

ACTIVE OUTDOOR PLAY!

Why is outdoor play important for children?

Outdoor play:

- provides more opportunities to be active than indoor play
- allows for big body movements
- builds skills and self-confidence
- provides challenges and adventure.

Climbing and jumping are great ways for children to enjoy and explore the outdoors. A few falls or grazes are less harmful to children's wellbeing than being inactive.



Play outside to grow and learn.