



"OUTDOOR PLAY is among the greatest gifts we can give our children; and *healthy, adventurous* and *curious* children are among the greatest gifts we can give our communities."

**We will be playing out in all but the most extreme weather.**

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## WHAT WILL MY CHILD NEED?

Please ensure that when leaving home each day your children are fully equipped for being outside:

- 1) Coats that fasten are a necessity and where possible, one which has a hood to minimise getting wet - or a nice warm hat.
- 2) Your child may bring in wellies (or leave wellies at school) for rainy days.
- 3) In the summer on hot days children will require a sun hat and sunscreen.



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## PLAYTIMES AT BRADDAN SCHOOL

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We have been looking into the benefits of outdoor play at Braddan School and we have begun to make some changes...

## CHANGES AT BRADDAN SCHOOL

Our research has confirmed that outdoor play has a huge amount of benefits for children.

Therefore we have decided to make some changes:

Morning and afternoon playtimes will be extended to 15 minutes.

Playtimes will run whenever possible in all weathers.

We are also looking into other ways to incorporate outdoor play into our school day. So watch this space...



## What benefits will my child get from outdoor play?

### 1. Build physically healthier children.

Nowhere is better than the outdoors for running, jumping, throwing balls, catching, pulling things, lifting and carrying objects. All these actions require motor skills that improve with practice. Children playing outside get aerobic exercise and gain skills, such as pushing and pulling outdoor play equipment. Studies show children burn more calories outdoors, helping to prevent obesity and strengthen bones and muscles. Playing in the sun builds vitamin D in the body, which means stronger bones and less likelihood of chronic diseases.

### 2. Contribute to cognitive and social/emotional development.

Unstructured outdoor play helps children learn to take turns, share and develop other positive behavioural skills. They are more likely to be inventive, explore and learn about the world around them and use their own abilities. While they invent and play games with friends, these interactions help improve communication, cooperation and organisational skills. Additionally, fresh air and free play have been shown to reduce stress levels.

### 3. Increase attention spans.

Children who play outdoors regularly are more curious, self-directed and likely to stay with a task longer. Children who spend most of their time indoors with little exposure to activities requiring their own initiation and follow-through, show less ability to initiate or participate in new activities.

### 5. Grow in happiness and immunity.

Outdoor light stimulates the pineal gland. This part of the brain is vital to keeping our immune system strong and making us feel happier. Spending time in nature is also associated with improving mood and happiness. An added bonus is that children who identify with nature are more likely to become adults who appreciate nature and want to protect the environment.