

THE BENEFITS OF OUTDOOR PLAY

“It is Undeniable that daily, high quality outdoor play experiences have a direct and positive impact on children’s physical, cognitive, social, mental health and emotional development.” Building the Ambition pg 54



We have created this informative poster to demonstrate what we have learned about the benefits of outdoor play. This forms the first part of our Pedagogy Pioneers presentation that is going to take place at the end of May.

Developing Gross Motor Skills/Core Strength

"...there is strong and compelling evidence that playing and learning outdoors has many benefits for children: Improves physical health, wellbeing, enhances child development, Improves learning for sustainability... And importantly, it is fun and should be an everyday part of children's play- based learning!"

Building the Curriculum 2: Active Learning in the Early Years, Education Scotland 2007 (pg7)

Social Skills and Interactions, Stronger Bonds, Building Relationships, Empathy

Impact on senses, Connecting with Nature, Holistic Play

"Outdoor learning environments and engagement with the natural world offer regular high quality experiences that enable children to explore ideas and materials and to use their imagination freely"

More Space for Messy Play/larger Scale Play. Learning in Different Ways

"I need spaces that encourage a sense of safety and security, yet enabling appropriate risky play, which enables me to be playful in learning"

Education Scotland 2020 pg.29

Fresh Air, Less germs- aftermath of COVID, Outdoor Hygiene – Handwashing etc

Testing the Limits of Risky Play, Perseverance

"The goal is not to eliminate risk but to weigh up the risks and benefits. No child will learn about risk if they are wrapped in cotton wool".

Health and Safety Executive 2012 pg.1

Children's Emotional Wellbeing, Increased Attention, Positive Thinking, Resilience, Mood Upliftment

"Children flourish when playing outdoors in all weathers. Being in nature stimulates the senses and nurtures a sense of wonder and awe at the process of life. Different natural spaces can simultaneously ignite creativity and imagination whilst fostering a sense of wellbeing and calm."

Realising the Ambition, Being Me 2020 pg.56