

The 2025 Position Statement on Active Outdoor Play

A Project led by Outdoor Play Canada

Presented by: Dr. Shawnda Morrison

WHO-HEPA Europe, Environmental Approaches to HEPA Promotion Working Group

14th October, 2025

AOP10 Executive Leadership

Mark Tremblay

CHEO Research Institute
Canada

Eun-Young Lee

Queen's University, Canada
Yonsei University, Korea

Louise de Lannoy

Outdoor Play Canada
Canada

AOP10 Leadership Team

Dina Adjei Boadi

University of Ghana, Ghana

Maeghan James

CHEO Research Institute
Canada

Leigh Vanderloo

ParticipACTION, Canada

Maria Isabel Amando de Barros

Alana Institute, Brazil

Robyn Monro Miller

International Play Association
Australia

Po-Yu Wang

National Taiwan Normal
University, Taiwan

Scott Duncan

Auckland University of
Technology, New Zealand

Laerke Mygind

Copenhagen University
Hospital, Denmark



**Janssen. CJPB
107(6):e497-
e499, 2016**

- “I have seen public health messages that advise people to avoid going outdoors at dawn and dusk during peak mosquito hours, in the early morning and late afternoon during peak traffic hours, and from late morning to late afternoon during peak sunlight hours. And of course, children should not go outdoors if it is hotter than 30C, colder than -20C, raining, and/or dark outside. If parents and caregivers paid attention to all of these messages, they would believe it is never safe for children to go outside and be active! These messages that public health bodies convey about the outdoors need to change from avoidance to adaptation and mitigation. For instance, if it is raining out, kids should not be told to stay indoors. Rather, they should be encouraged to put on a raincoat and rubber boots and go outside and jump in a puddle.”

POSITION STATEMENT ON ACTIVE OUTDOOR PLAY

Position



Access to active play in nature and outdoors—with its risks—is essential for healthy child development. We recommend increasing children’s opportunities for self-directed play outdoors in all settings—at home, at school, in child care, the community and nature.

- *Informed by 2 systematic reviews*
- *Interpreted by Canadian experts from 14 organizations and reviewed by >1,600 stakeholders.*
- *To date, there are **469 supporters** of the Position Statement, including endorsement by the Council of Chief Medical Officers of Health*
- *Research-grade report: www.mdpi.com/journal/ijerph.*
- *Public facing document: https://www.outdoorplaycanada.ca/portfolio_page/the-2015-position-statement-on-active-outdoor-play/*



Impact of the Position Statement on Active Outdoor Play

Legal Precedent

Municipal Policy

School Culture Shift

Mental Health Resource: ementalhealth.ca

Charitable Sector Strategic Direction Shift

Wide Support and Replication

Creation of Outdoor Play Canada
(www.outdoorplaycanada.ca)



Update of the Active Outdoor Play Position Statement



In September 2025, it will be 10 years since the launch of the Position Statement on Active Outdoor Play

To mark this milestone, an international group of outdoor play leaders, **representing every inhabited continent** have come together to develop an updated 2025 Position Statement.

This update extends the original Position Statement by being **global in scope** and **inclusive of all ages**, while broadening the scope of content by exploring the benefits of active outdoor play **for people** (of all ages, cultures and abilities), **communities, environments, and the planet**.

This project has been funded by:

