

**AQI**  
0-50

**GOOD**

**NORMAL DAY**

It's a great day to be outside! Visit [Playworks.org](http://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**

**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



**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](http://www.chawisconsin.org/air).

**VISIT PLAYWORKS GAME LIBRARY**

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

