

# SUMMER OUTDOORS



## WHY YOU SHOULD SPEND LOTS OF TIME OUTSIDE THIS SUMMER

Yes, summer can be hot, but with some easy preparation and creativity, you can make it an outdoor, fun-filled, screen-reduced summer.

Why outside?

Recent studies increasingly highlight the advantages for children's development when they engage in outdoor activities. These benefits include physical and mental health benefits and outdoor play positively impacts cognitive abilities, academic performance, and social skills.

### FAVORITE SUMMER PLAY IDEAS



- Spray bottles
- Toy Car Wash
- Chalk-Stomp Paint
- 5 Gallon Jug Pump



Details and  
Materials On  
Page 3!

## WHAT THE RESEARCH SAYS



Children who play outdoors show higher:

- Well-being
- Confidence
- Test Scores

(SCOTT ET AL., 2022)

Children use **5x** more words when playing outdoors compared to indoors.

(SCOTT ET AL., 2022)

Caregivers and children show increased positive social interactions, such as connected responsive communication in natural environments.

(SCOTT ET AL., 2022)

# FAVORITE SUMMER SHOES

## NATIVES



- Sturdy Backs
- Breathable
- Good For Water Play

## CROCS

- Slip-On
- Sock or No Sock Option
- Good For Water Play



## MERRELLS

- Sturdy
- Better At Keeping Out Gravel, Wood Chips, etc
- Breathable



These are  
the Kid's  
Bare Steps  
H2O

“Outside, quiet children start to talk more, and children who find it hard to be constrained begin to relax. Children need to be outside long enough to feel at home.”

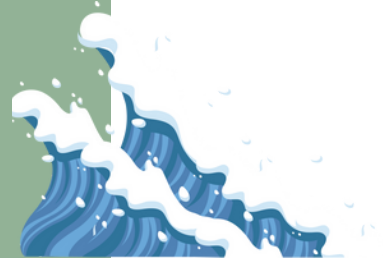
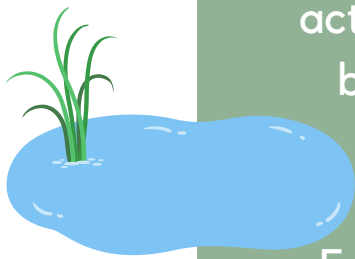
Emma Shaw

## WATER BOOSTS YOUR MOOD

Summer is a great time for water activities, whether swimming, going to the beach, canoeing, or simply walking by bodies of water.

Even just gazing at a body of water can lower blood pressure, promote healing, lower heart rates, and increase relaxation.

(U.C Davis, 2024)



# FAVORITE SUMMER ACCESORIES



WeeFarers  
By  
WeeStyle  
Co.



Swim Flap  
Hat by UV  
Skinz

Bumkins  
Waterproof  
Bag



## SUNLIGHT PROVIDES

Vitamin D: Essential for bone health

Mood Improvement: Boosts serotonin levels

Regulated Sleep: Helps control our sleep-wake cycles

Wound Healing: Sunlight exposure can promote faster healing of injuries and wounds

(Mead, 2008)

# TOP, LOW-PREP SUMMER ACTIVITES

## Spray Bottles



Options are endless!  
Spray chalk off the fence, spray the grass, the sidewalk or yourself!

**Get Creative With It**  
and add a little bit of washable paint to the bottle. Colored water is always more fun.

## Toy Wash



**Materials:**  
Sponge, Water



**Optional:**  
Soap, Scrub Brush,  
Towel

## Chalk Stomp & Paint

**Materials:**  
Chalk, Water, Paint Brush

**Optional:**  
Cheese Grater, Rocks

### What To Do

Stomp or jump, use a cheese grater or rocks to smash up the chalk (SO fun!). Then, add water and you have some fantastic chalk paint

Add a water bottle brush top and turn any plastic bottle into a chalk paint brush!



Huckleberry  
Water Top

## 5 Gallon Jug and Pump

This is a HIT in classes. Add some bowls, cups, spoons and dirt and you have a mini-mud kitchen!



## Resources

Mead, M. N. (2008). Benefits of Sunlight: A Bright Spot for Human Health. *Environmental Health Perspectives*, 116(4), A160.  
<https://doi.org/10.1289/ehp.116-a160>

Scott, S., Gray, T., Charlton, J., & Millard, S. (2022). The Impact of Time Spent in Natural Outdoor Spaces on Children's Language, Communication and Social Skills: A Systematic Review Protocol. *International Journal of Environmental Research and Public Health*, 19(19). <https://doi.org/10.3390/ijerph191912038>

UC Davis. (n.d.). What are the health benefits of viewing water? UC Davis. Retrieved June 24, 2024, from [Channick, Robert. "NU Study: dirt's good for kids." March 24, 2010. ChicagoTribune.com. February 15, 2012. http://articles.chicagotribune.com/2010-03-24/features/ct-x-n-health-dirt-20100324\\_1\\_nu-professor-northwestern-study-immune-system](http://articles.chicagotribune.com/2010-03-24/features/ct-x-n-health-dirt-20100324_1_nu-professor-northwestern-study-immune-system)

