



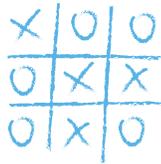
5 BENEFITS

OF MORE OUTDOOR PLAY

“Green time” or outdoor play was once a staple for good health. It was a time for fun, physical activity, and nature exploration. However, outdoor play has declined in popularity due to an increase in screen time. In fact, the average 5-year-old spends well over the one-hour recommendation of screen time each day. There are many benefits in limiting screen time and encouraging more outdoor play. Here are five reasons to consider incorporating more outdoor play for children.



Outdoor play encourages social skills and positive relationship development when playing with others.



Outdoor play promotes a healthy weight, stonger bones, and overall good health.



Outdoor play positively affects mood, behavior, and attention span.



Outdoor play stimulates creativity, active imaginations, and academic performance.



Outdoor play supports a stronger immune system.

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