



# The Benefits of Nature & Play

May 2023

Monthly Newsletter

First Edition

## Why is Outdoor Play Important?

Outdoor play is different from indoor play as it tends to involve children feeling more freedom, being more physically active, moving their bodies in a different way, and playing differently than they would inside. The outdoors can offer more variety of play environments and loose parts (e.g. sticks, rocks, buckets, sand, crates) to move around, allowing their imagination to shape their play. Children need daily outdoor play opportunities for their development, physical health, and well-being. Read more at [outsideplay.ca](https://outsideplay.ca)



## Webinars and Useful Tools

Regular and repeated access to outdoor play is hugely important for children's development. Check out this [webinar](#) that discusses the research on the need for outdoor play and offers practical ideas for incorporating nature play into the ECE setting.

In need of a resource that evokes wonder? This unique and thoughtfully designed tool encourages people of all ages to get outside! Take a look at [A Walking Curriculum!](#)

## Benefits of Being in Nature

Greenspaces such as parks, natural areas and community gardens, promote physical, mental, and social health and well-being for all communities. Find out more [HERE](#).

Spending time outdoors isn't just enjoyable — it's also necessary. Many researchers agree that kids who play outside are happier, better at paying attention and less anxious than kids who spend more time indoors. Read the full article from the Child Mind Institute [HERE](#).



[Check out the Moose Jaw Parks, Recreation & Culture Guide!](#)

**“Time in nature is not leisure time; it’s an essential investment in our children’s health.” - Richard Louv**

## Video Links

Pre-School/Children/  
Youth

*Go outside and play—  
for real!*

[Smithsonian’s National Zoo & Conservation Biology Institute Live Stream](#)

[Breathtaking Nature Scenery](#)

Adult

[Outdoor Loose Parts Play](#)

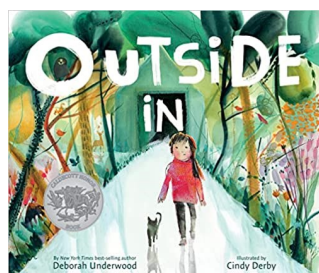
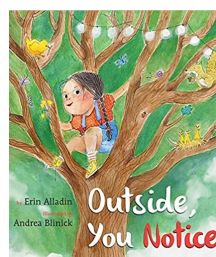
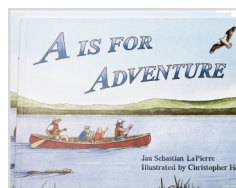
[Mental Health and Nature](#)

[Why Does Nature Make you Feel Better?](#)

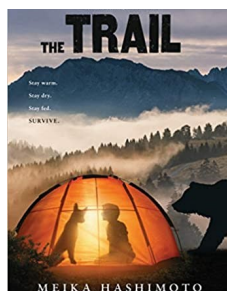
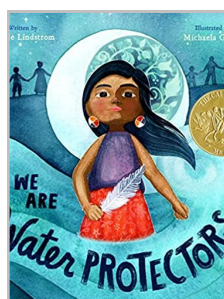
[Science Spotlight: The Hidden Benefits of Nature](#)

## Literature Links

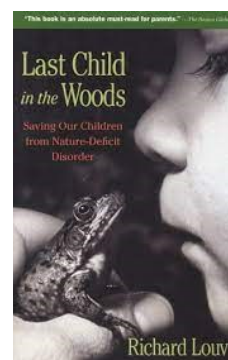
Children



Adolescent



Adult



“Nature is a tool to get children to experience not just the wider world, but themselves.” -Stephen Moss

## Research

[The Position Statement on Active Outdoor Play supported by the Council of Chief Medical Officers of Health](#)

[2020 PartcipACTION Report Card](#)

[Lawson Foundation Outdoor Play Strategy Final Report](#)

[Outdoor Play Canada—What it is](#)

[Active Outdoor Play Articles for Families](#)

## Online Resources



To access a comprehensive guide to outdoor learning organizations and resources across Canada, click [here](#).