Getting Ready Routines

Overview

Getting young children ready to go outdoors and play can often be a barrier for families as the time and effort can feel exhausting. Model strategies to support transitions.



Activities

There is a lot of learning in the process of getting ready to go outside. As children become able, they may begin to dress themselves. Younger children may not yet have the dexterity to dress themselves; singing a song to prepare them for what is happening next, as an adult dresses them can help with the transition to a new activity.
Use familiar songs and change the words to suit. You don't have to be a great singer, routine and repetition is key.

Equipment

Just your voices! Talking or singing to babies and young children, even if they cannot yet act on instructions, is still beneficial as they begin to respond to what they can hear and see.

Song Suggestion

(To the tune of 'The Farmer's in his Den')

- We're going to the woods, (park/ field/pond/up the hill)
- We're going to the woods,
- Me and my… (mummy/daddy/auntie/ baby)
- We are going to the woods.
- Links to real world experiences.

Learning Outcomes

- Health and wellbeing – getting dressed independently, sequencing actions and understanding instructions.
- Literacy – talking, listening, instructional language.

Progression in Learning

- Going through heads, shoulders, knees and toes to check we are wearing the right thing on each body part can also make getting ready fun and allow children to assess what is needed.