Snack Time Outdoors

Overview

Snack time outdoors is a calm, social moment that helps children refuel, rest, and enjoy being together in nature. With well-thought-out routines, snack time in a green space can feel familiar, nurturing, and well organised.



Activities

Set up a simple outdoor hand-washing station using a “spatap” https://www.spatap.com/collections/shop, warm water and liquid soap in a pump bottle. Tie paracord between trees and hang paper towels so children can dry their hands independently, ensure this is placed in a bag to take with you when you leave. Adults model careful handwashing before children sit together on logs, mats, or the ground to enjoy their snack. Children help tidy up, leaving no trace on exit. Even apple cores and seeds should be removed.



Easy, Healthy Snacks

Cherry tomatoes
Cucumber
Pepper slices
Crackers
Cheese cubes.