LAWSON
FOUNDATION



Canadian
Heritage

Patrimoine
canadien



**Leverage
active outdoor
play to advance
the United Nations
Sustainable
Development
Goals**



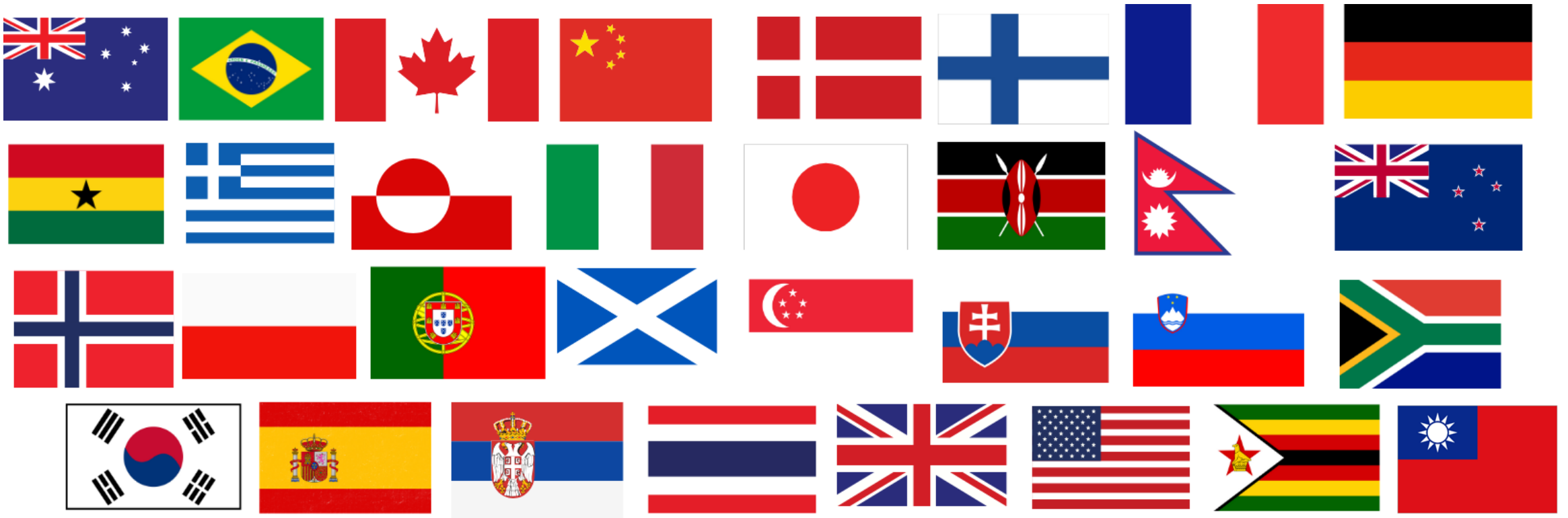


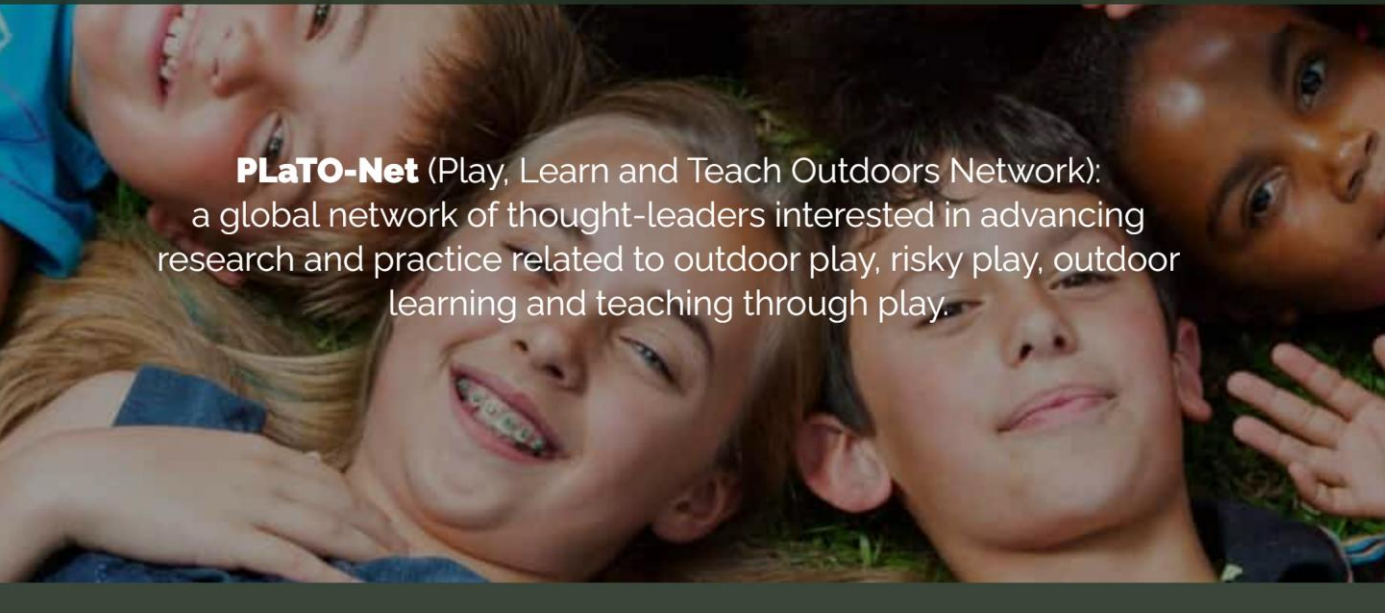
10 years and 18 systematic
and narrative reviews later...
*here is what we did,
and what we found*



AOP10 Leadership Group & Steering Committee

An 11-person leadership group and 143-person steering committee with representation from every inhabited continent across 32 countries





PLaTO-Net (Play, Learn and Teach Outdoors Network):
a global network of thought-leaders interested in advancing
research and practice related to outdoor play, risky play, outdoor
learning and teaching through play.

