love my air WI

AIR QUALITY INDEX (AQI) - ACTIVITY GUIDE - GRADES K-5

Visit Playworks.org or scan the code below for fun game ideas and videos on how to play.

AQI 0-50

GOOD

NORMAL DAY

It's a great day to be outside! Visit Playworks.org or scan the code below for fun game ideas.

OUTSIDE

AQI 51-100

MODERATE

SENSITIVE GROUPS

WATCH FOR SYMPTOMS
(coughing and/or shortness of breath)

LET'S PLAY

Outside games that limit exertion:

Grades K-1
Bandage Tag* | Catch and Drop | Pac Tag*

Grades 2-5
Helicopter | Hot Shot Basketball | Wall Ball

*walking option

AQI 101-150

UNHEALTHY for sensitive groups

SENSITIVE GROUPS

LIMIT PROLONGED EXERTION

WATCH FOR SYMPTOMS
(coughing and/or shortness of breath)

TAKE BREAKS

MORNING IS BEST

SHORTEN OUTSIDE ACTIVITIES

LET'S PLAY

Outside games that limit exertion:

Grades K-1
Bridge Ball | Hot Shot Soccer | Secret Agent

Grades 2-5
4-Square | Around the World | Bridge Ball | Hot Spot Soccer

AQI 151-200

UNHEALTHY for all groups

ALL GROUPS

LIMIT PROLONGED EXERTION

WATCH FOR SYMPTOMS
(coughing and/or shortness of breath)

TAKE BREAKS

MORNING IS BEST

CONSIDER INSIDE ACTIVITIES

LET'S PLAY

Outside games that limit exertion:

Grades K-1
Bridge Ball | Fish Bowl

Grades 2-5
Bridge Ball | Concentration Crunch | Detective Frog | Fish Bowl | Splat

AQI 201-500

VERY UNHEALTHY/ HAZARDOUS

ALL GROUPS

AVOID OUTSIDE ACTIVITIES

INSIDE

LET'S PLAY

Inside games:

Grades K-1
Beans on Toast | Bob the Bunny | Detective Frog | I See I See | Sleep Bunny | The Big Cheese

Grades 2-5
Detective | The Big Cheese | Wall Tag

CHECK AIR QUALITY NEAR YOU

NOTE

These recommendations do not represent EPA recommendations or provider guidance for each individual child. **Always refer to each child's asthma plan and watch all children for any signs of distress.** For any questions/concerns, please consult with the school nurse for personalized guidance based on specific needs and medical history. **Love My Air Wisconsin is a program of Children's Health Alliance of Wisconsin. Learn more at www.chawisconsin.org/air.**

VISIT PLAYWORKS GAME LIBRARY

Search by age, class size, inside/outside and more. Watch fun videos on how to play.