

The LINC Programme is a higher education programme designed to promote the inclusion of children with additional needs in early learning and care settings across Ireland, for more see www.lincprogramme.ie

## **OUTDOOR EXPERIENCES**

- Observe and explore natural wonders with the children such as wind, frost and rain. This allows the children opportunities to wonder and ponder; it promotes curiosity, observation and documentation.
- Add wind chimes, place ribbons on a fence or tree and support children to observe what happens when it is windy.
- Create 'jump-in puddles' and have areas where the children can gather rainwater. Afterwards, provide an opportunity for them to document, measure, and discuss what they have seen.
- Create a mud kitchen with the children. This should include natural materials, such as water, sand, earth etc. and have resources available for children to fill, empty, count, 'cook' and create.
- Provide tyres, planks, tree stumps, and add a gravel or small stones area to the outdoor space. These will support physical challenge, imagination and purposeful team work.
- Create a 'bug hotel' with the children. This will encourage children to be curious and inquisitive. It also heightens their observation skills and interest in various small creatures.
- Develop with the children a herb, or vegetable garden and a sensory area. These will provide opportunity for children to engage in meaningful, purposeful activity and they will appeal to their senses.
- The addition of large blackboards on outdoor walls provides children with a very different writing and drawing experience. Drawing, marking and writing vertically supports and strengthens the whole body and it allows for freedom of movement. Have chalk freely available and accessible for the children.

Build strength & Resiliance OUTDOOR PLAY

Develop Immunity

Develop language &

skills

LINC
LAGERSHIP ON INCLASION
CEANNAMEACHT DO CHUMSIÚ
SMAULTHEHUANTH.







Experience

adventure

**Experiment** 

& take risks