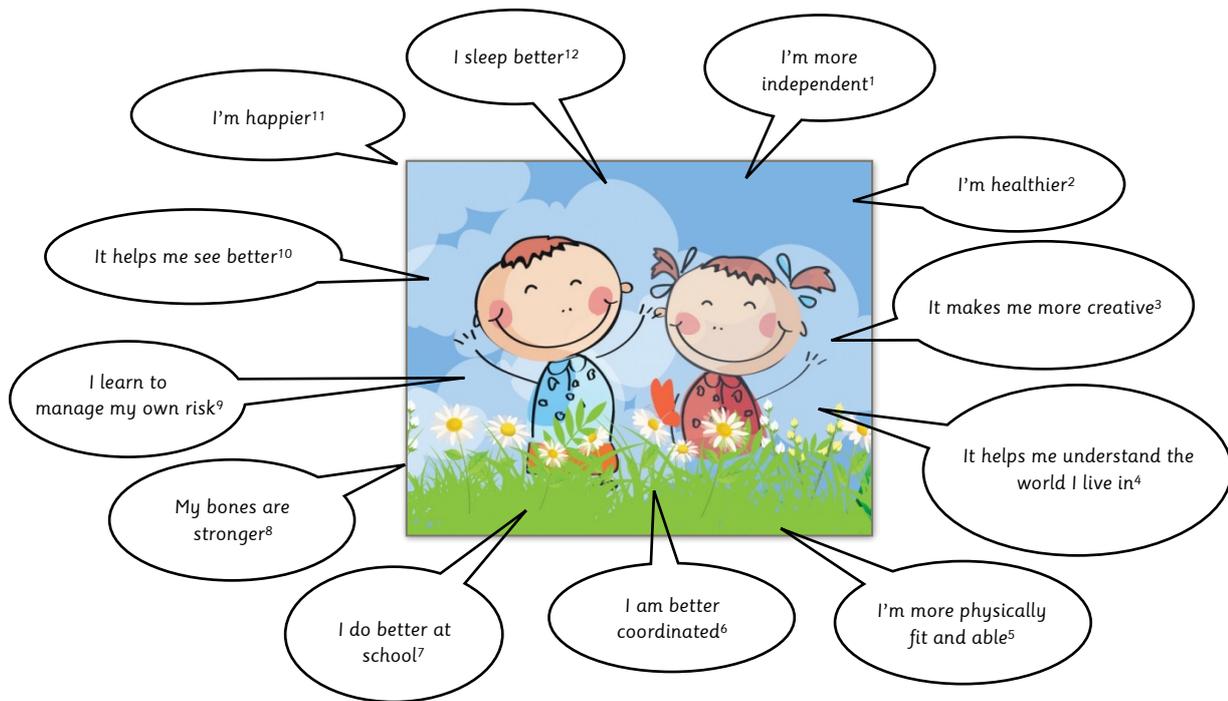


GARGUNNOCK PLAYGROUP



1. Outdoor play is less adult prescribed allowing children to make decisions about where to play and who to play with.
2. Bacteria, viruses and other yucky stuff in the soil and mud helps develop our immune systems and can help combat asthma and allergies. Research shows that children who are active are more like to remain active in later life reducing future risks of cancer, diabetes and obesity.
3. The indoor environment is fairly stable whereas the outdoor world changes minute by minute, this encourages interest and stimulates curiosity and imagination.
4. Children learn about the world around them through direct experiences, they learn names for trees, flowers, animals and insects. They appreciate seasonality and weather patterns and increase their environmental awareness
5. Running around, exploring, climbing, playing with sticks and stones strengthens muscles and bones and increases stamina and dexterity.
6. Uneven or unstable surfaces such as rocks, trees, sand and mud develop balance, agility and dexterity
7. Regular access to outdoor play improves concentration, attention span and memory
8. Most of our vitamin D comes from sunlight, vitamin D is essential for strong bones
9. The outdoor environment provides challenge and excitement and encourages children to explore their own limitations and stretch their abilities. It promotes resilience, persistence and confidence.
10. Sunshine and natural light lower the chance of short sightedness and improves distance vision.
11. Access to outdoor areas relieves stress and promotes a sense of wellbeing.
12. Active physical play in the outdoors burns energy. It reduces anxiety and stress and aids restful sleep.
- 13.

