



The Importance of Outdoor Play

Nature Connection

Experiencing the environment with all the senses, builds a foundation of nature connection that develops lifelong environmental stewardship.

Community Connection and Sense of Place

Exploring the neighbourhood allows children to develop a sense of place and contributes to them feeling part of a safe and welcoming community.

Activity Levels

Children's active levels are higher when allowed to play outdoors. They learn to move in different ways, developing a strong foundation of physical literacy, improved blood pressure, cardiorespiration and musculoskeletal fitness.

Curiosity and Wonder

Natural curiosity is easily sparked outdoors. Young children need time to explore, wonder, question and experiment. Outdoors is the perfect place for learning increased resilience, self-regulation, and skills for dealing with stress.



Adults Role in Outdoor Play

Permission

Let kids play and allow for child-directed play, value play as essential to learning, model play being playful yourself.

Time

Children need time and opportunity for play, allow for play to feel endless and be uninterrupted.

Materials

Offer a variety of materials including loose parts with no set purpose that can be moved, combined and manipulated.

Space

Quality playspaces invite play! They include wonder, excitement, the unknown and the unexpected.

Advocate

Ensure children have time and access to wild spaces.