- *A global network of thought leaders interested in advancing research and practice related to outdoor play, learning and teaching.*
- 700 members from 61 countries



Latest News

Join PLaTO-Net

Terminology, Taxonomy, Ontology Project

Become a member of PLaTO-Net

Outdoor Play Canada aims to establish a global network of thought-leaders interested in advancing research and practice related to outdoor play, risky play, outdoor learning and teaching through play. PLaTO-Net's vision is a world where all people, regardless of age, gender, race/ethnicity, income, or medical conditions, are afforded the opportunity to play and learn in natural environments and have access to quality outdoor experiences. PLaTO-Net's mission is to bring interested leaders, researchers, educators, stakeholders, and policy makers together in promoting and advancing outdoor play, learning, and teaching. We are currently recruiting people to become members of PLaTO-Net. PLaTO-Net members will work on various projects to share evidence and resources, harmonize terminology, and collaborate on research and advocacy efforts. Dr. Mark Tremblay and Dr. Eun-Young Lee (Queen's University) are heading up this project.



First name*	Last name*
Organization*	Sector*
	Please select...
Email*	
Country*	
Please select...	
REGISTER	

PLaTO Terminology, Taxonomy and Ontology Paper (open access)

REVIEW

Open Access

Play, Learn, and Teach Outdoors— Network (PLaTO-Net): terminology, taxonomy, and ontology



Eun-Young Lee¹, Louise de Lannoy², Lucy Li¹, Maria Isabel Amando de Barros³, Peter Bentsen⁴, Mariana Brussoni⁵, Tove Anita Fiskum⁶, Michelle Guerrero⁷, Bjørg Oddrun Hallås⁸, Susanna Ho⁹, Catherine Jordan¹⁰, Mark Leather¹¹, Greg Mannion¹², Sarah A. Moore¹³, Ellen Beate Hansen Sandseter¹⁴, Nancy L. I. Spencer¹⁵, Susan Waite¹⁶, Po-Yu Wang¹⁷, Mark S. Tremblay^{7,18*} and participating PLaTO-Net members



Active Outdoor Play: Voluntary engagement in activity that takes place outdoors and involves physical activity of any intensity, and is *fun and/or rewarding* and *usually driven* by intrinsic motivation

