

Why outdoor play is important

Natural environments have long been recognised as great places to feel refreshed and explore. Playing outside gives children the chance to experience nature, have adventures and enjoy the space and freedom for big movements like running, jumping, kicking and throwing. Physical activities like these are good for fitness and physical development.

Spending time outside with friends allows children to test their physical limits, express themselves, and build self-confidence. Having the freedom, time and space to learn, grow and demonstrate independence can help children relax and feel calm. Engaging with nature and experiencing the outdoors boosts cognitive development and promotes healthier, happier minds meaning outdoor play can be good for children's mental health and well-being too.

Outdoor play allows young children to explore who they are and what they can do. It supports them as they learn to think critically, take risks, and form a true sense of belonging with their peers and with the wider community. Moreover, when children feel connected to the natural environment, they're more likely to care for it in the future.

Outdoor play can also mean getting messy - and more mess means more fun!

At Findon Village Woodland Preschool, the possibilities for creative exploration are endless, whether learning about the insects in our bug hotel or observing the swaying of the leaves in our woodland, sharing a book in our log story circle or experimenting with woodland crafts in our garden, there are limitless opportunities for discovery and fun every day.

We have places available for September please contact us to book a tour.

Visit www.findonvillagewoodlandpreschool.co.uk or call 07762 906911 for more information

