

# 10 Outdoor Activities that Beat the Heat



1. **Play catch.** With big sponges full of water.
2. **Make colored ice cubes.** Use food coloring and water, focusing on mixing colors. Put them in clear water. What happens to the water when they melt?
3. **Make dinosaur fossils.** Freeze plastic dinosaurs in containers of water. Chip away ice to excavate them.
4. **Bring out the water table to bathe baby dolls.** Or wash dishes or dress-up clothes. Measure how long it takes for the sun to dry them.
5. **Paint the building with water,** big paint brushes & rollers.
6. **Set up a car wash** and wash all the riding toys. Have a wash station, rinse station and drying station.
7. **Create a worm farm.** Dig up a spot on the playground. Add potting soil, worms & water. (They're easy to find after a rain!)
8. **Eat watermelon.** Slice and give each child a wedge. Have bucket of water for rinsing hands after snack.
9. **Freeze water in gallon containers.** Cut the plastic off, take them outside and let kids play. Can they sit on it? Can they break it?
10. **Use ice cubes and dry tempera** to paint outside.

**Get wet. Stay hydrated. Be cool.**

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