

# Take it Outside!



## Importance of Outdoor Play

When children are outside, they move more.

Unstructured outdoor play is an important part of growing up. It is where kids establish their own limits and learn the skills needed to be more physically fit.


What could the outdoors possibly have to offer that television, computers and video games don't? A LOT....

### PHYSICAL SKILLS

- Running
  - Leaping
  - Jumping
  - Throwing
  - Catching
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### BURNING CALORIES

It is in the outdoors that children are likely to burn the most calories, which helps prevent obesity.



### COGNITIVE & SOCIALIZATION

- Communication Skills and Vocabulary (as they invent, modify, and enforce rules).
- Numbers (as they keep score and count)
- Social Skills (as they learn to play together and cooperate)

### OUTDOOR APPRECIATION

Preschoolers learn much through their senses. Outside there are many different and wonderful things for them to see, hear, smell, even taste (think snowflakes).

