LET'S GET OUTSIDE

WHY OUTDOOR PLAY IS ESSENTIAL FOR YOUNG CHILDREN

OUTDOOR PLAY = WHOLE CHILD DEVELOPMENT

Time spent outside is more than just fun – it's vital for children's growth and learning. Whether it's exploring a garden, balancing on logs, or chasing butterflies, outdoor play builds happy, healthy, and curious kids.

TOP BENEFITS OF OUTDOOR PLAY

PHYSICAL HEALTH & MOVEMENT

- Builds strength, balance & coordination
- Supports gross motor skill development
- Boosts overall wellness and energy

BRAIN GROWTH & CREATIVITY

- Encourages problem-solving and curiosity
- Sparks imagination with natural materials
- Supports early math, science & language

SOCIAL & EMOTIONAL SKILLS

- Builds confidence through exploration
- Teaches teamwork, patience & resilience
- Provides stress relief & emotional regulation

ENVIRONMENTAL AWARENESS

- Connects kids with nature and seasons
- Inspires care for the Earth and living things
- Sets the foundation for sustainable thinking

TIPS FOR SUCCESS

- Dress for the weather! Layers, boots, hats—be ready for sun, rain, or snow.
- Make it a daily habit. Even 15–30 minutes can make a big impact.
- Follow the child's lead. Nature is the best playground.
- Celebrate small discoveries. Worms, puddles, wind, shadows—oh my!

LET'S PARTNER TO MAKE NATURE PART OF EVERY CHILD'S DAY!

Together, families and teachers can create meaningful outdoor experiences that support children's learning, creativity, and well-being.

LET'S PLAY OUTSIDE—RAIN OR SHINE!

Questions? Ideas? Let's connect and grow together.