

# Whatever the season, Great Things Happen Outdoors!

THERE ARE LOTS OF REASONS WHY THE 'GREAT OUTDOORS' REALLY IS GREAT!

Outdoors, children move more, sit less, and play longer!

**There are a great many physical health benefits to spending time outdoors...**



Increased motor development skills



Increased overall physical activity and 'physical literacy'



Increased immunity due to exposure to dirt and microbes



Decreased odds of developing chronic diseases



Healthier body weight



Reduced chance of developing myopia (Nearsightedness)



Decreased exposure to infectious diseases and common allergens



**Mentally, kids benefit greatly, too**

When children experience nature:

- ✓ They have more energy
- ✓ Their anxiety and stress is reduced
- ✓ They are better able to focus
- ✓ Their confidence builds
- ✓ They become happier!

**Outdoors, children learn:**

- ✓ To make plans
- ✓ How to manage risks and stay safe
- ✓ To become more adaptable and resilient
- ✓ Problem-solving skills
- ✓ To develop a sense of stewardship for the natural world that's all around them
- ✓ Co-operative play through improved social skills