

# DYI Outdoor Games for Kids



## GET DIRTY – BACKYARD PLAY

Set aside a small patch of ground in the backyard where kids can dig, build, and explore freely. Research shows that playing in dirt helps strengthen children's immune systems and supports overall health. In South Carolina, one parent, Norman McGee, even bought a truckload of dirt for his children to enjoy. He proudly noted that the dirt pile cost less than a video game and kept the kids entertained for far longer.

**Players:** Any number

**Items Needed:** A small dirt area or sandbox, garden tools, or small shovels

It may be wise to get a cover for the area if you have stray cats roaming the neighborhood!