on ground, hips up like a mountain,  
Cobra

Lie on belly, hands under shoulders, lift head, Butterfly  
Sit

Sit with feet together, flap knees like wings, Lion Pose  
Kneel, hands on knees, stick tongue out and roar!

**Relaxation:** Play nature sounds



# Motor skills and gymnastics workshops



## Objectives:

- Adapting your movements to different environments and constraints.
- to develop pupils' motor skills in movement (running, crawling, jumping, rolling, sliding, climbing, etc.) and balance (...)
- to coordinate actions and link them together.
- Accepting and mastering situations risques.
- Knowing one's body
- Diversifying and enriching modes of communication (individual or group productions presented at festivals, shows or meetings)
- Acting and surpassing oneself in varied gymnastic situations and spaces complexes
- Knowing and understanding the social and cultural practices of the world contemporain
- Giving aesthetic value to the movement produced

## Materials: small gymnastics equipment:

floor mats, inclined surfaces, benches, low beams  
small cones (to jump over), ribbons, hoops,

**Description**The equipment is set up in the playground, in gymnastics workshops where the children can exercise their motor skills..Climbing, rolling forwards and backwards on inclined surfaces. Walk on benches and low walls, overcome obstacles by walking and jumping over them. Place themselves in an unbalanced position in order to climb up the wall safely with their backs and feet (with or without help).They can use ribbons and hoops to try out different manipulations (rolling, throwing, catching, swapping implements, etc.) The combinations are endless. They improve their dexterity and coordinate their movements to achieve a safer and more aesthetic performance.



# Gardening



## Behavioural objectives :

Patience, respect for nature and others, solidarity and sharing ,humility Motor skills, being responsible (taking care of plants by watering them )

**Methodological objectives:** Sowing, planting, transplanting, cultivating, looking after and caring for plants , handle tools and build ,project yourself in space and time , Communicate

## Educational aims

- Acquire knowledge about living organisms and biodiversity , Understand the impact of simple everyday actions on the environment ,Understand the relationship between nature and food , Understand the importance of the specific characteristics of each species

**Materials:** pots , gardening tools, water cans , bean seeds, jasmin plants .

**Description:**This project has enabled the pupils to enjoy activities outside the classroom.

They enjoy being outdoors. The René Verdier school team, which has been involved in education for sustainable development (eco-schools) for many years, wanted to turn the school playground into a special place for exploration and experimentation, and to create an educational garden.During the course of the project, the pupils were asked to reflect on their ideal school and expressed the desire to garden in order to better observe the insects and plants that grow on the land, as well as wanting more shade and places to hide.

## **To complete the project,**

they will be making a plant teepee with climbing plants such as green beans (which they will be able to watch grow and harvest) and flowers (star jasmine).



# Activity



## Objectives:

1. We created an opportunity for children to do activities in nature.
2. We watched a seed transform into a flower and witnessed it grow by watering it.
3. We did math activities with natural materials.
4. We did music and art activities with natural materials.
5. We implemented daily sports activities outdoors in our garden.
5. We planted a tangerine tree. We couldn't wait to pick its fruits.

Materials: Soil, leaves, stones, branches, seeds, saplings and recyclable materials



# Morning Exercise with Children Outdoors



Activity Name: Good Morning Energy

Objectives: To help children start the day energetically, develop motor skills, and promote healthy lifestyle habits.

Materials: Colorful hoops, jump ropes, mini gym equipment, optional music player

Description:

Children rotate through different activity stations. They perform warm-up moves such as arm circles, jumping in place, and animal walks (like turtles and rabbits). Breathing exercises are done with prompts like "smell the flower, blow out the candle." Then, children play an energetic game called "Animal Races," where they mimic movements (run like a tiger, crawl like a crab). The session ends with a reflection circle where children share their favorite part of the activity.



# We Plant Seeds



Activity Name: Little Gardeners at Work

Objectives: To observe plant growth, foster love for nature, build a sense of responsibility, and improve fine motor skills.

Materials: Pots, soil, watering cans, a variety of seeds (lettuce, radish, sunflower), plant name label

Description:

Each child plants a seed of their choice in a pot, gently covering it with soil and giving it water. They label their plant with its name. Daily watering and observation follow. As the plants sprout, children draw pictures of their "growing seed." Once grown, the plants are transferred to a garden bed. The process teaches patience, care, and the life cycle of plants.



# Letter and Number Hunt in Nature



Activity Name: Alphabet and Number Hunt

Objectives: To support literacy and numeracy, promote teamwork and problem-solving, and engage in educational play.

Materials: Laminated letter and number cards hidden outdoors, baskets or boxes

Description:

Letter and number cards are hidden around the outdoor area. Children are divided into teams and given a checklist. They search for and collect the cards, then form words with the letters and do tasks with the numbers. For example: "You found number 5—now jump five times!" or "Find a natural object that starts with B." This activity combines physical play with cognitive development.



# We Go on a Nature Walk



Activity Name: Discovery Walk

Objectives: To explore the natural world, develop observation skills, and encourage physical activity.

Materials: Magnifying glasses, notebooks, pencils, collection containers (optional)

Description:

Children go on a guided walk through a natural area. They observe trees, leaves, insects, and bird sounds. Each child draws or writes about something interesting they find. Using magnifying glasses, they explore small details of nature. The walk ends with a discussion circle: "What did you discover today?" This activity encourages curiosity and respect for living things.



# Winter Carnival in Our Garden



**Objectives:** To celebrate the winter season through outdoor play, promote sensory exploration, teamwork, and appreciation of seasonal changes.

**Materials:** Scarves and mittens, snow shovels or sand tools (if snow is present), natural items (pinecones, branches, leaves), buckets, paints for snow or cardboard

**Description:**

Children participate in a fun-filled winter carnival organized in the school garden. Various winter-themed stations are prepared:

Snow or leaf sculpting with small shovels

Children move through the stations in groups, supporting each other and discovering the beauty of winter. If there is snow, they build mini snowmen or decorate icy surfaces with natural materials.



Educators from the institutions listed below have collaborated to design the engaging activities and games featured in this booklet, ensuring a high-quality learning experience for all participants.

**Dječji vrtić Iskrice, Zagreb, Croatia**

**École primaire publique les hibiscus-René Verdier-Ducos, Martinique**

**2nd kindergarten of Nea Moudania, Greece**

**37th kindergarten Thessaloniki, Greece**

**Klaipėda kindergarten “Eglutė”, Lithuania**

**Przedszkole nr 32 z Oddziałami Integracyjnymi w Koninie, Poland**

**İTÜ GVO DR. SEDAT ÜRÜNDÜL ANAOKULU, Istanbul, Türkiye**

**Yusuf Koyuncuoğlu İlkokulu, Türkiye**