

# Healthy Living Outdoor Play



Do you make full use of your outdoor play space?

How often do children have the opportunity to play outdoors?

Are children encouraged to dress themselves when going out to play:

- When it's wet or cold
- When they choose to

## Task

Over the next week monitor the use of the outdoor play space. You can do this in any way you like, examples might be:

- Choose a small number of children to 'track'
- Create a grid of times in the day when children can access the outdoors
- You could keep a record of what children play with outside

Following the monitoring of your outdoor play space what will you do differently? How do you ensure children are kept safe when moving in and out of the building? How do you ensure children are appropriately dressed and protected against all weathers?