Evidence Synthesis Process Informing the AOP10 Position Statement



Environmental Scan



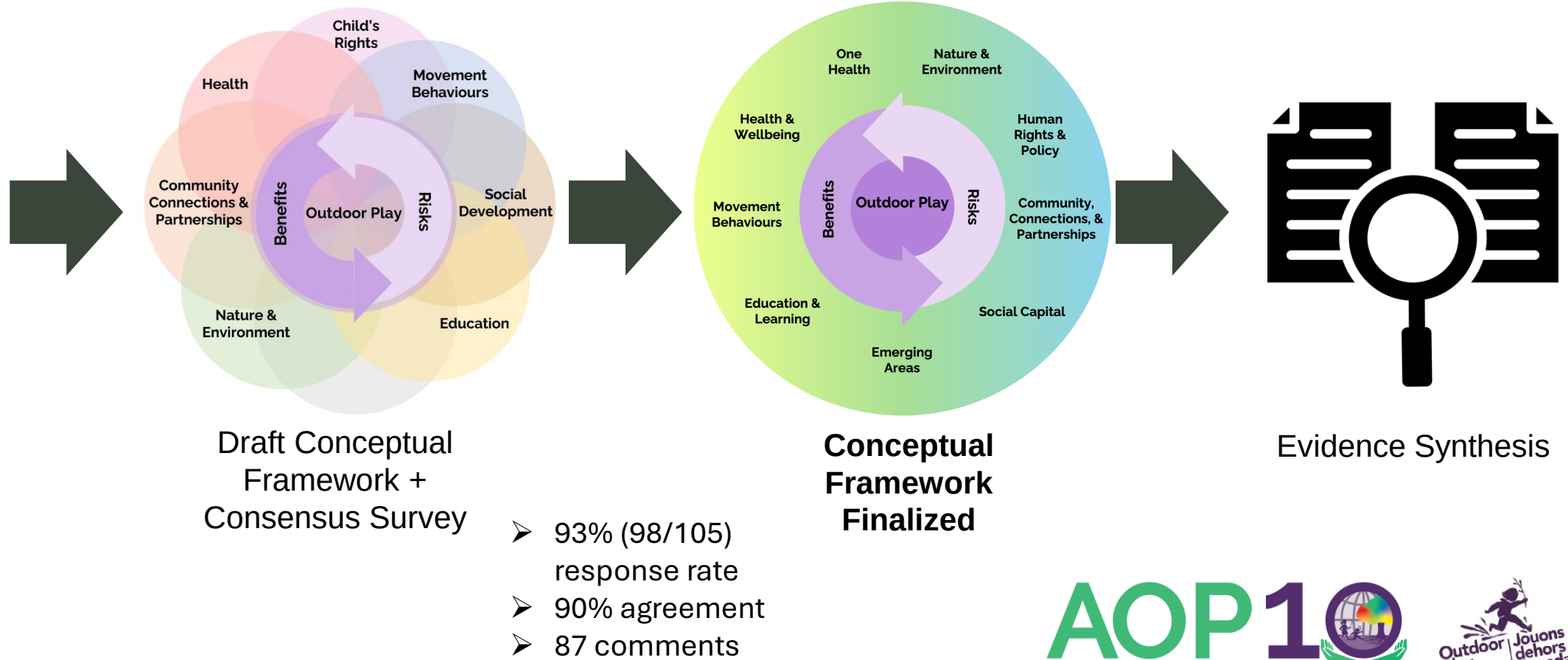
Text Mining



Expressions of interest



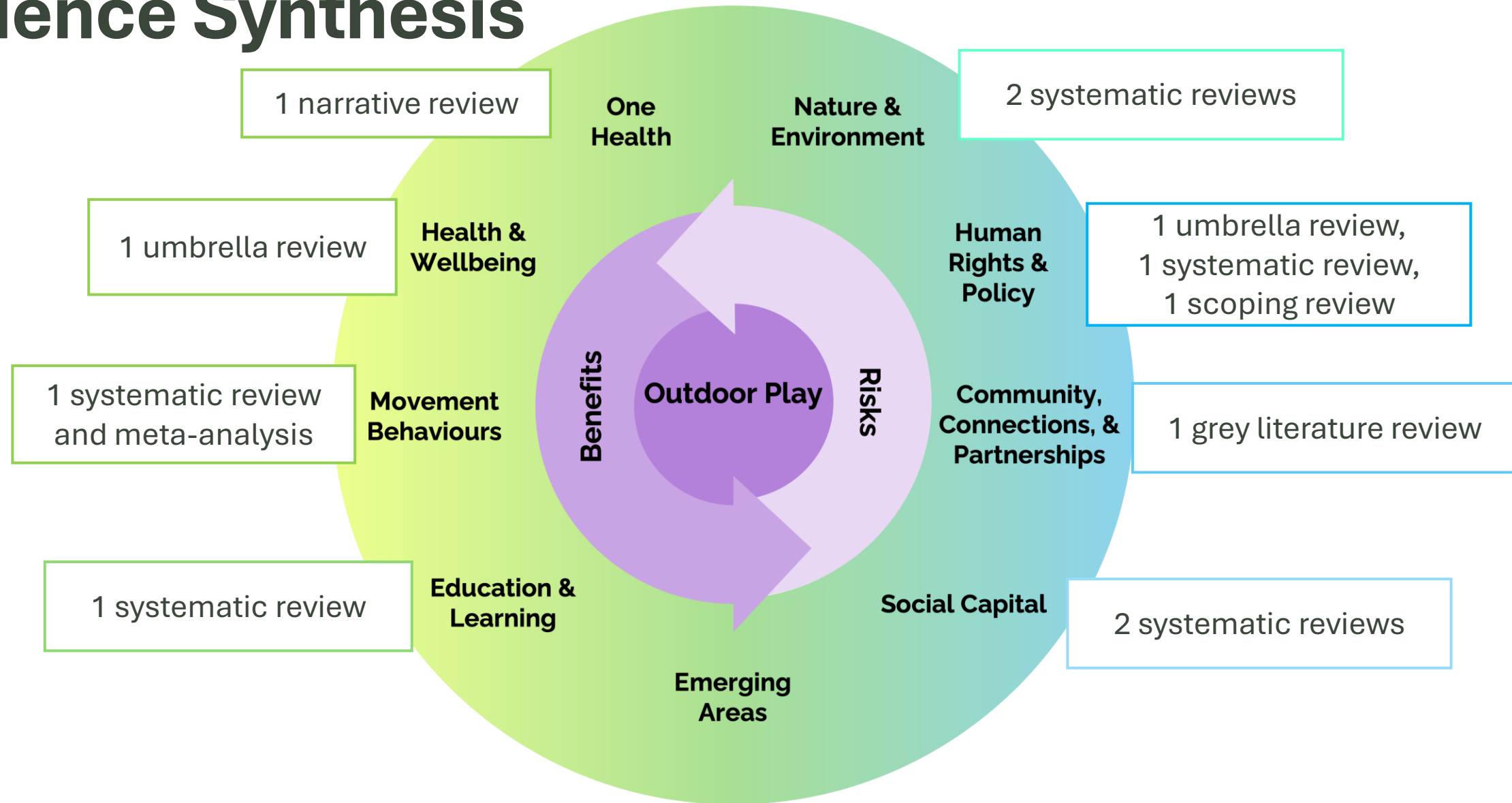
Linked Network Analysis



AOP10
A project led by Outdoor Play Canada



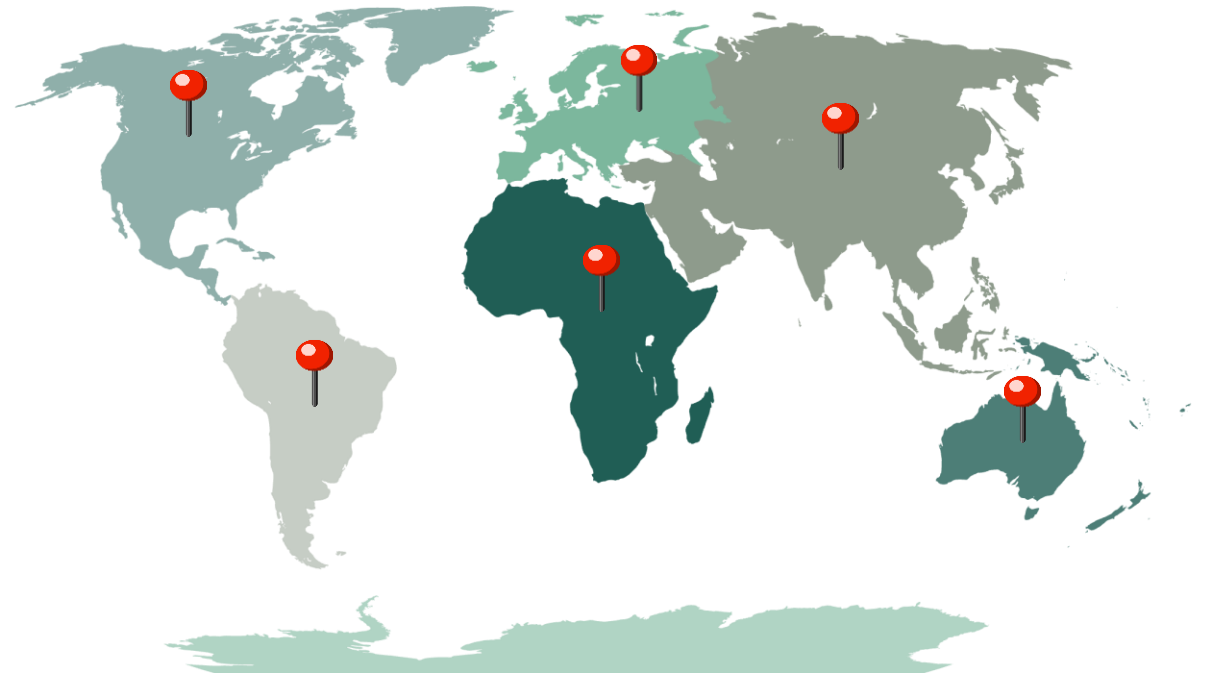
Evidence Synthesis



Geographic Region Reviews

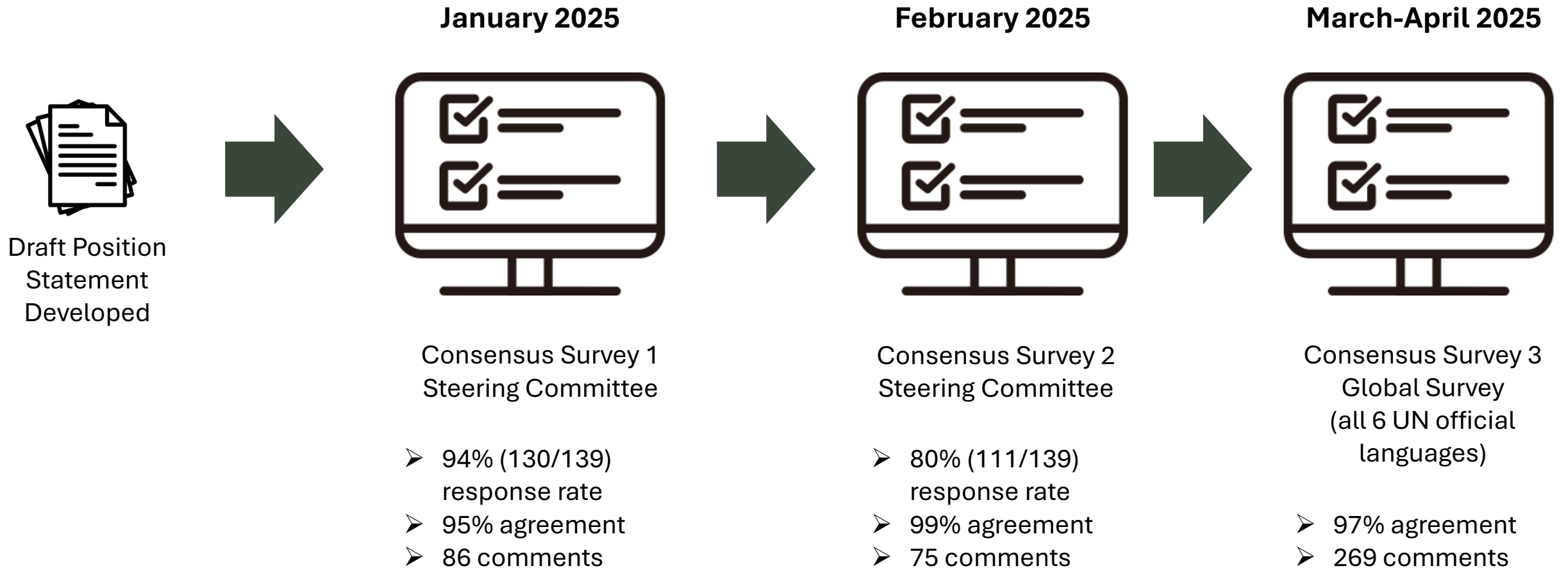
UN geographic regions

- Africa
- Asia
- Europe
- Latin America and the Caribbean
- Northern America
- Oceania



Geographic reviews conducted to identify the state of **research, leadership, policy, and culture** surrounding active outdoor play in each region

Evidence Synthesis Process Informing the AOP10 Position Statement



Position



