



Outdoor Play Canada May 2023 Newsletter

OPC projects and activities encompass all traditional territories of the Indigenous Nations of Turtle Island, within the land we now call Canada.

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Breath of Fresh Air Outdoor Play Summit Registration is Filling Up!

The Breath of Fresh Air Outdoor Play Summit is a three-day Outdoor Play Summit where thought leaders, practitioners, researchers, and policy makers can connect and share best practices, in the outdoors. The theme for the 2023 summit is 'Research, policy, and practice – their intersections for the promotion of outdoor play'. The summit will feature inspiring talks, hands-on workshops, and open conversations on how research, policy, and practice may promote and shape the future of outdoor play in Canada and abroad. We've been announcing news surrounding the Summit on the daily and are proud to say registration is filling up!

Snag your spot! [Register here!](#)

Nominations are Open for the Outdoor Play Canada 2023 Awards!

The Outdoor Play Canada 2023 Awards will be presented at this year's [Breath of Fresh Air Outdoor Play Summit!](#) If you know of an individual or organization that has demonstrated exceptional commitment and leadership in the promotion of outdoor play, nominate them for an OPC award!

[Learn more here!](#)

Survey on Outdoor Pedagogical Practices in Early Childhood Continuous Learning

We at Outdoor Play Canada, in collaboration with the [Healthy Active Living and Obesity Research Group at the CHEO Research Institute](#), [Andrew Fleck Children's Services](#), and [Algonquin College](#), are seeking input from outdoor-focused early childhood educators on what they see as important outdoor pedagogical practices in continuous learning, to inform our outdoor early childhood education framework, one of our newest initiatives as part of the [Canadian Centre for Outdoor Play!](#)

[Learn more and complete the survey here.](#)

Join Our Outdoor Early Childhood Education Community of Practice!

Another initiative from the Canadian Centre for Outdoor Play is our Outdoor Early Childhood Education Community of Practice, geared towards early childhood educators across Canada that are interested in and/or already in support of regularly bringing children outdoors!

The overarching ethos is to promote collaboration, empower practitioners to promote outdoor play opportunities across a variety of settings, and ensure outdoor early childhood education programming is culturally appropriate and place-based. Some specific goals include the development of quality indicators for best practices in licensed outdoor early childhood education programs and the development of an outdoor early childhood education needs assessments to inform the ongoing development and evolution of outdoor early childhood education resources and tools.

[Learn more and sign up here!](#)

Survey on the best type of neighbourhoods for children's outdoor play

Dr. Michael Brauer's research team at the University of British Columbia's School of Population and Public Health thanks those who have participated in their web survey on child and parent perceptions of neighbourhoods of play, especially all the children who participated and provided written feedback on the survey! The researchers are hoping to hear from many more children and parents to be able to understand their visual perceptions of different neighbourhoods across Canada as well as thoughts and reactions to the survey.

[Learn more and participate here.](#)

Me and You Survey on Canadian Parents of Children Under 5

Dr. Brienne Bruijns and Dr. Trish Tucker at Western University are launching a new research study to gather Canadian parents' perspectives regarding their educational background and needs pertaining to healthy movement behaviours, as well as their knowledge and confidence in this area. This will act as a needs assessment study for an extension of their TEACH e-Learning course, which they are hoping to adapt/expand upon for parents. They are recruiting parents with kids under the age of 5!

The survey is available in [English](#) and [French](#).

4 Seasons of Indigenous Learning

Outdoor Play Canada is proud to support the [Outdoor Learning Store's](#) 4 Seasons of Indigenous Learning! This initiative encourages and empowers educators to deepen their understanding of Indigenous knowledge and perspectives while strengthening connections with the local land. For those who are current registrants in the pilot, [Season 1: Foundations of Knowledge](#), the Outdoor Learning Store invites you to join the pilot for [Season 2: Learning from the Land](#), also starting October, 2023. This learning opportunity is open to EVERYONE. While content in Season 1 is mostly in the context of Canada, this learning is relevant across Turtle Island (North America) and beyond.

[Learn more and register](#)

10-Year Anniversary of the Position Statement on Active Outdoor Play

In 2025, it will be 10 years since the release of the Position Statement on Active Outdoor Play. To mark this milestone, an initial group of researchers from the [CHEO Research Institute](#), [Outdoor Play Canada](#), [Queen's University](#), [the Alana Institute](#), the [National Taiwan University of Physical Education and Sport](#), [Kenyatta University](#), and the [Copenhagen University Hospital](#) have come together to begin developing an update to the Position Statement, to describe its impact, make it global in reach and relevance, and draw on insights gained from the past decade, including the global COVID-19 pandemic.

We are looking for insightful and energetic individuals who share our passion for outdoor play to join us in this endeavour! Express your interest in participating in this multi-year, multi-faceted, global project, by providing a brief overview (500 words max) outlining your interest and background, to: info@outdoorplaycanada.ca

PhD Studentship on Outdoor Play

Dr. Mark Tremblay, president of Outdoor Play Canada, is looking for an outstanding PhD Student to work on research related to outdoor play and healthy growth and development in young children. The research will examine the relationships among outdoor play/outdoor exposure (e.g., Forest School type environment) and movement behaviours, physical, cognitive, and social-emotional development of 1–5-year-olds, their parents and care providers.

[Learn more here.](#)

Social Interaction in Education Outside the Classroom

Social interaction is important for all age groups, but it plays an especially important role in children's development with respect to their self-esteem, mental health and executive function. Anna Kaufman, Jan Ellinger and Dr. Christoph Mall, researchers at the Technical University of Munich in Germany describe their work in exploring how 'Education Outside the Classroom' supports children's social interactions.

[Read the full blog post here.](#)

Walking Together

Walking Together is an innovative picture book that introduces readers to the concept of Etuaptmumk—or Two-Eyed Seeing, the gift of multiple perspectives in the Mi'kmaw language—as we follow a group of young children connecting to nature as their teacher.

A poetic, joyful celebration of the Lands and Waters as spring unfolds: we watch for Robin's return, listen for Frog's croaking, and wonder at maple tree's gift of sap. Grounded in Etuaptmumk, also known as Two-Eyed Seeing—which braids together the strengths of Indigenous and non-Indigenous ways of knowing—and the Mi'kmaq concept of Netukulimk—meaning to protect Mother Earth for the ancestors, present, and future generations—Walking Together

offers guidance on nurturing respectful, reciprocal, responsible relationships with the Land and Water, plant-life, animals and other-than-human beings for the benefit of all.

[Now added to the Active Toy Guide, here!](#)

Jumpstart 2023 State of Sport Report: Return to Sport

Canadian Tire Jumpstart Charities has released its 2023 State of Sport Report, an annual survey on the continued impact of the pandemic on youth sport in Canada. This report highlights their focus on supporting inclusive play by building play spaces, creating resources for coaches, and advocating for representation and awareness in sport and play for kids of all ages and abilities.

[Read the report here.](#)

Join Us!

Join the movement, become an OPC member! Show your support of our effort to promote, protect, and preserve access to play in nature and the outdoors for all people living in Canada.

Membership benefits include being highlighted in this newsletter, discounts at Outdoor Play Canada endorsed events, access to resources to support your outdoor-play related work, as well as many professional engagement & development opportunities.

[Learn more here.](#)

We welcome blog posts and summaries of relevant research studies for publication on the [OPC website](#). If you have any items that you think would be of interest to fellow OPC members, please contact info@outdoorplaycanada.ca. We respect the amount of unnecessary emails you receive so the plan is for a maximum of one OPC newsletter every other month. Your feedback and comments are always welcome.