



10 OUTDOOR ACTIVITIES FOR YOUR THERAPY PRACTICE

1 || Get in the Garden

Gardening is great for promoting fine motor skills (digging, manipulating seeds and plants, grasping garden tools) and sensory processing skills (get those hands dirty, smell the fresh herbs, cook something with your veggies and give it a taste!).

2 || Play on the Playground

There are tons of ways to facilitate therapy on the playground, hitting every skill from balance to strength to coordination and more! And stimulating the senses through movement is easy when you have access to swings, slides, seesaws and other equipment.

3 || Grab a Prop

When in doubt, grab a prop that will inspire movement, engagement, and creativity! Some of our favorites: hula hoops, balls, bubbles, and sidewalk chalk.

4 || Scavenger Hunt

Create an outdoor scavenger hunt to elicit skills you're working on in therapy.

5 || Tag, You're It!

Playing tag is the perfect way to get a therapy group warmed up and moving! There are tons of different ways to play to target endurance, strength, coordination, and more!

6 || Get Wet!

Whether you take your therapy session to a stream, a beach, or even just a puddle in the parking lot – water can inspire all kinds of therapeutic play. Throw on a pair of rain boots and go puddle jumping for some great proprioceptive input – or take a creek walk for some balance work.

7 || Hike or nature walk

You can work pretty much every aspect of motor and sensory development on a simple hike in the woods.

8 || Take a ride

Get outside and work on learning how to ride a bike, balancing on rollerblades, or taking a spin on a scooter.

9 || Take Indoor Toys Outside!

Breathe new life into toys by taking them outside! Toy cars, dinosaurs, and trains even Legos, blocks, and art/craft activities can all be done outdoors. You'll see kids use materials in more unique and creative ways simply by taking them outside!

10 || Climb a tree!

Work on strength, grasping, endurance, coordination, and more by climbing the branches of a tree! Or work on balance by walking on a log.