



BENEFITS OF PLAY



WHAT ARE THE BENEFITS OF OUTDOOR PLAY?

Children need daily outdoor play opportunities for their development, physical health, and well-being.

When children play outside, they have more freedom, are more physically active, and move their bodies in different ways. The outdoors can offer a greater variety of play environments and loose parts to interact with (e.g., sticks, rocks, buckets, sand, crates) - allowing their imagination to shape their play.



Only 33% of school-aged children meet recommended physical activity guidelines



Outdoor play improves concentration and attention span. Too little play can make it hard to focus and learn in new activities, limits creativity, exploration.



Outdoor play promotes positive feelings – joy, thrill, competence. Too little play can result in sadness, anger, boredom, anxiety.



For every additional hour spent outdoors per day, children get 7 more minutes of moderate-to-vigorous physical activity, 762 more steps, and 13 less minutes of sedentary time.

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