



Kids Outdoors

By Heather Byers

Play outside?

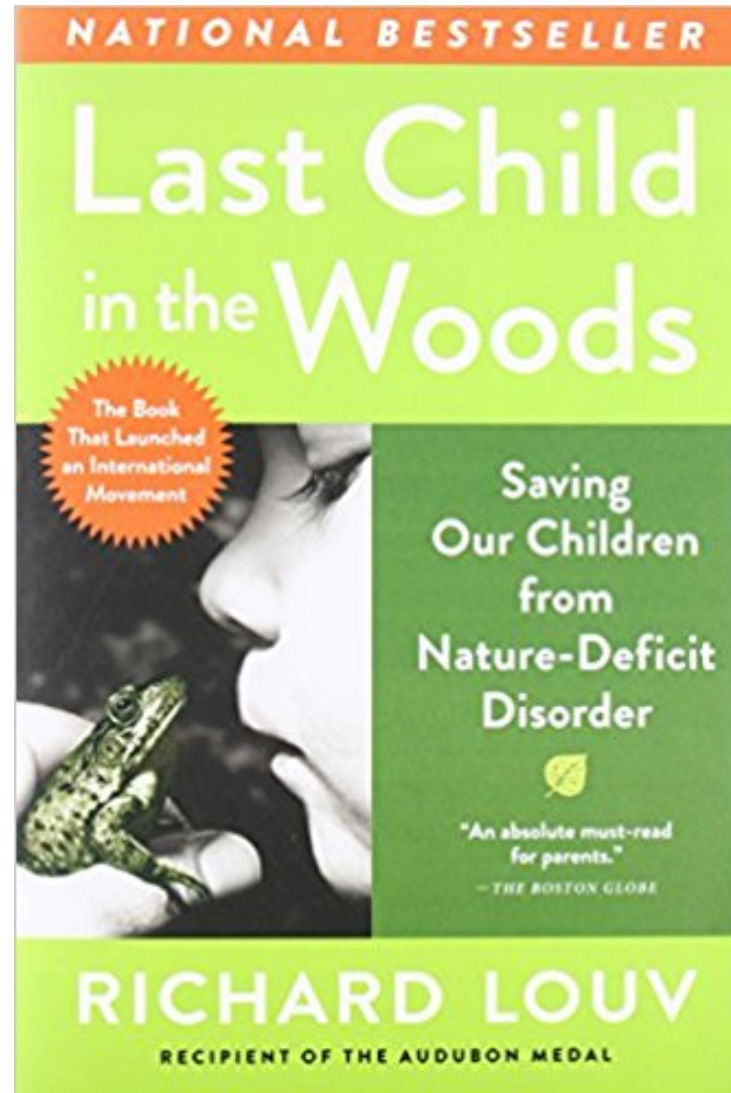
Unfortunately kids today have a disconnect from nature due to the pressures of the current culture.

- Electronics
- Over-scheduled activities
- Standardized testing
- Parents' fears of abduction

There is simply little to no time for unstructured outdoor play.



Nature is not only good for us, but GREAT for us.



Benefits of Outside Play

- Children who play outside are more physically active, which helps to prevent obesity, heart disease, diabetes and other healthy issues.
- Children who play regularly in natural environments have more advanced motor skills, such as agility, balance and coordination, and are sick less often.
- Children who play outside have higher levels of vitamin D, which in turn strengthens their bones and immune systems.
- Children who learn to garden, eat more fruit and vegetables and are more likely to keep a healthy lifestyle later in life.



Benefits of Outside Play

- Children with nature-rich schoolyards are calmer and pay more attention to teachers than children whose schoolyards have few natural elements.
- Children with ADHD experience significantly fewer symptoms after spending time in nature.
- Children whose schools offer outdoor classrooms or other forms of environmental education score higher on standardized tests.
- Children who play in nature score higher on concentration and self-discipline tests.



Benefits of Outside Play

- Children who play outside engage in more imaginative games, interact more and get along better.
- Children are less likely to engage in bullying when they play in natural environments.



