

Parents Unstructured Play Guide

A video recording is available to remind you of the best ways to set up unstructured play for your children at home during this virtual school time. [Click here](#) to access the video.

Effective Recess Rules:

- Inside if over 103° F “heat index” or lower than 13° F “wind chill” temperatures
- Allow children to self-direct play
- Let children choose

Effective Play Items Outdoors

- Music to dance to
- Pots and pans, utensils, small hibachi type grill
- Odds & ends tools; nuts & bolts; small wood boards to use with tools
- Plastic connecting pipes & pieces
- Puppets (sock puppets are a great option!)
- Art items (coloring with crayons and paper is fine!)
- Clothing, hats, shoes, etc. for make believe
- Bubbles or chalk (only use on sidewalks, not structures or vehicles)
- Cardboard pieces or blocks to build with
- Pool noodles
- Etch a sketch
- Hula hoops
- Jump ropes
- Sandbox, sand, shovels, scoops
- Mesh Frisbees
- Paddle ball
- Crawl-through tunnels
- Buckets

Effective Play Items Indoors

- Many of the items above
- Playdough
- Legos (indoors)
- Building blocks

Please refrain from the following:

- Formal rules or structured games such as board games, puzzles, or card games
- Balls (this also introduces structure)
- Technology of any kind
- Books to read