

ENVIRONMENTAL CONSIDERATIONS OF OUTDOOR PLAY

RECOMMENDATIONS FOR FAMILIES

How to balance outdoor play with environmental considerations:

MAKE THE SHIFT FROM INDOORS TO OUTDOORS

- Limit indoor sedentary time. For example, as a family make a goal to spend a certain amount of time outdoors per week and create a board to share your memories/ideas.
- Participate in nature-based outdoor playtime as a family
- Accept the risks associated with outdoor play.



EMBRACE THE OPPORTUNITY TO LEARN

- Sign up for inclusive outdoor camps and programming, where possible
- Learn to dress for the weather
- Attend events or activities featuring both Western and Indigenous ways of knowing and being

APPLY WHAT YOU KNOW

- Take action in minimizing your impacts when playing outdoors. For example, always bring a bag with you to collect your trash (or any you come across). After each outing, ask yourself whether you have been able to meet the seven Leave No Trace principles and what might you improve upon the next time you're out.
- Share your new found knowledge with others!



GUIDING PRINCIPLES FOR THOSE PLAYING OUTDOORS:

Embrace, protect, respect, and promote outdoor play



Take part in community outdoor play programming

Learn from Indigenous knowledge and practices relating to outdoor play and learning



For more information, see the full guide which includes a comprehensive suite of resources, [here](#).