

The Benefits of Outdoor Play

Children

move more,

sit less,

and play longer.



Kids learn to balance
risky play
and their own
safety.



Active lifestyle associated
with improved
blood pressure,
cardiorespiration,
and
musculoskeletal
fitness.

Increased
resilience,
self-regulation,
and skills for dealing with
stress.



Canadian experts from 14 organizations reviewed the best available evidence and released a Position Statement that **access to active play in nature and outdoors—with its risks—is essential for healthy child development.** They recommend **increasing children's opportunities for self-directed outdoor play at home, at school, in the community and in nature.** *Learn more at <http://bit.ly/position-on-play>*