The 2015 Position Statement stated:

“Access to active play in nature and outdoors – **with its risks** – is essential for **healthy child development**. We recommend increasing children’s opportunities for self-directed play outdoors in all settings – at home, at school, in child care, the community and nature.”



POSITION STATEMENT ON ACTIVE OUTDOOR PLAY



This update extends the original Position Statement by being:

- **Global in scope**
- **Inclusive of all ages**
- **Broadening the scope of content** by exploring the benefits of active outdoor play for **people** (of all ages, cultures and abilities), **communities, environments, and the planet**

Available in all 6 UN Languages!



2025 ÉNONCÉ DE POSITION SUR LE JEU ACTIF EN PLEIN AIR 2025



Le jeu actif en plein air favorise la santé et le bien-être holistique pour les personnes de tous âges, communautés, environnements ainsi que de notre planète entière. Il est essentiel pour faire face aux multiples défis mondiaux auxquels nous sommes confrontés aujourd'hui (par exemple, inégalités sociales et sanitaires, changement climatique). Ensemble, en tant que collectif du secteur du jeu en plein air, nous recommandons d'accroître les possibilités de jeu actif en plein air dans tous les lieux de vie, d'apprentissage, de travail et de loisirs. Pour y parvenir, il est important de collaborer entre les secteurs, les milieux et les sociétés afin de préserver, de promouvoir et de valoriser un accès équitable au jeu actif en plein air et dans la nature.



