

# BENEFITS OF OUTDOOR PLAY

## BUILD PHYSICALLY HEALTHIER CHILDREN.

Nowhere is better than the outdoors for running, jumping, catching, pulling things, lifting and carrying objects. All these actions require motor skills that improve with practice. Children playing outside get aerobic exercise and gain skills, such as pushing and pulling outdoor play equipment. Studies show children burn more calories outdoors, helping to prevent obesity and strengthen bones and muscles.

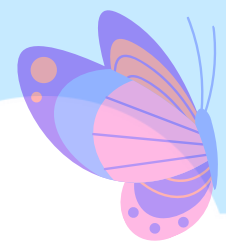


## CONTRIBUTE TO COGNITIVE AND SOCIAL/EMOTIONAL DEVELOPMENT

Outdoor play helps kids learn to take turns and share. They are more likely to be inventive, explore and learn about the world around them and use their own abilities. While they invent and play games with siblings or friends, these interactions help improve communication, cooperation and organizational skills.

## INCREASE ATTENTION SPANS

Children who play outdoors regularly are more curious, and likely to stay with a task longer. Children who spend most of their time indoors with little exposure to activities requiring their own initiation and follow-through show less ability to initiate or participate in new activities. In fact, studies of children diagnosed with ADHD found that those who spent significant time outdoors exhibited fewer symptoms



## GROW IN HAPPINESS AND IMMUNITY

Outdoor light stimulates the pineal gland. This part of the brain is vital to keeping our immune system strong and making us feel happier. Spending time in nature is also associated with improving mood and happiness. An added bonus is that children who identify with nature are more likely to become adults who appreciate nature and want to protect the environment.



**CDID**

Center for Discovery,  
Innovation and Development