

# WHY PLAY OUTSIDE, EVEN IF IT'S STILL CHILLY?

## The Benefits Outdoor Play:

- Physical activity is a key part of strengthening a healthy child as they develop.
- Playing outdoors in **all temperatures**, offers a wealth of benefits for young minds.
- Exploring outdoors sparks natural curiosity: a child can learn and grow through play.

Being outside in the fresh air for **three hours** every day helps benefit brain and body functioning. Improving:



Health, Social &  
Emotional Wellbeing



Boosts Immunity &  
Cognitive Enhancement



Physical &  
Neuro-Development



## Beyond The Spring-Time Fun:



- **Understanding Seasons:** From watching flowers bloom to feeling the wintery cold turn to warm: outdoor play gives children understanding about the different seasons.
- **Growing Together:** Large groups playing together encourages teamwork and natural communication.
- **Lifelong Skills:** Lay the foundations for problem-solving and adaptation in a constantly changing environment.

## DAILY OUTDOOR PLAY

will help early years providers in achieving the requirements of the **Ofsted EIF (Education Inspection Framework)** four key judgment gradings, especially *Principal 1 – Quality of Education*.

Advancements expected in children are condensed into the **EYFS 7 Areas Of Learning And Development**, many aspects are achieved through the use of outdoor play.



SCAN ME