2025年 关于积极户外运动的立场声明



积极的户外活动能促进全人类（包括任何年龄段、社区、环境）及整个地球的健康和福祉。鉴于我们今天面临的多重全球挑战（例如社会和健康不平等、气候变化）——这一点至关重要。作为促进户外活动的团体，我们建议在人们生活、学习、工作和娱乐的所有环境中增加户外活动的机会。为了实现这一目标，跨部门、跨环境和跨社会进行合作至关重要，以保护、促进和重视户外活动的平等机会。



2025 Заявление о позиции 2025 года об активных играх на свежем воздухе



Активные игры на свежем воздухе способствуют общему здоровью и благополучию людей всех возрастов, сообществ, сред и всей нашей планеты. Это критически важно, учитывая многочисленные глобальные проблемы, с которыми мы сталкиваемся сегодня (например, социальное неравенство, неравенство в состоянии здоровья, изменение климата и цифровая зависимость). Вместе, как коллектив сектора игр на свежем воздухе, мы рекомендуем расширять возможности для активных игр на свежем воздухе везде, где люди живут, учатся, работают и отдыхают. Для достижения этой цели, важно сотрудничество между секторами, сферами и обществами, чтобы сохранять, развивать и ценить равноправный доступ к активным играм на свежем воздухе и на природе.



2025 Posicionamiento 2025 sobre el Juego Activo al Aire Libre



El juego activo al aire libre promueve la salud y el bienestar holísticos de personas de todas las edades, comunidades y entornos, y de todo el planeta. Es crucial dados los múltiples desafíos globales que enfrentamos hoy (por ejemplo, las desigualdades sociales y sanitarias, el cambio climático y la adicción digital). Juntos, como colectivo del sector del juego al aire libre, recomendamos aumentar las oportunidades para el juego activo al aire libre en todos los entornos donde las personas viven, aprenden, trabajan y juegan. Para lograrlo, es fundamental la colaboración entre sectores, entornos y sociedades para preservar, promover y valorar el acceso equitativo al juego activo al aire libre y en la naturaleza.



2025 بيان موقف 2025 بشأن اللعب النشط في الهواء الطلق



يعزز اللعب والأنشطة الرياضية في الهواء الطلق الصحة والرفاهية الشاملة لجميع الأعمار والمجتمعات والبيئات، ولكوكبنا بأكمله. وهو أمر بالغ الأهمية في ظل التحديات العالمية المتعددة التي نواجهها اليوم (مثل التفاوتات الاجتماعية والصحية، وتغير المناخ، والإدمان الرقمي). معاً، كمجموعة من قطاع اللعب في الهواء الطلق، نوصي بزيادة فرص اللعب والأنشطة في الهواء الطلق في جميع البيئات التي يعيش فيها الناس ويتعلمون ويعملون ويلعبون. ولتحقيق ذلك، من الضروري التعاون بين القطاعات والبيئات والمجتمعات للحفاظ على فرص متساوية للعب والأنشطة في الهواء الطلق وفي الطبيعة، وتعزيزها، وتقديرها.



2025 Declaração de posicionamento sobre o brincar ativo ao ar livre



O brincar ativo ao ar livre promove a saúde holística e o bem-estar de pessoas de todas as idades, comunidades e ambientes – e de todo o nosso planeta. É algo fundamental diante dos múltiplos desafios globais que enfrentamos hoje (por exemplo, desigualdades sociais e de saúde, mudanças climáticas e dependência digital). Juntos, como um coletivo do campo do brincar ao ar livre, recomendamos ampliar as oportunidades para o brincar ativo ao ar livre em todos os ambientes onde as pessoas vivem, aprendem, trabalham e brincam. Para isso, é importante promover a colaboração entre setores, ambientes e sociedades para preservar, promover e valorizar o acesso equitativo ao brincar ativo ao ar livre e em contato com a natureza.

Evidence Statements:

Active outdoor play...

- Helps us move more, play longer, and sleep better
- Catalyzes sustaining health and well-being
- Promotes confidence, naturally
- Offers a pathway to a happier, healthier planet
- Builds climate resilience and stewardship for a sustainable future
- Connects communities
- Facilitates diverse learning opportunities
- Reduces excessive indoor time



Infographics are Available

When we play outdoors...



we bridge multiple sectors including **public health**, **education**, **recreation**, and the **environment**.



We actively observe the **interconnectedness** of human, animal, and environmental well-being.

