

## What about the dangers?

Children need to find out how strong they are, how fast they can run, how loud they can shout and how high they feel safe to climb. As long as they are in a safe environment, give your child this bit of freedom it will help your child to work out what their bodies can and can't do.



## How to support children's learning

It's ok to make mistakes, and not to be very good at something. Find things out together, see the world from your child's point of view. Be your child's friend and play with them.

We live in a beautiful world lets make sure our children discover it !!



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## Strong Close Nursery School



"The best classroom and richest cupboard is roofed only by the sky" Margaret McMillan 1925

## The Great Outdoors

Many parents worry that children can catch a cold from playing outside, but being outdoors is not only beneficial for their development it's essential. Let's Find Out .....

Why is outdoor play so important for young children?

**Jeśli potrzebujesz tłumaczenia na język polski użyj numeru.**

যদি এই অনুবাদ বাংলায় চান তাহলে উপরের সংখ্যায় যোগাযোগ করুন.

اگر آپ اردو میں اس کا ترجمہ کرنا چاہتے ہیں تو اوپر نمبر سے رابطہ کریں



### The benefits of going out

- It will promote your child's well being, as well as uplift your own mood: making life better for both of you !
- You will become healthier, fitter and stronger; germs are more likely to be passed on in a stuffy indoor environment.
- It helps to digest food
- You will sleep better at night
- Sunshine in the spring and summer months makes Vitamin D which helps to build healthy bones and prevent rickets



## THE GREAT OUTDOORS!

### Why go outside?

Playing outside is not just about making muscles strong it is vital for children's overall development. Children learn through doing and outdoors is the best place for active learning. The outdoor environment provides children with everything they need to stimulate their minds and bodies. Children who have access to outdoor play are more likely to be able to settle at other activities.

### When to go out?

Children need to be outside in the winter as much as they do in the summer. All you need is the right clothing for yourself and your children. Their enthusiasm will help you enjoy being outside whatever the weather!



### Ideas on what to do with your children

- Take a picnic into the garden or to the park
- Children love to run, play catch or chase games to support co-ordination and stamina — use bats, skipping ropes to support turn taking.
- When playing on swings, slides use words like up, down, round, twirl, fast, slow - children will understand and make sense of these new words because they are experiencing them.
- Count the birds, squirrels, trees, cars, lamp posts— whatever you see!
- Take a bag/basket with you and collect leaves, conkers, sticks or stones - children will enjoy making collections of the objects they have found.
- Let children take photos of what they see.

