

Experience...



Children connected with nature are:

Happier: Outdoor nature play improves mood, self-esteem, cooperation and reduces stress, anxiety and depression.

Healthier: Nature play improves how kids' bodies develop and grow. They become stronger and more coordinated, have better balance, and are more active.

Learning: Adventurous nature play allows kids to be more creative, learn to solve problems and manage risk. They have better focus and attention, so they are better learners at school.

The more high-tech our lives become, the more nature we need to achieve natural balance. Getting outside and playing reduces screen time (computer, television, phone). Unstructured/free play enhances learning.

Outdoor settings include: backyards, neighbourhoods, schools, parks and wilderness.

Find out more about this at the Healthy Communities Partnership:

www.healthylg.org:

- Position Paper on Active Outdoor Play
- Local Opportunities to Connect with Nature
- Children Learning to Assess and Manage Risk
- Play materials in Natural Settings
- Children and Nature Network
- ParticipACTION Report Card on Physical Activity for Children and Youth
- Canadian Physical Activity, Sitting and Screen Time Guidelines
- Physical Activity Plan and Resources
- What Caregivers Can Do



So...let's Go Out in the Great Outdoors and Play!