Benefits of Outside Play

- Children who grow up having regular contact with the natural world are more likely to develop a lifelong love for nature and care to preserve it.
- Children who are exposed to the natural world develop stronger awareness, reasoning and observation skills.



FOREWORD BY RICHARD LOUV
author of the *New York Times* bestseller *Last Child in the Woods*

How Unrestricted
Outdoor Play
Makes for Strong,
Confident, and
Capable Children

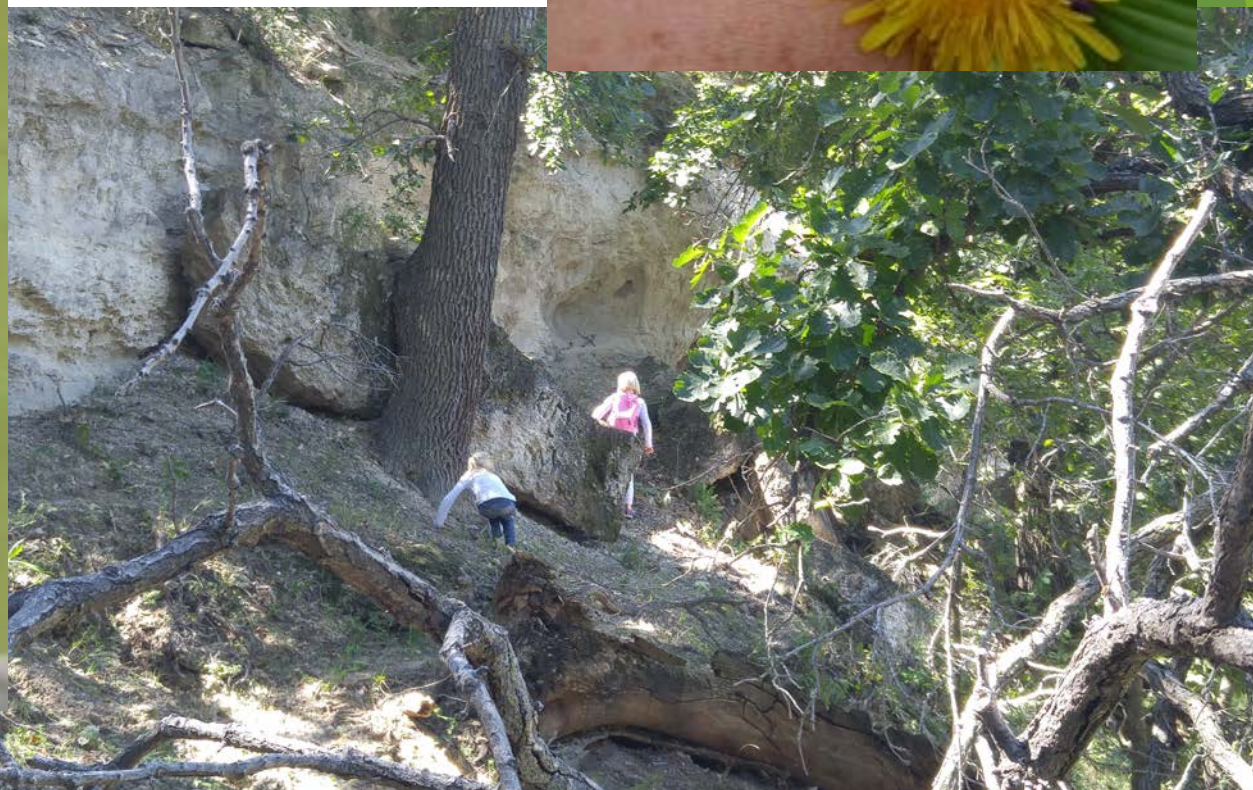
BALANCED and BAREFOOT

ANGELA J. HANSCOM



Nature Scavenger Hunt

- Something Fuzzy
- Two kinds of seeds
- Two pieces of man-made litter
- Something Straight
- Something Round
- Something Smooth
- Something Rough
- Two different types of leaves
- Something that makes noise
- A chewed leaf
- A beautiful rock
- Something you think is beautiful
- A Pinecone
- Something Green
- A stick
- Something you think is a treasure

















Play Outside!

