

LEADING OUTSIDE Ocean State Kids

Facilitating seamless outdoor experiences for children and families.

This guide is designed to help group leaders prepare for successful outdoor learning sessions. It emphasizes the importance of preparation, structure, and rhythm — ensuring comfort, safety, and joy as children explore the natural world.

RITUALS & ROUTINES

1. DAILY AGENDA: Post your daily agenda in the OSK Group Mobile App. This helps parents prepare their children for the day's adventure and confirm proper attire for the weather and activity.

2. SAFETY PROTOCOLS: Announce any safety notes or areas of concern for the day — either in the app or during morning arrival. Review the OSK Safety, Emergency, and Lost Child Protocol before each session.



***Keep a charged phone or walkie-talkie accessible for emergency communication, especially if the group is spread out over a large area.**

3. ARRIVAL SET-UP: Set up OSK signage, a picnic blanket, and tables as your “home base.” This helps families easily locate your group and creates a welcoming gathering space as everyone arrives.

4. SNACKS & ALLERGIES: Establish a clean, shaded area for snack rotation contributions. Always double-check for allergens or overlooked ingredients before snack time begins.

5. OPTIONAL QUIET ACTIVITIES: Bring a few extra materials (paints, building blocks, magnifying glasses, sketch pads, or nature scavenger cards) for children who need a sensory break or alternate engagement. The OSK Activity Database offers great ideas.

6. FIRST AID PREPAREDNESS: Ensure your first aid kit is complete, easily accessible, and stored in a dry container. Check expiration dates and refill supplies regularly.

7. HAND WASHING STATION: Have a portable handwashing solution (bucket system, wipes, or sanitizer) available, and confirm bathroom access for all participants.

8. FAMILY INVOLVEMENT: Assign volunteer roles to caregivers when appropriate — such as helping with setup, circle time, or story reading. Encourage parents to bring a favorite book to share during closing reflections.

9. CLOSING RITUAL: Create a simple closing ritual so children recognize when the day is coming to an end. This consistency helps provide closure and supports a calm, mindful transition.

