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