

# 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.