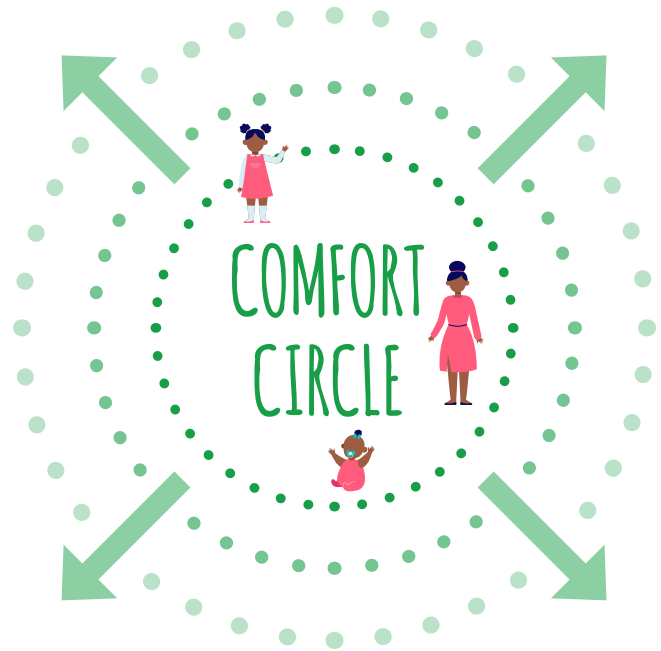


FINDING YOUR OWN COMFORT ZONE WITH OUTDOOR PLAY

Playing actively and being outdoors, and taking all the risks involved in both, is very important to healthy child development.¹ Not all adults love being outside, getting dirty, or trying physical challenges like climbing or jumping. It is important, though, to give children these opportunities.

If outdoor play doesn't feel comfortable for you, start small. Choose an outdoor space that feels comfortable and spend a short amount of time there. As you become more comfortable you can try new areas and activities for longer periods of time.

When children see adults around them enjoying outdoor space and play, they are more likely to enjoy it too.



The role of the adult is to give children Permission to Play, Time to Play, Space to Play and Materials to Play with.

Start simple, then grow along with the child and their interests.