

PLAYING OUTSIDE: NIGHT EDITION

Outdoor play doesn't have to stop when the sun sets. Exercise, fresh air, and freedom to play are important for kids, especially after a day at school. Keep your kids playing outside longer with these outdoor activities.

Flashlight Tag

Playing tag with flashlights is a classic game. All you need is a flashlight and some friends. The person who is "it" tries to tag other players with the flashlight beam.

Glow-In-The-Dark Treasure Hunt

Hide glowsticks or battery-powered candles/lights in your yard and then have the kids try to find them. Once they are all found, let them take turns hiding the lights for each other.

Flashlight Nature Walk/Hike

Give each kid a lantern, headlamp, or flashlight, and see how your favorite trails are different after dark. Take your walk during a full moon and see if you can find your way without using the flashlights. This is best done on a trail you are familiar with.

Campfire

Light up a campfire and spend some time sharing stories, eating s'mores, telling jokes, or playing music. If you're feeling ambitious, cook dinner over the open flame.

Star Gazing

On a clear night, take a blanket outside and gaze at the stars. Do a little research ahead of time to see if there are any planets or meteor showers visible in your area.

Flashlight Hide-And-Seek

For this game, everyone will need a flashlight. The seeker will count while everyone else finds a hiding spot. Once a hiding spot is found, the hider will turn off their flashlight. The seeker will then use their flashlight to see who they can find.

Decorate Your Yard

Hang some twinkling lights in your backyard so kids can play outside into the evening.

Shadow Shapes

Use a flashlight or outdoor lights to cast shadows onto walls or hang a white sheet somewhere in your yard and have the kids stand against it to cast shadows and make shapes.

There are a variety of other activities and games that kids can play outdoors at night. Think of some of your favorite games to play and modify them for nighttime play.

