



play outside!

North Carolina
Outdoor Learning Environments
Alliance
www.osr.nc.gov/OLE

Teachers: Ask child to draw his/her favorite thing to play outside. They can use paint, markers, crayon and any colors. Give them as much time as they want to complete their poster. Write down what they say while drawing.



Dear Family,

Our school believes that playing outside leads to healthier children. We play outside a good part of the day and hope you will think of ways to also go outside with your families.

What are the benefits of outdoor play for children?

- Children get more physical movement leading to better health.
- It is a myth that being outside causes children to catch colds or be sick. However, correct clothing and good sense is important. Fresh air is healthy.
- Richer learning occurs in spaces that are different (trees, sand, water, with plants and gardens, rocks, etc.)
- Some research is finding that overly active children find calm in “green space” and can learn better.

Take the time to connect with your child outdoors. What to do:

- Take a walk, take a wagon or bag to collect things
- Notice the sights and sounds
- Talk about what you see and hear
- Count your steps
- Use chalk to draw on the sidewalk
- Wrap masking tape on your wrists sticky side out and collect small natural items for a bracelet
- Take a shopping bag to collect treasures or trash
- Put water and bubbles in a small dishpan on a hot day to splash freely
- Play with play doh outside
- Make a snow person and spray with food coloring and water from a spray bottle
- Collect colorful leaves
- Smell flowers and fruit
- Talk about taking care of the earth
- Use a blanket to picnic or read together
- (For more ideas see: <http://www.osr.nc.gov/OLE>)