

## Outdoor Learning Experience (2 to 3 years old)

<b>Learning experience:</b> Follow the Traffic Light!	<b>Shared by:</b> Hamidah Juhan
<b>Environment:</b> Open field	<b>Estimated time:</b> 50 minutes
<b>Children’s prior experiences:</b> The children have learned about the colours of the traffic light and the rules associated with each colour. For example, red means stop, green means go and yellow means slow down.	<b>Suitable for:</b> 2 to 3 years old
<b>What children will experience:</b> <ul style="list-style-type: none"> <li>• Children will describe the colours of the traffic light.</li> <li>• Children will match and sequence coloured balls according to the traffic light colours.</li> <li>• Children will exercise gross motor skills through running/walking.</li> <li>• Children will exercise their fine motor skills through scooping.</li> <li>• Children will learn to take turns.</li> </ul>	<b>EYDF Pillars:</b> <ul style="list-style-type: none"> <li>• The Developing Child</li> <li>• The Intentional Programme</li> </ul>
<b>What you will need:</b> <ul style="list-style-type: none"> <li>• 8 green cones</li> <li>• 8 yellow cones</li> <li>• Red stop sign</li> <li>• 4 planks</li> <li>• Red and green ribbon or cloth</li> <li>• 1 tub</li> <li>• Water</li> <li>• Scoops</li> <li>• Coloured balls (red, yellow, green)</li> <li>• Traffic light template</li> <li>• 1 mat</li> <li>• Whistle (optional)</li> </ul>	<b>Benefit - Risk Assessment:</b>  <u>Benefit:</u> <ul style="list-style-type: none"> <li>• Children develop better space awareness as they move around the field</li> <li>• Children’s gross motor skills are enhanced</li> <li>• Children will be more confident and braver when facing challenges</li> <li>• Children are engaged for longer period of time as they perform the tasks</li> <li>• Children get closer to nature and feel more relax</li> </ul> <u>Risk:</u> <ul style="list-style-type: none"> <li>• Minor injury from trips or falls</li> <li>• Mosquito and insect bites</li> <li>• Cuts or abrasions from sharp objects (litter)</li> </ul>

- Children may dash to nearby road

Management:

- Prepare first aid kit to treat any minor wounds
- Prepare mosquito patches before proceeding with the outdoor activity
- Scan the venue to ensure it is free from potential hazards such as sharp objects, pot holes, broken tiles or insects
- Teacher to establish rules before doing the activity
- Teacher to have sight of the children at all times
- Teacher to set up boundaries using ribbon and cone

**How to make it happen:**

*Tuning in*

1. Before proceeding outdoors, remind children of safety and outdoor rules.
2. Bring children to see a traffic light. (Ensure that the children are able to observe from a safe distance)
3. Recap the colours of the traffic light and discuss what each colour means. Ask children the following questions:
  - What are the colours you see on the traffic light?
  - What should you do when the traffic light turns green/red/yellow?
  - What should you do when you are crossing the road?

*Procedure*

4. Gather children at the field and have them to sit on the mat.
5. Introduce the obstacle course materials to the children.
6. Discuss what the children can do with the materials provided to them.
  - What can you do with these materials?
  - What body parts do you think you will use to do the actions?
  - What do you do when you see the colour green/red/yellow?
7. Demonstrate possible actions to take by doing one round of the obstacle course.
8. Allow children to attempt the obstacle course
  - Run through the cones

- Walk in between the planks marked with a red ribbon/cloth
- Scoop 1 red ball, 1 yellow ball and 1 green ball from a tub of water. Sequence each ball according to the traffic light colours by matching the colours to the traffic light template.
- Run in between the planks marked with a green ribbon/cloth
- Walk through the green cones
- *Optional:* To add more fun, add the stop element by having a teacher blow the whistle and raise a stop sign. Children will have to freeze at the position until the teacher blows the whistle again.

*Note: When doing the obstacle course, try not to stop children from exploring different ways of using the materials.*

9. Gather the children by forming a circle.

10. Do cooling down exercises.

#### Closure

11. Gather the children to sit on the mat.

12. Recap the actions that they carried out and the traffic light colours.

- What did you do at each station?
- What do you do when you see the colour green/red/yellow?

13. Thank the children for their participation.

#### Photographs:

