



Why do we play outdoors?

Children can enjoy the natural environment and learn to seek out exercise, fresh air, and activity. Being outside is an exciting sensory experience for all children. They can explore spaces, natural objects and create their own type of play.

Did you know?

- Outdoor learning promotes a healthier sleep patterns.
- It can stimulate your child's appetite.
- It builds good friendship bonds.
- Children learn about the world around them in a natural environment.

What's the weather like?
Do you need wellies or a sun hat?



Ideas for outdoor play

- Make a picture on the ground using natural objects.
- Use homemade 'binoculars' to look for wildlife and birds while out on a walk.
- Use water and brushes to make pictures on the ground.
- Support children to gain an understanding of appropriate clothing for outdoor learning by exploring the different weathers.
- Take bowls, spoons and cooking utensils outside and start a mud kitchen making pies for family and friends.
- You will need 1 egg box with each space coloured in a different colour or a piece of paper with a variety of colours on. See if you and your child can find something from outside to match the colours in your box.

