



Benefits of Outdoor Play

Physical, Social, Emotional, Cognitive, Language, Cultural

Educator Newsletter 1

Getting Outside and Getting Active

The *Good for Kids* team encourage children to be more physically active by promoting simple changes at your service to offer more opportunities for outdoor free play.

Over the next few months the *Good for Kids* team are excited to support your service to increase outdoor free play time by offering resources, a telephone consult and brainstorming solutions to any challenges that may come up.

In this newsletter we will explore some of the many benefits of outdoor free play for children, such as improved physical, social and emotional development.



You may also like to take a look at the [case study from Uniting Preschool at Adamstown](#), where Nominated Supervisor Kassie discusses how implementing additional outdoor free play at their service resulted in a calmer, less noisy, and less crowded environment, as well as positive impacts on the children's wellbeing.

Enjoy reading this edition ☺

The Good for Kids Team

hnelhd-goodforkids@health.nsw.gov.au

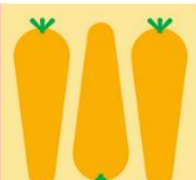
Beyond just the physical benefits

Spending time outdoors allows children to be more physically active which leads to improved fine and gross motor skills, core strength and coordination. Importantly, more time spent in the outdoor environment improves a child's emotional wellbeing with improved positive emotions, self-esteem and behaviour.

When asked what they want for their children, families often reply they wish for their child to be happy. More time outdoors can certainly help with this!

The natural outdoor environment provides opportunities for children to explore and learn in an unhurried and meaningful way where they can concentrate better, are less impulsive, less stressed and less anxious. Services say this results in happier children.¹

So why wait.....
Get Outside, Get Active
and enjoy the benefits!



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life





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Taking risks....making choices

Outdoor free play can offer children opportunities to make choices and take considered risks.

Children can become stronger in their social and emotional wellbeing when they “make choices, accept challenges, take considered risks, manage change and cope with frustrations and the unexpected”.²

When children have opportunities to take risks, they learn that sometimes those risks or choices result in outcomes that are unexpected. Any small setbacks that a child experiences can be positive in terms of building a child’s resilience.³

Children also become empowered when they are making their own choices about what to play, where to play, with whom, for how long and what to use in their play. This gives children a sense of control and a positive sense of self.⁴

Collectively, these benefits will boost a child’s readiness for school!⁵



Benefits for Educators

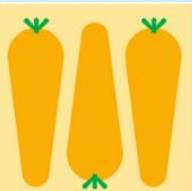
Outdoor play can also offer many benefits for Educators:

- Outdoor play aligns with the National Quality Standards & Early Years Learning Framework for ECEC services.
- Spending time outdoors gives Educators the chance to participate in physical activity and experience many of the same benefits as the children.¹
- Improved behaviour among children,⁶ and improved quality of child-educator interactions⁷, can result in a greater job satisfaction for Educators.⁶



References

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6. Early Childhood Australia, 2020. The values we lay in outdoor play. <http://thespoke.earlychildhoodaustralia.org.au/the-values-we-lay-in-outdoor-play>
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