

Benefits of outdoor play

Lowers stress and anxiety levels

Promotes independence



Exposure to vitamin D

Helps build confidence and self esteem

Helps support our immune system

Build our understanding of taking risks

Develops physical ability

Develop social skills



Statistics

- When surveyed, only 27% of children said they regularly play outside at home (From Save the Children)
- Also, 76% of children admitted they want to spend more time in nature (The Guardian)



Importance of Outdoors

Everyday access to outdoor areas is really beneficial for not just children, for everybody! It doesn't need to be a massive garden space, or big play park. It could be a simple walk around your local area, or a local field. Children don't need constant stimulation, they will explore and occupy themselves with the world around them. As a setting we value the importance of time outdoors. It's a big part of our daily routine, and we aim to spend as much time outdoors as possible – whatever the weather.



Being outside helps us feel more regulated, by lowering our cortisol levels. This is your body's main hormone that controls stress, mood and motivation. Spending as little as 20 minutes outdoors can help reduce these levels.

Benefits of risky play

Risky play is defined as activities that could have an element of risk for children, which is closely supervised by the adults.

As a setting, we believe in the benefits of risky play. We carefully plan and provide resources in our outdoor area that the children can explore, to help them learn their own capabilities. By offering opportunities for risky play we help build the children's confidence resilience and independence. It also builds on their understanding of decision making, and problem solving.

Allowing children to use real tools, or climb a tree helps show them that you believe in their capabilities.

Ideas for risky play home:



- Chopping fruit or vegetables
 - Cooking together
- Allowing babies to explore on the ground, limit time in sit up seats, and support chairs
- Using scissors for cutting
- Create an obstacle course in the garden