Engaging in active outdoor play nurtures a deepened **connection** with the **natural world**.



This connection can build a foundation for **climate resilience** and **sustainable living**.

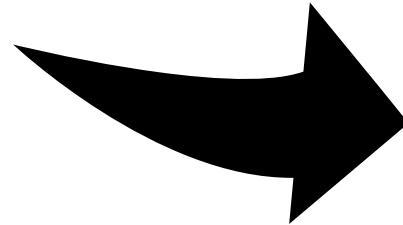
Learn more at www.outdoorplaycanada.ca/aop10/

A close-up, low-angle shot of a campfire. Bright orange and yellow flames are rising from a pile of dark, charred logs. The fire is contained within a ring of grey and brown stones. In the background, out of focus, are people and a white dog, suggesting a group of people camping or having a picnic outdoors. A red pot and a yellow object are visible on the left side of the frame.

Active outdoor play is essential for our health, our communities, and our planet. Together, we can make play a priority, today and for generations to come!

Endorse the 2025 Position Statement

- There are **321 supporters** of the 2025 Position Statement on Active Outdoor Play. To endorse the statement, visit Outdoor Play Canada's website by clicking the link or scanning the QR code.



www.outdoorplaycanada.ca/aop10/



AOP10 Publications

- **2025 Position Statement on Active Outdoor Play:**
<https://doi.org/10.1186/s12966-025-01813-9>.
- **2025 Position Statement - Process and Methodology:**
<https://doi.org/10.0.4.162/s12966-025-01806-8>

Join Us!

- Scan the QR code to access our Linktree and become a part of the Outdoor Play Canada community.



facebook.com/OutdoorPlayCanada/



@Outdoorplayca



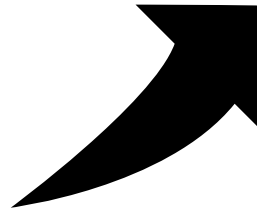
@outdoorplayca.bsky.social



info@outdoorplaycanada.ca



outdoorplaycanada.ca



@outdoorplaycanadalinks

Learn more about the 2025 Position
Statement on Active Outdoor Play

Become a PLaTO-Net member

Become an OPC member

Educators Teaching Educators: Canada's
Outdoor ECE Continuous Professional...

Play, Learn and Teach Outdoors in the
Early Years Certificate Program

Thank you to our partners & supporters!

AOP10 Partners



AOP10 Supporters



Funded by the
Government
of Canada

Financé par le
gouvernement
du Canada





54:48

Chat

People 17

Raise

React

View

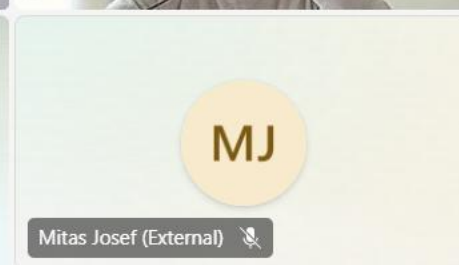
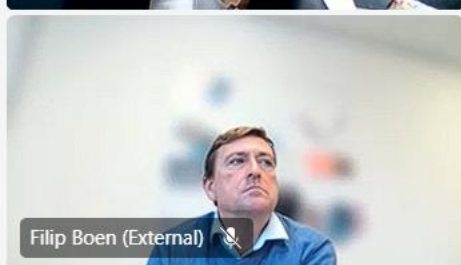
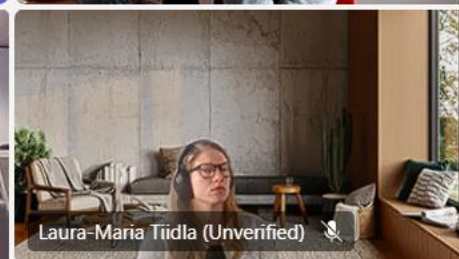
More

Camera

Mic

Share

Leave



Participants

Type a name

Share invite

- CS Christophe Schnitzler (External)
- DA Dirk AERENHOUTS (External)
- FB Filip Boen (External)
- BV Holland BJ van, Berry (Unverified)
- IA Inès Abdelli (External)
- JG Jennifer Gothilander (External)
- JB Josefine Björkqvist (External)
- KO KELLY O'HARA (Unverified)
- LT Laura-Maria Tiidla (Unverified)
- LD Lorraine D'Arcy (Unverified)
- MJ Mitas Josef (External)
- PG Peter Gelius (Unverified)
- VK Valentina Kroker (External)