



Playing Outside is outstanding for learning and enjoying...*

- *Observing woodland creatures*
- *Developing an appreciation for the natural world*
- *Picking wildflowers*
- *Collecting leaves and rocks*
- *Discovering nests, hives, & other animal habitats*
- *Kicking and throwing balls*
- *Hearing the sounds of nature*
- *Feeling warm and cool breezes*
- *Playing with sand and/or wood chips/dirt*
- *Climbing, running, swinging and jumping*
- *Splashing in puddles*
- *Flying a kite*



How could you support your child's outdoor learning?

I could...

- ▶ Notice what my child finds interesting outdoors.
- ▶ Make time for outdoor experiences every week.
- ▶ Talk to my child about what he/she sees.
- ▶ Let my child explore what he/she sees and hears.
- ▶ Find books or other information that remind my child of what he/she did outside.
- ▶ Follow my child's lead.
- ▶ Vary the outdoor places we go.
- ▶ Wait and see what my child begins to do on his/her own.
- ▶ Join in with what my child is doing.
- ▶ Provide help when my child is frustrated.
- ▶ Talk to my child about what he/she is doing.
- ▶ Notice my child's new skills.

* *Playing outside promotes development in all areas: cognitive, communication, motor, self-help and social.*