



# MAKE TIME FOR **OUTDOOR PLAY**

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# 05

Developed to support C19 Outdoor Play

## Be a bean

Make sure the children are spaced out at least 2 metres apart and call out different commands. Be a...

- Frozen bean...freeze
- Chilli bean...shiver
- Broad bean...make yourself as wide as you can
- Jumping bean...jump up as high as you can
- Jack and the bean...curl up on the ground and 'grow' like a beanstalk ending with a Jumping Jack

Remember to wash your hands for at least 20 seconds when you go back indoors.

**Curriculum** HWB 0-21a Supporting development of fundamental motor skills.

**Health Guidance** Outdoor Play at Emergency Childcare Settings

Correct as at 21 May 2020



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*thrive*  
**outdoors**

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