

Why Get Outside and Play 4 Reasons



1. Time spent in nature allows children to connect to the natural world and helps them build lifelong environmental stewardship.



2. Exploring their neighbourhood helps children develop a sense of place and feel part of a safe and welcoming community.



3. Children become more active when they play outdoors. These diverse play environments help children learn to move in different ways and increase their physical literacy.



4. Outdoor natural areas provide stimulating learning environments that help children learn, sparking their natural curiosity as they explore, question, and experiment.

Learn more at: getoutsideandplay.ca

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